



Press Release

Immediate Release

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**Cygnet Hospital Harrow shortlisted for two national awards recognising life-changing autism care**

Cygnet Hospital Harrow is celebrating national recognition after being shortlisted in two categories at the Design in Mental Health Awards.

The 43-bed hospital, on London Road, which supports men hospitalised with mental health problems, has been named a finalist for both Clinical Team of the Year and Project of the Year (Future Design), highlighting its approach to supporting individuals with complex autism and learning disability needs.

The Springs service at Cygnet Hospital Harrow has been shortlisted for Clinical Team of the Year in recognition of its exceptional work supporting individuals with highly complex needs.

The service provides specialist care for autistic people who may previously have been considered too complex for traditional settings. Through a combination of bespoke environments, staff expertise and a strong focus on building trust, the team supports individuals to reduce distress and develop greater independence.

The nomination follows the progress of a young man admitted in 2025 as a “last chance” placement after years of instability in care. Working closely with him, the team co-produced a personalised care approach and adapted his environment to meet his sensory and emotional needs.

Over time, incidents of self-injury significantly reduced, engagement with therapy increased, and he began to build meaningful relationships with staff. Crucially, he is now preparing to return home and reconnect with his family.

Cygnet Hospital Harrow's second nomination, for Project of the Year (Future Design), recognises its approach to designing environments that actively support recovery.

The project demonstrates how trauma-informed design can transform care for individuals with severe autism. Rather than relying on restrictive practices, the team created a purpose-built therapeutic space tailored to an individual's needs, including sensory rooms, low-stimulation areas and access to private outdoor space.

By carefully considering factors such as lighting, noise and predictability, the environment was designed to reduce distress and promote emotional regulation.

This approach was developed collaboratively with clinical teams and informed by detailed knowledge of the individual's history, needs and preferences.

Will Anderson-White, Hospital Director, said: "We are incredibly proud to see Cygnet Hospital Harrow recognised at a national level. This recognition reflects the commitment, innovation and belief of our clinical teams, who have fully embraced our vision for a specialist Autism Pathway that is compassionate, progressive and truly person-centred.

"What we are building at Harrow goes beyond service development, it represents a fundamental shift in how complex autism care can and should be delivered. By combining therapeutic design with expert clinical practice, we are shaping a model that supports recovery, reduces restriction and creates environments where individuals can genuinely thrive.

"It is an exciting time, not just for our hospital, but for the wider landscape of mental healthcare. We are proud to be contributing to that future, and I want to thank every member of the team for their dedication in bringing this vision to life."

Winners of the Design in Mental Health Awards will be announced in June.