



Press Release

Immediate Release

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### **New social hub opens at Cygnnet Alders Clinic**

Service users and staff at Cygnnet Alders Clinic are celebrating after the hospital became the latest Cygnnet Health Care service to install a vibrant new social hub designed to support wellbeing, connection and recovery.

The newly created space has transformed an underused area of the hospital into a welcoming, non-clinical environment where service users can relax, socialise and take part in activities away from the wards.

The hub features a range of engaging facilities including a music station with instruments and equipment, colourful mood lighting, comfortable sofas, a gaming TV, arcade machines, plants and floral displays, as well as a coffee machine and popcorn maker to create a relaxed, homely atmosphere.

Cygnnet's social hubs are developed through collaboration between staff and people receiving care, helping to ensure the spaces reflect the interests and preferences of those who will use them.

Across the organisation, the hubs have transformed clinical environments into fun, engaging spaces that encourage social interaction and meaningful activities.

The initiative is part of a wider programme across Cygnnet hospitals and services to create welcoming spaces that foster community, reduce isolation and provide opportunities for people to build confidence and connect with others.

Cygnnet's Social Hubs project has also received national recognition, winning the Low Cost - High Impact category at the Design in Mental Health Awards, highlighting the positive difference these spaces can make to the lives of people receiving care.

Cygnnet Alders Clinic, on Podsmead Road, a 20 bed rehabilitation service providing support for women with personality disorder and mental health needs.

Hospital Manager Marilyn Mukuna said: "We are absolutely delighted to introduce our new social hub at Cygnnet Alders Clinic. The space has been designed to provide a welcoming and relaxed environment where service users can spend time together, enjoy activities and take a break from the ward setting.

“It already feels like a real hub of the hospital. Seeing people enjoying the music equipment, gaming facilities and comfortable seating areas has been fantastic, and we're confident it will play an important role in supporting wellbeing, connection, community and recovery.”

“The initiative aims to create spaces that feel more like a “home away from home”, helping to improve day-to-day experiences for both service users and staff.

“I am confident this central area of our hospital will have a hugely positive impact on the women in our care.”