

Enlighten Project

- transforming
healthcare environments



This exciting project unites artists, designers, scientists, and academics to explore how changes to the healthcare environment can positively impact wellbeing and hasten recovery.

Design for the senses

The clinical environment is often stark and stressful, designed with delivery of medical care and infection control as paramount.

For inpatients, exposure to daylight and the opportunity to experience natural sounds, materials and textures is often lacking or, at best, limited. This lack of connection has negative consequences, disrupting circadian rhythms, reducing levels of wellbeing and rates of recovery.

Enlighten Project co-founders, biomedical scientist, Dr Paul Chazot and artist/designer, Dr Laura Johnston aim to change this and since 2016 have worked on a range of projects in both hospice and hospital settings. Through creative design, patients experience connection to nature and the rhythms of natural light, both within the ward setting with the design of light and sound installations and outside in beautifully designed accessible sensory gardens.



...transforming spaces, transforming lives

Building on the amazing work of the Enlighten Project, in 2022 Dr Laura Johnston launched Healing Spaces North East, a community interest company dedicated to the transformation of healthcare spaces through evidence-based art and design. The Enlighten Project team is evaluating the impact of these exciting interventions.

For more information visit:

healingspaces.uk

durham.ac.uk/wolfson.institute/research

Get in touch: hello@healingspaces.uk

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