



## Press Release

### For Immediate Release

#### Service users find confidence through a music therapy programme at Cygnet Fountains

(11 August 2022)

A music therapy initiative at a mental health hospital in Blackburn has had a life changing impact for patients, enabling them to look to the future with a renewed sense of confidence and hope.

Cygnet Fountains on Pleasington Close, Blackburn, has recently introduced a programme called 'Music 2 Empower' to provide music sessions for service users and give them studio time to record their own music.

For service-user Alan the initiative has allowed him to use music as a tool for recovery. A keen drummer, he has spent the past 14 years in hospital after an attack left him with neurological damage. He said Music 2 Empower has given him renewed sense of confidence and an added motivation to recover and be discharged.

*"Without music, I wouldn't be here," he said. "When I'm playing the drums, I'm not mentally ill anymore."*

Alan spent ten years learning to play jazz rock and is having to re-learn how to play following his injury.

*"The difference now, thanks to this programme, is that I know I can do it," he added.*

Dr Tony Romero, CEO of Cygnet Health Care, said: *"Being creative and expressing yourself through music is an important outlet for many of our service users and I am proud to see the impact Music 2 Empower is having across so many of our services. Although our connection to music can be incredibly personal, projects like Music 2 Empower allow our service users who have shared experiences to come together and experience the benefits of being around like-minded individuals."*

Faye Thornton, Therapy Co-ordinator for Cygnet Health Care, described the impact the programme was having on people like Alan. She said: *"When I first met Alan, he'd suffered a lot of negative experiences and these were at the forefront of his mind when we started working together."*

*"As we started to talk and open up lines of communication we discovered that we both had a passion for music."*

*"There's a light in his eye when he plays the drums and it puts a cheeky smile on his face. He likes a round of applause at the end of the day."*

*"Projects like Music 2 Empower can really make a difference to a service users' life."*

Cygnnet Health Care launched the 'Music 2 Empower' initiative on World Mental Health Day 2019 and has since rolled out the programme across its hospitals, supporting music therapy-related projects throughout the organisation and allowing service users like Alan to showcase their abilities, give hope, inspire others and benefit from this well-established psychological approach.

Natalia Booth, Forensic Psychologist Trainee at Cygnnet Health Care, said Alan hoped music was his route back into community living.

She explained: *"Music therapy for most people is a real avenue of managing emotions. For Alan, music plays a really key part of his recovery.*

*"Since having access to his drum kit, he's a different guy. He's very much set on his goal of discharge.*

*"He's motivated to get better, he's got goals and targets that he's working towards."*

A video which showcases the work done at Cygnnet Fountains, featuring Alan, is available to listen and watch [here](#).

Cygnnet Fountains is a high dependency inpatient rehabilitation service for men who have severe and enduring mental illness.

More information about the service can be found at:

<https://www.cygnnethealth.co.uk/locations/cygnnet-fountains/>

Ends.

#### **Notes to editors**

For more information, please contact Gemma Attew, External Communications Manager, on 07718 244811 or [gemmaattew@cygnnethealth.co.uk](mailto:gemmaattew@cygnnethealth.co.uk)

#### **About Cygnnet Health Care**

Cygnnet Health Care has been providing a national network of high-quality, specialised mental health services for the NHS and local authorities for the past 30 years.

Cygnnet Health Care's pioneering services support people with complex and acute mental health needs across the UK.

As one of the best quality providers in mental health services in the country, Cygnnet Health Care's focus is always on the best outcomes for those who use or commission its services. 85% of Cygnnet's facilities are rated as good or outstanding, which is above the national average.

[www.cygnnethealth.co.uk](http://www.cygnnethealth.co.uk)