

Community Connections

Re-building Lives, Restoring Purpose

"I didn't know I can still vote ! I would want to know more about it."



"The VR Headset is amazing. It feels so real!"



"Being included in the Fund raising made me feel valued"



"When are we doing the Movie Club again? It's fun"

What is Community Connections ?

Patients in Secure settings, especially those without Section 17 leave, often experience occupational deprivation as their opportunities for community engagement are limited. This lack of access to meaningful community based activities exacerbates feelings of isolation, reduces autonomy and impacts recovery.

To address these challenges, we initiated the community connections group to provide these patients with opportunities to engage in community inspired activities within the therapeutic environment of the hospital.

Group Objectives & Therapeutic Benefits :

The Primary Objectives is to alleviate the impacts of occupational deprivation through providing opportunities for service users without Section 17 leave to participate in community-related occupations and roles.

- Build occupational identity and roles despite restrictions within the environment (e.g. Feeling part of a community)
 - Offer therapeutic interventions that replicate real world experiences
 - Support community re-engagement.
 - Improve patient's occupational performance, health and quality of life
 - Address all domains of occupation – Self Care, Leisure, Productivity and Rest.
 - Development of social skills
 - Increased participation in meaningful activities.
 - Improvements in Self- esteem.

Methodology :

The group runs weekly, led by the Occupational Therapist and Occupational Therapy Assistant. The topic for the sessions are selected based on Service User's interests & focus on enhancing occupational performance through a client based approach.

The Group adopts Model of Human Occupation (MOHO) framework assessing individual Volition, Habituation and performance capacity.

Patients are encouraged to explore collaborative problem solving, Role formation and experience self-efficacy.

Group Themes and Session Ideas:

Connecting with nature

- Hospital gardening/allotment projects
- Outdoor mindfulness
- VR headset experiences- nature walks

Access to Work/Education

- Exploring online courses, seminars and events
- Using VR for skills development/work experience
- Exploration of voluntary work (online)

Replicating Community Leisure Opportunities

- Cinema Club
- Café experience
- VR tours (e.g. museum tours, city tours)
- Creative arts and cooking groups

Opportunities for social connections and peer support

- Mixed ward groups in communal spaces.

Developing their role as a member of society

- Current affairs session
- Exploring their right to vote
- Social connections sessions
- Exploring virtual peer support groups

...and more!