

Hospital Maidstone

November 2025

Hello and welcome to our Autumn edition of our Newsletter

I hope you're enjoying Autumn as much as I do and embrace the change of seasons: The spectacular colours, the smell and the crispiness of the air in the morning, walks in this magical time of the year, the gentle and comforting glow of a candlelight, a hot drink or a comforting bowl of soup, snuggled up on the sofa and reading a book or knitting something. Need I say more?

And it's again the time of the year are we recognising Carers' throughout the country on Carers Rights Day. The incredible work you all do and the support which is available to keep you going.

But don't forget your wellbeing is just as vital as the care you provide for your loved one, and it's essential that you take time to recharge and seek support when needed.

I hope you will find our newsletter an enjoyable and informative read, packed full of hopefully useful information and news.

Jutta and our Cygnet Hospital Maidstone Carer Support Team

Carers Rights Day 2025 is more than just a date !

Understanding your rights means you don't have to struggle alone — support exists if you know where and how to access it.

Carers Rights Day is taking place on **Thursday 20 November**.

Here at Cygnet Hospital Maidstone we're proud to join Carers UK and organisations from across the country in raising awareness of the rights, entitlements and wider support available for unpaid carers.

This year's theme '**Know your rights, use your rights**' is all about making sure more carers understand their entitlements and feel confident to use them. We're encouraging everyone to get involved and to find out how carers rights can help you to:

- ✓ Access support
- ✓ Juggle care and work
- ✓ Look after your health and wellbeing
- ✓ When the person you care for is coming out of hospital

Find out more, and get involved in Carers Rights Day at

<https://go.carersuk.org/CRD> or speak to our *Carer Support Team* here at *Cygnet Maidstone Hospital*.



Activities in and around the hospital

Occupational Therapy

Our Occupational Therapist Team are supporting our patients to do the activities that they need and want to do in the different stages of their treatment. They focus on supporting to increase independence and develop the skills that our patients will need to live a fulfilling life the community.

Occupational Therapy can improve the health and wellbeing of our patients by enabling them to create a balanced routine that is made up of many different occupations (or activities).

There are 3 main categories of occupation:

Self-care (e.g. washing, sleep, exercise, relaxation)

Productivity (e.g. education, work, therapy)

Occupational Therapy is important for mental health because it helps people manage symptoms, regain a sense of purpose, and improve their daily functioning through practical, activity-based interventions

What is on?

- Moving On group
- Recovery through activity
- Household skills
- Travel training
- Voluntary roles and education
- Developing a meaningful routine
- Integrating into the community
- Improving self-care skills
- Road safety skills
- Therapy programme
- Relaxation programme
- Small aids and adaptations
- Money management skills
- Sensory profiles and diets
- Relaxation programme
- Sleep hygiene support
- Social skills training
- Healthy living

We all have daily activities that we want and need to do on a daily basis. Humans are occupational beings, and often define themselves by what they do. Different activities allow us to express ourselves in a practical way. By engaging in activities that you enjoy, are good at, or by learning new activities, you can feel a sense of accomplishment, which positively impacts on your mental health

Neil Barker
Head of OT Department

The quest for meaning is the key to mental health and human flourishing

Victor E. Frankl

Saltwood MDT Therapeutic Timetable 2025 Quarter 4: October – December				
Monday Life Skills	Tuesday Interpersonal	Wednesday Vocational	Thursday Lifestyle	Friday Meaningful Activity
10:00 – 11:00 Personal & Domestic ADL Support Self-care & Productivity 		8:00 – 9:00 Breakfast in Ward Kitchen Computer Suite – All day access. Speak to ward staff for use 10:00 – 12:00 Occupational Therapy Clinic • Goal setting • Assessments • Graded interventions • Social inclusion • Check ins	10:00 – 12:00 Woodwork Facilitated by Kes and Mariana Start date: 3 rd October End date: 18 th December  Ward round & CPA meetings (As scheduled throughout the day)	10:30 – 12:00 Community Social Café Leisure 
13:30 – 15:30 Walk and Talk Productivity 	13:00 – 14:30 Community skills – Food shopping Productivity  14:00 – 15:00 Substance Misuse Facilitated by Kes and Kerry Start date: 2 nd July End date: 30 th September  15:00 – 15:30 Psychology Drop-In 	12:00 – 13:00 Lunch 13:00 – 13:30 Community Meeting  13:30 – 15:30 Occupational Therapy Clinic • Goal setting • Assessments • Graded interventions • Social inclusion • Check ins 14:00 – 16:00 Art & Well-being Facilitated by Kes, Kirsty and Miya Start date: 1 st October End date: 31 st December 	13:00 – 14:00 Woodwork Facilitated by Kes and Mariana Start date: 3 rd October End date: 18 th December  16:30 – 17:00 Bingo Facilitated by Dr Attard & Alison 	13:30 – 14:00 Chill Space Facilitated by Megan and Charlotte Start date: 3 rd October End date: 19 th December  15:00 – 16:00 Plan My Week Productivity • Book section 17 leave • Sign up to therapy sessions 
17:00 – 18:00 Dinner				
Key Occupational Therapy Joint Therapies Psychology Hospital-Wide Therapy MDT Ward-Led / Self-Led				

Our **Activity co-ordinator** at Cygnet Hospital Maidstone helps the patients to explore engaging and fun activities to boost their **well-being**. The goal is to support the patients in discovering new interests and staying active in ways they enjoy. These are **some** examples of the activities provided:



- **Breakfast and chat**
- **Archery and Darts**
- **Walk and Talk and trips**



Did you know that our Senior Management Leaders are playing BINGO with our Patients on a regular basis ?!

- **Jewellery making**
- **Pamper session**
- **Kite flying**
- **Movie nights**
- **Drinks and chat**
- **Quizzes**
- **Baking**

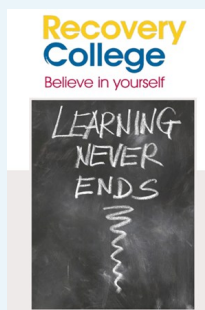


Our Fitness instructor offers a solid foundation of years of experience in fitness and mental health, specializing in the crucial areas of **building strength** and achieving **sustainable weight loss**.

We provide personalised attention through one-on-one training in the gym, crafting adaptable and tailored sessions designed to meet the unique needs and goals of each individual. By recognizing the importance of community and engagement, we also take the initiative to organise and facilitate various **sport-related events** and lead enriching **swimming activities** for our service users.

Our holistic approach aims to cultivate a culture of well-being and active participation within our workplace. Our patients have the freedom to engage in the following activities on a daily basis:

- **Gym**
- **Fitness on the AstroTurf**
- **Sports including but not limited to: football, badminton, cricket, boxing, tennis, basketball, netball, croquet.**



What is the **Recovery College** ?

Our Recovery College offers a welcoming and supportive environment where service users (students) and staff collaborate to learn, explore, and develop new skills.

Through co-produced sessions, everyone is invited to contribute their unique knowledge and interests,. Our core goals are to help individuals feel valued, cultivate hope and confidence, and provide empowering educational pathways that support their recovery journey and future goals.

What is on?

1-1 Education

Photography

Baking

Museum/Gallery Trip

Newsletter Club

Animal Care

Cooking Academy

Beauty

HOSPITAL GYM / SPORTS timetable

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:30 - 12:00	Speak to the team for ward led activities.	Gym inductions	Gym inductions	Speak to the team for ward led activities.	Gym inductions	Speak to the team for ward led activities.	Gym inductions
12:00 - 13:00	PROTECTED MEAL TIME	PROTECTED MEAL TIME	PROTECTED MEAL TIME	PROTECTED MEAL TIME	PROTECTED MEAL TIME	PROTECTED MEAL TIME	PROTECTED MEAL TIME
13:00 - 14:00	Speak to the team for ward led activities.	Beasted	Beasted	Speak to the team for ward led activities.	Beasted	Speak to the team for ward led activities.	Beasted
14:00 - 15:00		Kingwood	Kingwood		Kingwood		Kingwood
15:00 - 16:00		Roseacre	Roseacre		Roseacre		Roseacre
16:00 - 17:00		Salwood	Salwood		Salwood		Salwood
17:00 - 18:00	PROTECTED MEAL TIME	PROTECTED MEAL TIME	PROTECTED MEAL TIME	PROTECTED MEAL TIME	PROTECTED MEAL TIME	PROTECTED MEAL TIME	PROTECTED MEAL TIME
18:00 - 19:00	Speak to the team for ward led activities.	Beasted	Kingwood	Speak to the team for ward led activities.	Roseacre	Speak to the team for ward led activities.	Salwood

"I never teach my pupils, I only attempt to provide the conditions in which they can learn."

Albert Einstein

About Carers Card UK

We want every carer in the UK to be recognised, supported, and rewarded for the incredible work they do. We recognise carers with a national Carers Card and companion app. We support carers with tools like the Carer Circle, Emergency Plan, and Wellbeing Hub. We reward carers with exclusive discounts and benefits.

- Official Photo ID
- Free companion tickets at 500+ UK venues
- Discounts at 300+ brands
- Recoup £8 in the first week through exclusive savings
- Digital tools & wellbeing support via our app

Only £8 for 2 years. No hidden fees.
Renew after two years for the same price.



Don't forget
to join us!

FFC Zoom
Meeting
December

Wednesday

10 December @18:00

Speaker:

**Rachel Cullen Autism Pathway
Manager**

"Autism"

Improving lives together

Cygnnet

**Have
your say!**

Cygnnet wants to know how well we are supporting you or your loved one in our services. Your feedback will help Cygnnet understand what we do well and what we need to do better.

Support with completing surveys

You can use the advocacy service to help you complete feedback surveys. If you need an interpreter or translator, please speak to a member of the staff team.

You can use electronic devices available in your service to complete surveys online via the Cygnnet website: www.cygnnetgroup.com/surveys

You also have the option to complete surveys on paper. If you have any questions or would like more information, please email family&friends@cygnnethealth.co.uk

Scan the QR Codes to
complete the surveys

Cygnnet's Family Friends and
Carers Satisfaction Survey for
PICU & Acute Wards



Cygnnet's Family Friends and
Carers Satisfaction Survey for
Hospitals



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