



Press Release

Immediate Release

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### **Social Care Resident Finds Welcome Escape Through Music Programme**

A resident at a social care service for adults with learning disabilities is benefitting from a music programme which is enabling her to express herself and feel less anxious.

Oaklands, part of the Cygnet Social Care division, has recently taken part in a programme called 'Music 2 Empower' to provide music sessions for its' residents.

For resident Angela, the initiative is a welcome escape and is enabling her to better express herself and manage her worries.

She explained: "I like music, I like dancing and when there's a song with a beat to it, I start singing along."

Cygnet Health Care launched the 'Music 2 Empower' initiative in 2019 and has since rolled out the programme across its hospitals, supporting music therapy-related projects throughout the organisation and allowing residents like Angela to showcase their abilities, give hope, inspire others and benefit from this well-established psychological approach.

Oaklands is a specialist residential service with nursing, supporting individuals with learning disabilities and complex needs in Hexham, Northumberland. The team support individuals who have additional mental or physical health needs and behaviours that may challenge.

Angela's Activities Co-ordinator and Support Worker, Daramola Hamed, explains the difference he has noticed in Angela since she started embracing music.

He said: "During these music therapy sessions, one thing I always noticed about Angela was how much her face lit up and how much she enjoyed the sessions compared to other things.

"For her, I'd say music was a form of release. She is somebody who is always feeling worried but whenever the music sessions are on, she drops the worries and just enjoys herself.

"Everyone, every individual, has a type of music they respond to whether it be classic songs, rock music or hip hop. Music 2 Empower gives every individual in Cygnet's care a chance to enjoy their own form of music."

Juan Fitzgerald has been a Nurse at Oaklands for 28 years. He helps to run the music sessions and says the aim can be as simple as trying to encourage residents, like Angela, to make noise.

He added: "It's about trying to help them find a beat. You can tell by the smiles on their faces when they do it that they are enjoying it.

"We make a good racket for an hour and they sit there, smiling and making a noise. Angela was a little unsure when we first started but I encouraged her to bang a drum and shake some other instruments. She was soon really enjoying it and felt part of a group."

Dr Tony Romero, Cygnet CEO, added that he was proud to see the impact Music 2 Empower is having across Cygnet's services. He said: "Music can be a powerful agent for change. Being creative and expressing yourself through music is an important outlet for many of our service users. 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.

"Music is an important tool which can bring a renewed sense of purpose, achievement and motivation to reach personal recovery goals and ultimately this can have a hugely positive impact on mental wellbeing.

"Hearing directly from service users about the life-changing impact this initiative is having on them and their recovery is very inspiring."

To watch Angela' Music 2 Empower video, go to:

<https://vimeo.com/893629808?share=copy>

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**Notes to Editors:**

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