



Press Release

For Immediate Release

Key Changes providing music mentorship at Cygnet Hospital Harrow

A charity that provides music mentorship in mental health hospitals and in the community has been providing pop-up studio music sessions at Cygnet Hospital Harrow.

Staff at the hospital, which is a recovery focused service treating a wide range of mental health problems, wanted to use music as a tool for recovery after understanding the powerful impact it has on mental health.

The Occupational Therapy team at the London Road hospital, which is run by leading health and social care company, Cygnet Health Care, contacted award-winning national charity Key Changes to provide the creative service for its patients.

The impact has been life changing with one service user saying: *"This is without a doubt the best Occupational Therapy activity that there is. I feel a sense of freedom having producers I can regularly see that improve my writing skills and can teach me things."*

Key Changes works with local communities to promote positive mental health and wellbeing through music. The sessions are facilitated by a specially trained musician and producer using professional music equipment. The charity's innovative approach draws on clinical therapeutic techniques and music industry practice using creative collaboration and culturally relevant music activities and genres to engage service users.

During the sessions at Cygnet Hospital Harrow, service users have been able to participate in song writing, music production and recording, and open mic sessions.

The driving force behind getting Key Changes involved at Cygnet Hospital Harrow was occupational therapist Himani Nahta who said: *"Music plays an important part in many people's lives. It gives individuals an opportunity to express themselves. It can also be deeply rooted in identity and culture. This can give many people a sense of belonging."*

"I have observed that music can be used as a therapeutic tool because of the sensory and creative experience it provides. This makes it relevant to our neurodivergent service users who have communication challenges as well."

"This initiative was started with a desire to create an occupational opportunity for the service users on our low secure ward. With the support of my Head of Occupational Therapy, I was then able to establish this service across all wards at Cygnet Hospital Harrow."

"It has given our service users an opportunity to express, learn, experience and create something meaningful for themselves."

Ends

Notes to Editors:

For more information, please contact Gemma Attew, External Communications Manager, on 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