



Press Release

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For Immediate Release

Cygnet Lodge Kenton revamps garden space to support recovery

Women receiving support at Cygnet Lodge Kenton in Harrow have helped transform the service's outdoor space, creating a welcoming garden designed to enhance wellbeing, encourage social interaction and support recovery.

The 15-bed mental health rehabilitation service in North-West London is part of the Cygnet Health Care division and recently unveiled its newly revamped garden, which features a levelled decking area, flower and vegetable beds, and two brand-new multi-use spaces named the Lavender Lounge and Lily Pad.

The project was co-produced with the women supported at Cygnet Lodge Kenton, who played an active role throughout the redesign. From the outset, service users were involved, helped select furniture and colour schemes, decorate fencing, plant the vegetable patch, design the invitation to the party, and even choose names for the new garden spaces.

To celebrate the transformation, staff and service users came together for a garden party. The day included a buffet lunch and refreshments served by the kitchen team in the Lavender Lounge, followed by games organised by the Occupational Therapy team and a lively karaoke session led by service users.

Feedback from the ladies supported at Cygnet Lodge Kenton has been very positive, with one saying, "I had fun, the food was amazing. I like the new garden furniture, the garden looks so much better."

Another said: "The garden is more peaceful and tranquil and spacious. I really enjoyed singing to everyone at the garden party."

The new outdoor area has been designed to improve accessibility and make it easier for service users to spend time outdoors. With growing evidence highlighting the benefits of green spaces in supporting mental health recovery, the garden provides additional opportunities for relaxation, therapeutic activities and social connection.

Alongside areas where people can come together and enjoy shared activities, the redesign also incorporates quieter spaces where individuals can unwind and spend time independently.

The garden's thriving vegetable patch is already growing tomatoes, cucumbers and chillies, alongside a towering sunflower that has become a standout feature.

Alison McCulloch, Interim Service Manager at Cygnet Lodge Kenton, said: "It's been so amazing to work with our service users on this project to make sure the space works for them.

"A huge thank you to everyone who has worked so hard across Cygnet Health Care to get the garden ready for the summer. It has really been a team effort, and the difference it has made is incredible.

"The new spaces are already having a positive impact, giving the women we support more opportunities to enjoy being outdoors, socialise with others and take part in activities that support their wellbeing and recovery.

"The revamped garden is now a central part of daily life at Cygnet Lodge Kenton, providing a peaceful and accessible outdoor environment that has been shaped by the people who use it most."