



Press Release

Immediate Release

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Cygnet Hospital Maidstone Celebrates Culture and Diversity

Staff and service users at a Kent mental health hospital united for a cultural celebration filled with food, clothing and traditions from around the world.

[Cygnet Hospital Maidstone](#), a 64-bed mental health hospital run by Cygnet Health Care, recently hosted a Cultural Celebration Day to celebrate diversity.

Organised by Cygnet's Multicultural Network (MCN), the event included a range of educational stations, each sharing traditions, clothing and stories from different cultures. The activities encouraged attendees to ask questions and learn more about each other's heritage.

Tina Stevens, General Manager at Cygnet Hospital Maidstone and co-host of the event, shared the success of the celebration.

She said: "Our aim was to celebrate diversity, educate one another about different cultures and create an inclusive environment where everyone felt proud to share their heritage. I'm so pleased we achieved that.

"The day was a huge success and seeing both our staff and service users smiling, connecting and celebrating together made the hard work worthwhile."

Individuals supported at the Cygnet Health Care service decided the cultures that were represented and how they wanted to celebrate them, ensuring service users were at the heart of the celebrations.

Staff also prepared and shared a wide range of traditional dishes from across the globe, with cultural cuisine spanning from Zimbabwe to Lithuania.

"Food really does have a wonderful way of bringing people together, everyone had fun," explained Tina.

"By celebrating different cultures, we promoted inclusion and respect while increasing cultural awareness. This helps us build stronger relationships between staff and the individuals we support at Cygnet Hospital Maidstone and encourages social interactions."