

## Healing Spaces Community Interest Company...

Sensory design for healthcare  
environments.



Delivering life changing experiences,  
our work positively transforms healthcare  
spaces for all...

### Patients

Experiencing nature and the outdoors is a recognised way to treat physical and mental health without the use of drugs. Our aim is to change the view from a hospital bed by improving both external and internal spaces with an evidence-based approach to design.

### Visitors

Visiting a loved one in hospital can be immensely stressful. By transforming healthcare environments, we strive to reduce anxiety and create a more positive visitor experience.

### Staff

NHS staff have experienced increased levels of stress and are now having to work in the post-covid healthcare landscape. Well-designed break-out areas, outdoor spaces, or just peaceful places to go to, can help to protect the general wellbeing of NHS staff members.



Our approach is based on evidence not trends. Research into design for well-being is central to our work.

## What patients say...



“It was nice to feel the fresh air, feel normality and see the beautiful plants that were in the garden.”

“It brought a bit of colour back to my face as well [being outside] and made me think, there is life still going on.”

“I class that [going to the garden] as the turning point in my improvement, and my moving on. It was the next day they moved me from intensive care down onto one of the other wards, to start getting rehabilitated.”

“It gave me hope and determination that I can do this, I can move on, get better.”

“I think the sculptures are very important, they’re beautiful. It’s art from a different perspective. I personally think the sculptures do help.”

“I thought it was so peaceful and beautiful, away from the clinical environment, it was so lovely.”

“It’s important that everyone can access it, especially in bed. I wouldn’t have thought that being wired up with oxygen that it would be possible to spend time there, but it was. It’s there for people in beds, those who can walk, maybe those in wheelchairs.”

“Flowers were in raised beds so you can smell them, that’s important, but it wasn’t overpowering.”

“Colours were so important in a garden, I thought the use of colour was very tasteful.”

Source: UKRI funded research by Dr Sheila Quaid, University of Sunderland.



## Our Founder

Dr Laura Johnston has worked for over 20 years delivering high quality art and design installations across the UK. Previous work includes numerous large scale architectural installations within a range of settings. She has vast experience of successful project delivery, and her work is informed by current research in the field of design and wellbeing. Laura is a Fellow of the Wolfson Research Institute for Health and Wellbeing and, together with Professor Paul Chazot of Durham University, co-founder of the Enlighten Project.

## Research

Pre- and post-occupancy evaluation ensures that designs consider user needs and measure the benefits of the changed environments on user experience. Academics at Durham University and University of Sunderland work with us on this ongoing research.



## Find out more

Email: [hello@healingspaces.uk](mailto:hello@healingspaces.uk)  
[www.healingspaces.uk](http://www.healingspaces.uk)



Laura Johnston Studios  
[www.laurajohnston.com](http://www.laurajohnston.com)