



## **Press Release**

### **For Immediate Release**

#### **Service Users from Mexborough Mental Health Clinic Support Charities This Christmas**

Women in Mexborough who are receiving support for their mental health have entered the spirit of festive giving after arranging and collecting donations for three local charities in the South Yorkshire area.

Cygnet Aspen Clinic, on Manvers Road, Mexborough, is a specialist service for women with a diagnosis of personality disorder and associated complex needs. It provides assessment, stabilisation, treatment and rehabilitation for up to 16 women.

The decision to organise the collections and make the donations was made following community and daily planning meetings between service users and staff.

After contacting local charities three collections were started for food, clothes and toys. Between everyone at Cygnet Aspen Clinic a full trolley of food was donated to Food Aware Community Interest Company in Mexborough, eight bags of toys to the Banana Box Toy Project in Doncaster and ten bags of clothes to the Clothing Bank near Pontefract.

Adam Robinson, Occupational Therapist, said: "Discussions took place around the current economic climate and the difficulties being faced by many people across the UK. Thinking about how we can help it was suggested we arrange some collections to donate to local people who may need a bit more support this year.

"When they delivered the donations to Food Aware one of the service users, Clair, and Paige an activity coordinator, also got involved with making up food parcels which were then delivered later that afternoon. They were made to feel very welcome by the team at Food Aware."

The team at Cygnet Aspen Clinic have also been invited back early next year to get involved with other volunteer projects.

Ends

#### **Notes to Editors**

For interviews, please contact Gemma Attew, External Communications Manager, at [gemmaattew@cygnethealth.co.uk](mailto:gemmaattew@cygnethealth.co.uk)

#### **About Cygnet Health Care**

Cygnet Health Care has been providing a national network of high-quality, specialised mental health services for the NHS and local authorities for the past 30 years.

Cygnet Health Care's pioneering services support people with complex and acute mental health needs across the UK.

As one of the best quality providers in mental health services in the country, Cygnet Health Care's focus is always on the best outcomes for those who use or commission its services. 85% of Cygnet's facilities are rated as good or outstanding, which is above the national average. [www.cygnethealth.co.uk](http://www.cygnethealth.co.uk)