



Press Release

Immediate Release

17 March 2026

London Mental Health Patients Fundraise for Eating Disorders Charity

A mental health hospital in Ealing has raised much-needed funds for a charity that supports people with eating disorders.

Located on Corfton Road, Cygnet Hospital Ealing is a 23-bed service offering treatment for women with an eating disorder or personality disorder.

To celebrate Eating Disorders Awareness Week at the end of February, the Cygnet Health Care staff and service users chose to fundraise for Beat.

The charity supports people affected by eating disorders by providing helplines, online support groups and resources. Beat also campaigns for better funding, treatment and knowledge among healthcare professionals whilst supporting families who have loved ones affected by the illness.

Throughout Eating Disorders Awareness Week, Cygnet Hospital Ealing took part in a series of crafty activities, raising £115 for charity.

Saga Mak, Occupational Therapist at the Cygnet Health Care service, highlighted the inspiration behind the fundraiser.

He said: "Both our staff and service users wanted to fundraise for Beat as it provides crucial care and support for people in their everyday lives. We felt like the charity's mission to mitigate the negative impact of eating disorders aligns perfectly with what we strive for every day at our service."

"Recovery shouldn't be a lonely journey. By fundraising, we are ensuring that the next person who reaches out to Beat has a trained, kind voice waiting on the other end of the line. Our collective effort has turned into tangible, real-life support for other people struggling."

Service users participated in arts and crafts such as calligraphy, mindful painting and bracelet making, before selling their creative efforts hospital-wide to raise donations.

"Our staff have proudly attached the bracelets to their keychains and lanyards as a lovely reminder of the effort everyone put into such a great cause. It's become a symbol of our community and togetherness," explained Saga.

"The fundraiser was a great opportunity for those we support to engage in something beyond their 'patient' role and reclaim a sense of achievement and

purpose outside of their diagnosis. There was a real powerful element of community and connection – the realisation that your hands, your creativity and your voice can help someone else walking a similar path.

“This helped to build our service users’ confidence and allow them to reconnect with who they are as individuals. It reminded them that they are so much more than their illness.”