



Press Release

Immediate Release

4 August 2023

Cygnet Hospital Colchester Host Summer Fete

Patients at a mental health service joined together with staff and loved ones to enjoy Cygnet Hospital Colchester's summer fete.

Cygnet Hospital Colchester, on Boxted Road, is a 54 bed service run by Cygnet Health Care which provides a range of intensive support and rehabilitation services for men with learning disabilities, autism spectrum disorders or mental health needs. The aim of the service is assessment, stabilisation, treatment and engagement, with a view to supporting service users in the least restrictive environment appropriate to their needs.

It held its summer fete last week and patients were encouraged to have a stall from each of the hospital's four wards. The hospital hosted a variety of activities throughout the day, including; skittles, hoopla and Soak the Manager.

Patients from the acute ward, Highwoods, made bracelets whilst intensive support wards Oak and Larch Court had a "Beat the Goalie" stall. Ramsey Unit, the high dependency rehabilitation unit, had a Giant Jenga competition to try to beat the World Record for the number of levels achieved.

Hospital Manager Lynn McGhee said there was a brilliant turnout. She added: "We had a fantastic BBQ lunch provided by the kitchen staff, and various cakes that people had baked and brought to share for the event. There was also freshly popped popcorn and an ice cream van.

"We had bean bag toss, coconut shy, guess the weight of the cake, guess the name of the teddy and guess how many sweets in the jar. The grand finale was Soak the Manager, where patients and staff got a chance to trigger the bucket to tip over the manager. I think this and the food were probably the most popular parts of the day.

"There was a wonderful display of balloons and bubbles and our staff kept us entertained with lots of fabulous music playing in the background.

"Holding events like these is really great for the morale of everyone at the hospital. Patients and staff get to work together to plan and run the event, and everyone is able to have fun together, which helps break down barriers."

Ends

Notes to Editors:

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