



Press Release

Immediate Release

16 December 2025

London Mental Health Patient Designs Prize-Winning Christmas Card

An individual supported at a mental health hospital in London has turned her artwork into an award-winning Christmas card.

Jess is a Cygnet Health Care service user, supported on Sunrise Ward, a specialised eating disorder service for women at Cygnet Hospital Ealing.

She won a national festive competition, with her artwork beating entries from across 95 Cygnet Group services in the Cygnet Christmas Card Competition 2025.

The competition saw service users and residents display their creativity and artistic talent in a bid to create the most impressive festive design.

Jess took home first place in the Cygnet Health Care category with the winning entry titled 'Christmas Get Away'.

Jess reflected on her success: "Art is a hobby of mine. Before I was ill, I used to make and sell handmade Christmas cards. Winning this makes me want to do that again. I feel as though I have accomplished something positive during my admission here and it makes me want to continue my artistic hobbies."

Entries were judged by colleagues across Cygnet Group who voted for the winning cards out of 95 creative and diverse designs.

Jess said: "My inspiration came from my love of cars and campervans. I thought it would be nice to show Santa and his reindeer getting their own tree to decorate. I sketched out the design and coloured it in with sharpies, whilst using pencils for the highlights and shadows."

Saga Mak, Occupational Therapist at Cygnet Hospital Ealing, praised Jess on her win.

He said: "A big part of what we do at Cygnet Health Care is building upon the strengths of each individual and encouraging them to pursue the interests and passions they have. We are thrilled that we had a number of people enter their work, and very proud of Jess for winning the competition. This serves as a wonderful example of the value behind participating in activities and is an amazing reminder that positive outcomes are possible."