



Press Release

Immediate Release

4 August 2026

### **Cygnet Hospital Colchester Celebrates South Asian Heritage Month**

A mental health hospital in Essex united for a day of fun and food to celebrate its diverse staff network.

Located on Boxted Road, [Cygnet Hospital Colchester](#) is a 59-bed service for men with learning disabilities, autism mental health needs.

The Cygnet Health Care service celebrated South Asian Heritage Month on 31 July with a fun-filled party featuring colourful decorations and dancing.

"It was lovely to share a part of each other's culture. Lots of people attended and our service users were really enthusiastic about how good the food was and how much they enjoyed the day," explained Lynn McGhee, Hospital Manager at Cygnet Hospital Colchester.

"The celebration was a reminder that diversity is a strength, and that taking pride in our heritage contributes to a more inclusive, understanding, and connected community."

Staff provided a selection of delicious South Asian food, with some donning traditional outfits before taking to the runway in a fashion show.

A henna station was also available for those who wanted a henna tattoo as well as educational posters for both staff and service users to learn more about South Asia.

Lynn continued: "Events like these provide a valuable opportunity to celebrate and honour the diverse cultures that have shaped who we are as individuals.

"They allow us to recognise the unique experiences, traditions, and perspectives that each person brings to our workplace, enriching our collective efforts and helping us achieve our shared goals.

"At Cygnet Hospital Colchester, we are proud of who we are, what we do, and the cultures that continue to inspire and influence us."