



Press Release

Immediate Release

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Maidstone Mental Health Patients Get Crafty for Children's Charity

Creativity met compassion at Cygnet Hospital Maidstone as patients showcased their woodwork skills to raise funds for a children's mental health charity.

The Cygnet Health Care service raised nearly £80 for Young Minds at its Spring Craft Fair on Friday 24 April.

Young Minds is a charity dedicated to improving children's and young people's mental health by providing resources, supporting parents and campaigning for better services.

The charity was chosen by staff and service users at Cygnet Hospital Maidstone, a 64-bed mental health hospital on Gidds Pond Way.

Mariana Torres, Recovery College Lead at the service, said: "Everyone here felt passionately about supporting children's mental health and we are delighted to donate these proceeds. This fundraiser was a great opportunity for our service users to showcase the fruits of their labour for a good cause.

"By involving the individuals we support in this charitable event, they were able to contribute to a good cause and shift the focus from their own challenges to the positive impact they can make on the wider community."

The Spring Craft Fair was led by the Recovery College, which provides educational courses to support individuals through their recovery at Cygnet Hospital Maidstone.

Under the guidance of Mariana and Kes, an Addiction Therapist, service users created a collection of handcrafted items such as coffee tables and wooden birds to be sold to staff, carers and fellow service users.

"This project is far more than an exercise in carpentry. Within the walls of the workshop, the focus is firmly on the journey of recovery. Every item on the stall represented hours of dedication, mindfulness and the courageous act of learning something new," explained Mariana.

"Woodworking requires a blend of patience and precision, qualities that are often central to overcoming the challenges of addiction and mental health struggles. Each piece we sold was unique and carried the distinct touch of the service user who shaped it. It was a successful day and allowed us to celebrate the resilience and hard work of our patients at Cygnet Hospital Maidstone."