



Press Release

Immediate Release

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Kewstoke Staff on Challenge to Support Mental Health Through Movement

Staff at Cygnet Hospital Kewstoke have laced up their trainers and are hitting the ground running as part of a fundraising campaign to promote physical activity, community spirit, and mental wellbeing.

Running throughout August, the Cygnet Challenge brings together colleagues and service users from across the Cygnet Health Care and Cygnet Social Care network to raise funds for Sport in Mind, a charity that uses physical activity to support people experiencing mental health challenges.

This year, the Active Life team at Cygnet Hospital Kewstoke, on Beach Road, has pledged to collectively walk, run, or roll 500 miles, and the whole service is stepping up to the challenge. They hope to raise £300 for the charity.

From daily walks to group activities tracked on a communal mileage board, everyone from support workers and admin staff to the multidisciplinary team (MDT) and service users themselves is taking part.

Peter Morton, Active Life Trainer, said: "Having initially pledged 250 miles, we smashed through that and set ourselves the new target of 500 miles.

"We've done bike rides with service users, and completed a full day walking around our spacious grounds, with both staff and service users taking part, clocking up almost 40 miles in a few hours!

"We've also been sending a 'daily miles' update email to all staff at site to keep the momentum going.

"It's for a great cause, we are all aware of the close connection between physical health and mental health."

The challenge highlights the crucial link between physical and mental health, a value shared by both Cygnet Health Care and Sport in Mind. The charity delivers community-based and hospital outreach programmes that encourage people to get active, reduce social isolation, and take positive steps in their recovery journey.

Peter added: "Every step counts. Our mission is to highlight the positive impact physical activity can have on mental health, and raise vital funds for Sport In Mind, a charity who do just that through their various groups and initiatives UK wide."

Cygnets Hospital Kewstoke is a 71-bed hospital which provides emergency admissions services for men and women struggling with their mental health.

To support the team at Cygnets Hospital Kewstoke, go to
<https://www.justgiving.com/page/cygnetskewstoke>

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