Press Release

Immediate Release

29 October 2026

Essex Mental Health Hospital Wears It Pink for Charity

Staff and individuals supported at a mental health hospital in Colchester came together to show their true colours and raise vital funds for a breast cancer charity.

Cygnet Hospital Colchester, a 54-bed service for men with learning disabilities, autism or mental health needs, united with a shared commitment to support Breast Cancer Now.

The Cygnet Health Care service raised £146 for the charity through a day of fundraising, including hosting a quiz and a bake sale.

"The day was a fantastic success, with excellent participation and support from across the service. A special thanks to the kitchen team for making all the bakes for the cake sale," explained Sharin Daniel, Office Manager at Cygnet Hospital Colchester.

"I am incredibly proud of the team's dedication, enthusiasm, and hard work in making the event such a positive experience for everyone involved, while raising awareness and support for an important cause."

Staff at the Cygnet Health Care service baked an impressive variety of sweet treats to sell, whilst raising both funds and awareness for Breast Cancer Now.

The charity supports those affected by breast cancer by funding research to improve diagnosis, treatment, and prevention of the disease. Breast Cancer Now also provides vital support services whilst raising awareness and advocating for better care for those with breast cancer across the UK.

To round off the event, the service hosted a breast cancer awareness quiz to promote awareness, education and support.

Sharin added: "Our fundraiser was part of our commitment to supporting important causes. It was an opportunity for our service users to engage in an activity that promoted social inclusion, teamwork and confidence, all while contributing to a worthy cause."