



Press Release  
Immediate Release  
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### **Cygnet Worker to Trek Through the Peak District for Cancer Charity**

A determined hiker from London will be taking part in the Big Hike through the Peak District to raise much-needed funds for a charity that supports people with cancer.

Paula White is fundraising for Cancer Research UK as she prepares to take part in a 13-mile hike on Saturday 14 June.

Paula is a Bank Administrator at Cygnet Churchill, a 56-bed inpatient mental health hospital in south London run by Cygnet Health Care.

Her choice to raise money for Cancer Research UK came after her husband Steve's cancer diagnosis.

Paula said: "Cancer Research UK is a charity really close to my heart. My husband Steve is currently battling prostate cancer and it has been a long journey over the past six years. Thanks to the treatment, help and support received he's still with us.

"One of my close friends is also battling endometrial cancer and another has had lung cancer. All of these survivors are continuing their battles with ongoing support from various cancer centres across the country.

"It shows how everyone is affected and how vital these funds are. Without fundraising, the charity wouldn't be able to continue to carry out their research and provide valuable resources to help people."

Cancer Research UK helps to save lives by preventing, controlling and curing cancer. The charity helps to fund scientists, doctors and nurses to work towards prevention, diagnosis and treatments to help beat cancer sooner.

Paula is excited to take on the Big Hike challenge, which sees participants trek through woodlands, up cliffs and past waterfalls in the Peak District National Park.

She said: "I have been training for a couple of months now in my local area. Recently, I went to Scotland so I could get in some hill walking and prepare myself for the huge upcoming challenge. I love walking so training has been fun."

Paula's role at Cygnet Churchill has only aided her passion for helping others and she has raised over £100 so far in her fundraising efforts.

She added: "I have been with Cygnet Health Care for nearly 13 years now and it has really given me flexibility to support my husband through his treatments. I can continue to work in a job that I love whilst helping him.

"It's so important to help others which is why I want to continue to raise awareness and allow future generations to benefit from the wonderful work that Cancer Research UK do."

To donate, go to: <https://fundraise.cancerresearchuk.org/page/paulas-big-hike-12>

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