



Press Release

Immediate Release

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Former patient returns to Cygnet Hospital Bierley to create mural

A former patient at Cygnet Hospital Bierley has returned to the hospital to give back by painting a large mural designed to inspire reflection, comfort and connection.

Cygnet Hospital Bierley, in Bradford, provides a range of acute and low secure mental health services for men and women. Heidi Watson-Trant, who was an inpatient on the female acute service Blossom Ward from August to November 2024, was invited back to the hospital after her discharge to create the artwork for its multi-faith space.

Heidi says art has always been central to her wellbeing. "Creative expression is a healthy distraction for me," she explained. "I love creating new things out of simple materials, whether that's painting or sculpture, in any medium. It allows me to step away from what's going on in life and focus on something else. I love colour, the brighter the better. It's comforting to me and reorders the chaos that can be in my mind."

The mural she has created depicts two hands holding the world, surrounded by symbols from many different religions, alongside positive words that reflect the shared values found across faiths. While Heidi does not consider herself religious, the inspiration behind the piece is rooted in reassurance and hope.

"I like the notion of a divine being holding us all within His hands," she said. "Knowing that someone will always be holding, guiding and supporting us throughout all of life's toils and grief. I know that belief can be a huge comfort to people."

Being invited back to the hospital was a particularly meaningful moment for Heidi. During her inpatient stay, staff supported her to paint a mural for the original multi-faith room, which has since been repurposed as a music studio.

"When I was invited me back to do this one, it was humbling," she said. "I felt honoured, proud and a bit more confident in my artistic ability."

"It's been so lovely to give something back to the place that previously helped me through my lowest point."

Reflecting on her time at the hospital, Heidi spoke warmly about the care she received.

"My time at Bierley was so positive," she said. The staff treated me with respect, dignity and support. They helped me get my life back on track after the worst thing to ever happen in my life. I'm unbelievably grateful, so it was a no-brainer to give back when I was asked about the mural."