



Press Release

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For Immediate Release

New music studio opens at Cygnet Hospital Maidstone

Patients at Cygnet Hospital Maidstone have a new space in which to express themselves, develop their talents and support their recovery following the opening of a dedicated Music 2 Empower studio.

The new studio was officially unveiled during a summer celebration at the hospital, with patients and staff coming together to enjoy live music and an indoor barbecue.

Its development was co-produced by hospital staff and patients, ensuring the finished space reflects the interests, ideas and aspirations of the people who will use it.

The studio forms part of Cygnet's Music 2 Empower initiative, which creates dedicated environments where people receiving inpatient mental health care can listen to, perform, produce and record music.

Launched in 2019 after service users spoke about the important role music had played in helping them manage difficult emotions, the initiative aims to use creativity as a tool for recovery.

Across Cygnet services, Music 2 Empower studios provide opportunities for people to express feelings they may find difficult to communicate in words, build confidence, connect with others and learn new skills. Some service users have used the facilities to explore songwriting, performance and music production, while others have rediscovered interests that had been lost during periods of mental ill health.

Tina Stevens, General Manager at Cygnet Hospital Maidstone, said: "It was a real pleasure to celebrate the opening of our music studio and see how positively it was received by everyone.

"This is much more than a room containing instruments and equipment. It is a creative space where patients can express themselves, try something new and reconnect with an important part of who they are. Music can reach people in ways that words sometimes cannot, and we hope the studio will help our patients build confidence, develop skills and experience the enjoyment of creating something of their own.

“What makes the project especially meaningful is that it was developed through co-production. Hospital staff and service users worked together to turn the initial idea into a space people genuinely want to use.

“Their input has shaped the studio and given patients a real sense of ownership.”

Music 2 Empower studios are designed to offer the same high-quality environment found in community recording facilities.

Tina explained: “The wider programme recognises that recovery is not only about clinical treatment, but also about giving people opportunities to discover their strengths, maintain their identity and develop hope for the future.

“We are incredibly grateful to everyone who helped bring the studio to life. We cannot wait to hear the music our patients create and to see the opportunities it opens up for them.

“The opening celebration captured the spirit of the project perfectly. Patients and colleagues were able to come together, enjoy the studio and share a relaxed summer barbecue.”