



**Press Release**

**22 September 2022**

**For Immediate Release**

**Move and Groove Project finalist in this year's National Children and Young People Awards**

Residents at a Surrey Nursing Home have joined together with school children on an intergenerational music and sport project which has been named a finalist in this year's National Children and Young People Awards.

The project, named Move and Groove, included the participation of residents at Cygnet Health Care-run Tupwood Gate Nursing Home, in Caterham. Cygnet Health Care is a provider of services for individuals with mental health needs, learning disabilities and autism.

The Move and Groove project is a partnership between Intergenerational Music Making and the Youth Sport Trust. The aim of the project is to accelerate the growth and impact of intergenerational practice and maximise the health and social benefits of young and old alike, plus the wider community, through an innovative and inspirational music and movement programme.

The initial six week pilot engaged with 10 care homes and 10 schools around the UK. Tupwood Gate Nursing Home, on Tupwood Lane, were linked with Clifton Hill School, a Special School in Caterham for children and young people aged 11-19 with severe and profound multiple learning difficulties.

The young people and their teachers visited Tupwood every Friday morning and participated in a music and movement facilitated session with a group of residents.

Paula Deadman, Tupwood Gate Nursing Home's Service Manager said: *"It was a fabulous project and our Friday mornings were full of singing and laughter. It was an absolute joy to see the bonds formed between these amazing young people and our residents."*

*"Everybody at Cygnet Health Care is thrilled that the project has been recognised as an awards finalist. The pilot project has finished now but we are hoping to be able to continue our partnership with the school and continue with regular sessions at Tupwood."*

Winners of the National Children and Young People Awards will be announced at the ICC Birmingham on Thursday 6 October.

Ends

**Notes to Editors:**

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

**About Cygnet Health Care**

Cygnet 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.

Cygnet 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, Cygnet Health Care's focus is always on the best outcomes for those who use or commission its services. 85% of Cygnet's facilities are rated as good or outstanding, which is above the national average.

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