Press Release

Immediate Release

20 September 2023

Barnsley Mental Health Staff Complete Charity Walk

Staff from two Barnsley based mental health services have raised more than £1,000 for charity by taking part in a 12-mile walk.

Staff at Cygnet Oaks and Cygnet Pindar House took part in the walk on Saturday 9 September to raise money for the mental health charity, Mind. In total, 21 members of staff across the two services walked from Mexborough to Barnsley.

Cygnet Oaks, a 35 bed hospital specialising in high dependency inpatient rehabilitation for men, and Cygnet Pindar House, a 22 bed Neuropsychiatric rehabilitation facility for men affected by acquired brain injuries, are both part of the Cygnet Health Care division.

Samantha Pegg is a Cygnet Health Care Senior Support Worker who helped to organise the event. She said: "It was a brilliant day for everyone involved. We laughed, had cars honking their horns in encouragement at us and we had great support from local people.

"One member of the public spent some time with me and told me that Mind has saved his life. It reminded us of why we were doing this challenge."

Mind is a mental health charity which offers information and advice to people with mental health problems and lobbies government and local authorities on their behalf.

Explaining why the staff chose the charity to fundraise for, Samantha added: "We chose Mind because of the impact it makes in the mental health sector and this plays a big part in our lives with the jobs we do.

"This charity is close to all of our heart and we wanted to make a difference by raising money for Mind."

Overall they raised £1,300, with £334 given in cash from the general public on the day.

The rest was donated via the JustGiving page which can be [found here.](#)

Ends

Notes to Editors:

For more information, please contact Gemma Attew, External Communications Manager, on gemmaattew@cygnethealth.co.uk or 07718 244811.