



Press Release

Immediate Release

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Rowing, Riding and Raising: Cygnet Hospital Kewstoke Smashes Charity Challenge

A mental health hospital in Weston-super-Mare hosted a Rowathon and Bikeathon in support of Comic Relief, uniting staff and service users for a fun-filled three days of competition and fundraising.

Cygnet Hospital Kewstoke, a 71-bed mental health hospital providing an emergency admission service, raised more than £150 for Comic Relief through three days of high-energy challenges.

Comic Relief helps to tackle poverty and social injustice worldwide, whilst supporting those facing immediate hardships.

The fundraiser was organised by the Cygnet Health Care hospital's Active Life team and saw all five wards compete to cover the furthest distance in 45 minutes on either a bike or a rowing machine.

Peter Morton, Active Life Trainer at Cygnet Hospital Kewstoke, praised the fundraising achievement.

"There was a whole hospital feel to the event with everyone taking part. It was a fun and pretty competitive few days. The event was a huge success," Peter explained.

"To add to our Comic Relief fundraiser, Red Noses were handed out in exchange for donations."

The Rowathon challenge, completed by staff, saw the medical team emerge triumphant after battling it out on the rowing machines. The team claimed the renowned wooden oar trophy after hitting a new record distance of over 12km.

The prestigious cycling trophy now proudly resides on Haywood Ward, an acute inpatient service for men, after a thrilling Bikeathon contest where service users clocked over 12km through their strong performance.

The individuals supported on the Cygnet Health Care ward also received a tasty red velvet cake to enjoy after their fundraising efforts, baked by another service user.

Peter said: "This would not have been possible without the support of the highly motivated Activity Coordinators who helped the Active Life team to make sure

everything ran smoothly. We would like to thank everyone who supported the event and took part, whether that was rowing, cycling or simply cheering their team on."

One service user also highlighted the fun atmosphere over the three days: "It was really good fun. I didn't feel awkward, like I normally do. I'm really glad I went to the fundraiser."