



Press Release

Immediate Release

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Birmingham Mental Health Hospital Turns Going Green Into Personal Ambition

A mental health hospital in the West Midlands welcomed 2026 with a greener outlook by planting seeds for future growth.

Located on Broadway Avenue, Cygnet Cedars is a 23-bed high-dependency complex care service for men with learning disabilities and mental health need.

Individuals at the Cygnet Health Care service marked the New Year by planting a tree and burying a time capsule filled with their 2026 goals.

Support Worker Raluca Paduraru highlighted the success of the Birmingham-based service's green initiative: "This was a simple but powerful way to start the year with purpose – for ourselves, each other and the planet. It gave the service users an opportunity to express their thoughts, feel involved and create something lasting.

"The tree symbolises growth and new beginnings for both our staff and the individuals we support. There was a real sense of achievement after planting the tree. Giving back to the environment, connecting with the community and working in a team is so important to us."

Planting a tree and a variety of seasonal plants was the first step in the Cygnet Health Care service's 2026 commitment to do more to protect the planet.

Raluca said: "Here at Cygnet Cedars, we aim to support environmental awareness and meaningful participation by the individuals we support. Gardening and planting are just two of the ways we are making an impact. We're also focusing on becoming more sustainable and reducing the waste we produce.

"Our service users are also excited to start litter-picking in the local area. We can't wait to help keep Birmingham clean by taking on the responsibility to positively contribute to our local environment."

The Cygnet Health Care service also buried a time capsule full of letters from service users, who wrote down their thoughts, hopes and goals for the year. It will then be unearthed on New Year's Eve.

Raluca reflected on the important meaning behind the time capsule. She said: "This really gave our service users a sense of belonging. Sharing their ambitions in the time

capsule meant they felt valued and listened to while giving them some accountability and responsibility.

“Our team thought it would be a great way to let everyone reflect on their progress at the end of the year and celebrate personal growth. It shows that positive change happens over time and there is always hope for success.”