



Press Release

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For Immediate Release

New music studio opens at Cygnet Hospital Kewstoke to help patients find their voice

Patients at Cygnet Hospital Kewstoke are striking a new chord in their recovery journey thanks to the opening of a brand-new Music 2 Empower recording studio.

The purpose-built creative space gives people receiving inpatient mental health care the opportunity to write, record and produce their own music, helping them express themselves, build confidence and reconnect with their identity through creativity.

The studio at the Beach Road hospital forms part of Cygnet's growing Music 2 Empower network, a recovery programme that is transforming spaces within hospitals into professional-standard music production studios.

Haley Williams, Co-production, Recovery & Innovation Manager at Cygnet, explained: "The initiative recognises the powerful role music can play in supporting mental health and recovery, giving people a creative outlet to explore emotions that are often difficult to put into words."

At Cygnet Hospital Kewstoke, the studio has been created by transforming part of the hospital's activity room into a recording and production space. Developed in partnership with the hospital's music therapist, occupational therapy team and service users, it is equipped to allow patients to write songs, record vocals, create digital music and experiment with sound throughout their recovery.

Josh Jones, Head of Occupational Therapy, said: "The project has been shaped through co-production, with service users playing an active role in designing the space. They helped create a unique feature wall using recycled vinyl records, breathing new life into old albums while creating an inspiring environment for future musicians.

"The artwork will continue to evolve as patients are invited to sign a blank vinyl record when they are discharged, leaving behind a lasting reminder of their recovery journey and offering hope and encouragement to those who follow in their footsteps.

"One of the unique aspects of the Music 2 Empower programme is that people are able to take home the music they create, providing a lasting reminder of their achievements and recovery beyond their stay in hospital."

The Kewstoke studio will also become a shared creative resource for other Cygnet hospitals across the South West, creating opportunities for collaborative music projects between services.

In addition, recognising the importance of staff wellbeing, the studio has also been opened for colleagues to use during breaks or outside working hours, offering a creative space to unwind, practise an instrument or simply enjoy making music together.

Haley added: "Recovery isn't just about the treatment people receive. It's about helping people reconnect with who they are, discover new strengths and build hope for the future.

"Music has an incredible ability to help people express emotions they may struggle to communicate in other ways. For many people, it isn't simply something they enjoy, it's something that helps them cope, process difficult experiences and rediscover their identity beyond their diagnosis.

"Our Music 2 Empower studios are much more than music rooms. They're creative spaces where people can learn new skills, build confidence, express themselves and continue being themselves throughout their recovery journey.

"It's fantastic to see the new studio open at Cygnet Hospital Kewstoke and particularly pleasing that service users have helped shape the space themselves. That spirit of co-production is at the heart of everything Music 2 Empower stands for."

Josh added: "We've already seen the excitement this new space has generated among our patients and colleagues.

"We wanted to create somewhere that feels inspiring and creative, a place where people can write, record and experiment with music in a professional environment.

"Our service users have been involved from the very beginning, including creating the artwork that now fills the walls. Inviting people to sign a vinyl record before they leave hospital means everyone becomes part of the studio's story.

"We're excited to see how the space develops over the coming months and to hear the music that is created here. We know creativity can play a hugely important role in recovery, and this studio gives people another way to discover their strengths, build confidence and find their voice."