



Press Release  
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### **Birmingham Care Service Amplifies Wellbeing with New Music Space**

A Birmingham care service has hit all the right notes by transforming an unused space into a music room to support self-expression.

Cygnet Cedars, a 23-bed high dependency care service for men with learning disabilities and mental health needs, has perfectly tuned into service users' wishes by creating a welcoming and relaxing music room.

The Cygnet Health Care service, located in Bordesley Green, developed the space in response to requests from the service users.

Alana Sherwood, Support Worker at Cygnet Cedars, said: "Our service users shared how important music is to them. They wanted a dedicated area to listen to music, play instruments and unwind. Our brand-new music room is a chance for our service users to enjoy, relax and express themselves.

"Music is a powerful way to lift moods, reduce anxiety and build confidence. It's a great opportunity to support self-expression."

The new space has certainly struck a chord with the individuals supported at the Cygnet Health Care service. One service user shared: "I think the new music room is brilliant. I'm going to be in there most of the time!"

The room includes instruments like a keyboard, guitar and drum set, as well as a 'Wonderwall' featuring a collage of well-known album covers.

"The music room reflects our commitment to listening to the individuals we support and making meaningful improvements to their environment," explained Alana.

"We are proud to provide a space that brings enjoyment, creativity and new opportunities for improving wellbeing. It's just one way we are making Cygnet Cedars a more engaging, supportive and person-centred place to be."