



Press Release

Immediate Release

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Woking Care Service Trek Over 900 Miles to Support Mental Health

Staff and individuals supported at Cygnet Lodge Woking stepped up for a charity fundraiser to promote physical activity and mental wellbeing.

The Cygnet Challenge, which ran from 4 to 18 August, brought together colleagues and service users from across the leading health and social care provider's network as part of a fundraising campaign for Sport in Mind.

Sport in Mind is a charity that uses physical activity to support people experiencing mental health challenges.

A team of dedicated staff and individuals supported at Cygnet Lodge Woking, a 31-bed acute and high support inpatient rehabilitation (level 2) service for men with mental health needs, pledged to walk a total of 500 miles for the fundraiser.

The team clocked a total of 929 miles through daily walks to group outings, with the mileage tracked on a daily basis, and raised £110 for the charity.

Ryan Childs, a Mental Health Support Worker at the Cygnet Health Care service, encouraged his colleagues and service users to take part in the challenge.

He said: "It was a great chance to give the people we support more opportunities to exercise both on site and also out and about in the local community. We actually came second across all Cygnet Health Care and Cygnet Social Care sites for distance covered in the challenge, so I'm very proud of the team.

"Everyone enjoyed the challenge and the individuals we support had fun being outdoors and finding new routes and nature trails to explore in the local area. Some service users would borrow a pedometer each day and log steps by walking around the gardens at Cygnet Lodge Woking.

"It was really beneficial for us all and one service user explained to me how much he liked the challenge as it help him set goals and have something positive to focus on."

The challenge highlights the crucial link between physical and mental health, a value shared by both Cygnet Health Care and Sport in Mind. The charity delivers

community-based and hospital outreach programmes that encourage people to get active, reduce social isolation, and take positive steps in their recovery journey.

Ryan said: "There are numerous studies which show the importance of being active to help boost mental wellbeing so it was key to keep everyone motivated and involved. I worked alongside our Activities Coordinator Oumayma to encourage people to keep the momentum up by sending round daily mile updates; our original goal was only 500 miles so we smashed it.

"There was definitely a competitive streak with our team comparing steps every day. We had a small games hamper to gift to the ward that clocked the most miles, which was George Willard Ward, our acute service for men, who totalled 370 miles.

"It was amazing to be able to help both service users stay active whilst also raising vital funds for a charity that helps those struggling. That was really important to us."