



Press Release

Immediate Release

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A Taste of Africa Unites Bury Mental Health Hospital

Cygnet Bury Hudson recently enjoyed a day of culinary delights and learning to celebrate its diverse staff and service users.

Located on Buller Road, the 78-bed Cygnet Health Care hospital offers low secure, medium secure and personality disorder services for men with mental health needs.

The fun-filled event took place on 20 May to mark African Heritage Day.

“We wanted to recognise and appreciate the rich cultures, traditions, music, fashion and food from across Africa,” explained Ajibola Peters, who is part of the Recovery College team at the Cygnet Health Care service.

“At Cygnet Bury Hudson, we value diversity and inclusion, and this event provided an opportunity for staff and service users from different backgrounds to come together, learn from one another and celebrate cultural identity in a positive and engaging way.”

The celebration took place in the service's Social Hub and featured a variety of African dishes, such as jollof rice, puff puff and egusi soup, prepared by staff.

Everyone had the opportunity to sample different foods, explore new flavours and learn more about the diverse culinary traditions – something the service users revelled in.

Adding colour and cultural pride to the occasion, staff dressed head-to-toe in beautiful and vibrant traditional African attire.

Ajibola said: “The celebration created a sense of community in our hospital, allowing everyone to share experiences that promoted togetherness and cultural awareness. Co-production is a big part of what we do at Cygnet Health Care and activities such as cooking, decorating, sharing meals and learning about different cultures help create these positive experiences for the individuals we support.

“African Heritage Day saw our service users develop new skills, express themselves creatively and feel a sense of achievement by contributing to the celebration. The day was filled with laughter, conversation and a strong sense of community.”