



Press Release

Immediate Release

25 March 2025

Pedals and Paddles Power Fundraising at Cygnet Hospital Kewstoke

Cygnet Hospital Kewstoke hosted a Rowathon & Bikeathon event in support of Comic Relief, bringing together service users and staff for a day of friendly competition and fundraising.

The event, which raised more than £300, was organised by the hospital's Active Life team and saw impressive performances across the board.

The Bikeathon challenge, completed by service users, saw all five hospital wards compete to cover the greatest distance within a 30-minute time limit. In a nail-biting finish, Sandford Ward, a female acute service, emerged victorious, clocking 11.2 km — narrowly edging out The Lodge, a male rehabilitation service, by just 0.1 km. The coveted cycle trophy now resides proudly on Sandford Ward.

Meanwhile, the Rowathon brought staff teams together to battle it out on rowing machines, aiming to row the furthest in 45 minutes. The atmosphere was electric as wards, clinical teams, and departments competed for the prestigious wooden oar trophy.

In a thrilling contest, the Psychology team reclaimed the title from Occupational Therapy, who finished in third place. The Doctors team put up a valiant effort, securing second place, just 20 metres shy of victory.

Active Life Lead Sally Leddy said: "The event fostered a vibrant and supportive atmosphere, with service users and staff cheering each other on. To add to the spirit of Comic Relief, Red Noses were handed out in exchange for donations, while the hospital's kitchen team, supported by service users from Knightstone Ward, our intensive support service for women, provided an array of delicious cakes.

"I'd like to express my heartfelt thanks to everyone who took part, contributed, and supported the event, which has already raised £317 for Comic Relief."

Cygnets Hospital Kewstoke, on Beach Road, is a 71-bed hospital which provides an emergency admission service for both men and women struggling with their mental health.

Ends