



Press Release

For Immediate Release

Cygnet Churchill Hold Art Exhibition Showcasing Service User's Creativity

A London hospital which provides services to men with mental health needs held an art exhibition to celebrate and showcase the creative talent of those being supported at the service.

Cygnet Churchill on Barkham Terrace, London is run by leading health and social care company Cygnet Health Care and provides a range of mental health services for men including an emergency acute admissions service and three high dependency inpatient rehabilitation services.

The creative event showcased artwork made by different individuals in the hospital community. This ranged from charcoal or pencil drawings, photographs, hand paintings, screen printing, etchings, paper sculptures, watercolours and acrylic paintings.

Explaining the reasons behind the event, Charli Paterson, Senior Art Psychotherapist at Cygnet Churchill said: *“Creative expression is important to mental health in so many ways. It can help to externally express something whether that be by sensory means or to visualise something outside of ourselves.*

“Being creative can also help relieve stress and anxiety, lessen shame, express anger in a safe way, and help with depression after experiencing a traumatic event.”

The idea for the event came from a wellbeing creative project that Charli launched in January 2022 where she encouraged staff to share their experience of the pandemic through creativity and art.

She said: *“I wanted to create an equal platform to showcase both patients and staff creations at Churchill. To represent the joint sense of community, rather than the divide of staff patient dynamics. Although we experience the hospital in different ways, sharing can solidify our experiences.”*

The event was a collaborative effort with every department at the hospital contributing in some way. The art was created in art therapy sessions, Occupational Therapy sessions, psychology sessions, ward reflective practise and by staff and patients in their own time.

Charli added that the event was so successful, she now hopes to host it annually. She said: *“It not only brought the community of Cygnet Churchill together, but there was also an air of proudness felt by all.*

“Having an outlet for creativity in mental health settings is so important. It enables the creator to feel seen and heard and experience a connection to others which

can feel empowering. This can provide a different perspective of an experience, and at times be playful and fun."

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