



Press Release

Immediate Release

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Patients Help Transform Disused Farm Into Thriving Recovery Space at Kewstoke Hospital

A once-overgrown and disused farm at Cygnet Hospital Kewstoke has been transformed into a vibrant therapeutic and community space thanks to a major regeneration project led by patients, staff and local partners.

The official opening of the Farm Regeneration Project took place last week during a Community Engagement Day attended by service users, carers, staff, neighbours and community stakeholders.

Guests were invited to explore the newly restored farm, take part in activities and taster sessions, enjoy a community BBQ and meet the farm's resident goats, while hearing more about how the initiative is supporting recovery and wellbeing.

The project has seen an eight-year disused farm space brought back to life as part of the hospital's recovery-focused approach to mental health care.

Operated by Cygnet Health Care, the 71-bed hospital provides emergency admissions, acute services, personality disorder pathways and inpatient rehabilitation services for adults with mental health needs.

Over the past year, service users have worked alongside occupational therapy teams to clear overgrowth, restore pathways, paint structures, plant crops and help shape how the farm would develop.

The result is now a flourishing environment featuring horticultural activities, wellbeing spaces, cooking sessions, animal care and a newly installed Yurt designed for therapeutic group work and community activity.

Josh Tapp, Hospital Manager at Cygnet Hospital Kewstoke, said: "This project has been truly shaped by the people who use our services. Rather than creating something for service users, we created it with them.

"Watching the transformation over the last year has been incredible. What was once an overgrown and forgotten area has become a place filled with purpose, connection and opportunity.

“The official opening was a fantastic celebration of everyone's hard work and the positive impact this environment is already having on recovery and wellbeing.”

The farm now hosts structured occupational therapy sessions where service users grow vegetables, harvest produce and take part in cooking sessions using ingredients cultivated on site.

Josh added: “Being part of the farm has helped the confidence of our service users massively. It has given them a real sense of achievement.

“The project has had a significant positive impact on engagement, confidence and social interaction among patients. We've seen people develop confidence, routine and practical skills through the farm activities. Some individuals who were initially hesitant to engage are now helping lead tasks and encouraging others.”

The hospital is also developing links with Weston College to explore future vocational and educational opportunities connected to horticulture and wellbeing.

Plans are also underway to expand volunteering opportunities and donate produce grown on the farm to local food banks as the project continues to grow.

Josh added: “We want the farm to become something that benefits not only our service users but the wider community too. The support we've received locally has been fantastic, and we're excited about what comes next.”