



Press Release

Immediate Release

18 May 2023

**CYGNET CEO FROM CHESHIRE LEADS 20-STRONG TEAM  
ON CHARITY CHALLENGE UP YR WYDDFA/SNOWDON**

Cygnet CEO, Dr Tony Romero, is set to lead a 20-strong team on a charity challenge up Mount Snowdon, Yr Wyddfa, next Bank Holiday weekend.

The team of colleagues from across Cygnet services are raising money for Doctors in Distress, a small charity doing big work to support healthcare workers with their mental health. Cygnet runs health and social care services to support individuals with mental health needs, learning disabilities and autism.

Dr Romero, of Crewe, Cheshire, has walked the many paths up Snowdon numerous times and for this challenge has chosen one of the toughest routes to really put the team to the test.

The Watkin Path is not for the faint hearted and takes between five and seven hours to complete.

Beginning at a little over sea level, the 13km route ascends steeply up the southern slopes of the Yr Wyddfa/Snowdon massif. The team will need to be fit and focused as they tackle the mountain where they will enjoy the picturesque views, waterfalls and nature along the route.

Dr Romero said: *"Snowdon is one of my favourite mountain challenges and I can't wait to have the camaraderie of colleagues on this next venture to the summit. As well as being a test of fitness and endurance, it is also a chance to work together as team to encourage one another and have some fun along the way.*

*"I was proud to see the Cygnet Wast Hills team recently successfully completed the Snowdon challenge and that colleagues from Cygnet Brunel will be doing so soon too. It's fantastic that our teams are fundraising, team building and setting their sights on achieving great things as it all contributes to a culture of support, kindness and a determination to succeed – all of which epitomise a staff group that I am honoured to lead."*

Doctors in Distress are a charity dedicated to protecting mental health and stopping suicide in health workers. Through confidential facilitated groups, they provide an opportunity for all those working in healthcare, not just doctors, to give and get support.

Ann Paul, CEO of Doctors in Distress said: *"This is an amazing commitment by the Cygnet team and we're delighted to have their support. Snowdon is no small undertaking and we wish them every success with each step along the way!"*

Doctors in Distress offer support groups and are also committed to influencing culture change within the NHS. They recognise that there is a very prevalent stigma around mental health which stops many health workers from sharing concerns. To create culture change, the charity runs webinars, workshops & programmes specifically for medical students and those in leadership. They believe that targeting these two groups is essential in ensuring that health workers feel able to access help when they need it.

**Donations can be made to the charity via the team's [JustGiving page](#)**