



Press Release

Immediate Release

26 August 2026

West Midlands Mental Health Patients Support Local Community

A mental health hospital in Birmingham has been spreading kindness one piece of fruit at a time through a community outreach initiative.

Located on Broadway Avenue, [Cygnet Cedars](#) is a 23-bed care service for men with learning disabilities and mental health needs.

The Cygnet Health Care service recently launched a 'Fruit Kitchen' initiative, with service users handing out fresh fruit to members of the public in Birmingham city centre.

Organised by the Occupational Therapy team, the initiative gave individuals supported at the service the chance to give back to others by doing something positive in their community.

"It was a lovely opportunity for everyone to work together, develop practical skills and, most importantly, do something positive for the local community," explained Raluca Paduraru, Support Worker at Cygnet Cedars.

"Seeing the smiles on people's faces as they received their fresh fruit made all the preparation worthwhile. It was a simple but meaningful activity that showed how small acts of kindness can make a difference."

Individuals supported at the Birmingham-based service were at the heart of the initiative, dedicating their time to preparing bowls of fresh fruit before heading into the city centre to distribute them.

Raluca continued: "For our service users, it was about much more than simply preparing fruit. It was an opportunity to get into the community, meet and interact with different people, build confidence and feel that they were making a positive contribution.

"Seeing them take pride in what they had prepared and then being able to give it to members of the public was particularly rewarding."

One service user shared their enthusiasm for the initiative, saying: "It was nice making someone's day better."

Following the success of their first 'Fruit Kitchen', the Cygnet Health Care service hopes to continue the project and involve other nearby Cygnet services in the coming weeks.