Press Release

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Cygnet charity challenge raises money for Mind

Five staff members from a leading health and social care provider recently trekked to the top of Yr Wyddfa to raise money for a mental health charity.

The team of colleagues from Cygnet Health Care were raising money for Mind, a national charity which supports individuals suffering with their mental health.

Cygnet runs health and social care services to support individuals with mental health needs, learning disabilities and autism. Liam Cain, Nathan Cain, Jack Besam, Kirsty Aston and Tenesha Smith all work for the Cygnet Health Care division at the Sedgley House and Cygnet Sedgley Lodge services.

The group climbed Yr Wyddfa last month, smashing their original target and raising £750.

Kirsty Aston, 32, a Cygnet Health Care support Worker said: "We raised money for Mind as it is a charity that means a lot to us. Working in the mental health sector we strive to make a difference to service users each day. Raising money for Mind allows us to make a difference to those who need mental health support but are not in services.

"We chose to climb Mount Snowdon as we wanted to test ourselves and to ensure we were doing something challenging which does the charity justice."

Cygnet Sedgley House and Cygnet Sedgley Lodge are based in the West Midlands and offer a 34 bed high dependency inpatient rehabilitation service for men with complex needs. The service is designed to provide an environment that promotes mental health recovery by focusing on space, personal privacy and dignity.

Kirsty added: "As first-time climbers with no prior training, we went into the climb blind. However we found a lot of team spirit within us.

"The climb really has brought our team together and we are more determined to push ourselves further. We managed to not only succeed in our mission but to actually enjoy the whole day."

The team will now turn their attention to scaling Ben Nevis in August and Scafell Pike in the autumn, to raise more funds for the national charity.

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Notes to Editors:

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