Kewstoke Hospital Holds Sporting Challenge for Comic Relief

A HOSPITAL in Kewstoke which supports men and women struggling with their mental health held their annual Rowathon & Bikeathon event for Comic Relief.

The Bikeathon event was completed by service users at Cygnet Hospital Kewstoke, on Beech Road, a 71-bed hospital which provides emergency admissions services for men and women, and a pathway for women to rehabilitation including a specialist service for personality disorder.

Four of the five wards took part, and the aim was to pedal the furthest distance as a team within a 30 minute time limit.

In a close contest, Nash Ward (Male psychiatric intensive care), Haywood Ward (male acute mental health service) and Sandford Ward (Female acute mental health service) each gave it their all, but ultimately it was Knightstone Ward (Intensive support service for women) who retained their title as winners.

They secured victory with an impressive 12.6km pedalled in the half an hour and the cycle trophy now sits proudly on the ward.

The Rowathon event saw staff teams from across the hospital compete to see what distance they could row as a team in 45 minutes. This year was another close affair, with Occupational Therapy regaining the wooden oar trophy from Psychology, who themselves were pipped to second place by the medical team. In the end, only 120 metres separated the top three teams.

Hospital Manager Josh Tapp said: "With both competitions running in the same room, it gave both service users and staff the chance to cheer their teams and wards on, and created a fun social atmosphere for all who attended.

"Congratulations to all who got involved and supported a very successful event, which has so far raised over £100 for Comic Relief.

"It is always wonderful to see our service users get involved and feel passionate about supporting good causes. Our ethos at Cygnet Health Care is to improve lives for the better and fundraising events like these help us to do just that."