



## **Press Release**

### **Immediate Release**

**2 April 2025**

### **Patients at Crewe Mental Health Hospital Deliver Sweet Treats to Local Community**

Patients from Cygnet Nield House, a mental health hospital in Crewe, have baked and delivered delicious cakes to local emergency services and a care home as part of their ongoing efforts to give back to the community.

The four women, who are currently receiving inpatient support for disordered eating and a personality disorder, took part in the initiative as part of their treatment plan. Baking and engaging with food helps build their confidence and develop positive relationships with food.

The freshly made cakes were shared with the local Police Station, Ambulance Station, A&E Department, Fire Station, and the residents of Cypress Court Care Home.

Michelle Bickerton, Activity Coordinator at Cygnet Health Care, praised the patients for their enthusiasm and dedication to the project:

She explained: "We started baking for the community last year and had really positive feedback. This year, the ladies were keen to continue by baking cakes for the local care home and emergency services.

"Baking has become a meaningful weekly activity for the women, helping them become more comfortable around food and building valuable skills. Many of our patients initially found being near food difficult, but through support and encouragement, they've gained confidence and enjoyment from it."

The initiative was especially heartwarming for the residents of Cypress Court Care Home. After seeing a social media request from the care home asking for birthday cards for a resident turning 104, the women at Cygnet Nield House crafted personalised cards alongside their homemade cakes.

Michelle added: "The feedback has been wonderful. Every service has expressed their gratitude, and we hope it brought a smile to many faces. It's also been a

fantastic opportunity for us as a service to strengthen our ties with the local community."

Cygnets Nield House provides care across two wards; Clarion Ward, a 14 bed complex personality disorder service for women with a dual diagnosis of personality disorder and co-morbid disordered eating, and Compton Ward, a 15 bed acute service.

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