



Press Release

Immediate Release

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Cygnet St William's Fundraise for Men's Suicide Prevention Charity

A hospital in Durham which cares for men with brain injuries lifted spirits and raised funds for a suicide prevention charity on International Men's Day.

Cygnet St William's, a 12-bed neuropsychiatric service for men with acquired brain injuries, united for a day of breaking down barriers and reducing stigma for a good cause.

The Cygnet Health Care service, located on Cornwall Avenue, Darlington, raised vital funds for ANDYSMANCLUB, a suicide prevention charity which offers peer-to-peer support groups for men struggling with their mental health.

Through a series of fundraising activities on International Men's Day on 19 November, the service raised £202 for the charity.

Georgia Nelson, Regional Lead Occupational Therapist at Cygnet Health Care, said:

"It was a thoughtful occasion, which united our staff, service users and community members to take part in open conversations about men's mental and physical health. The individuals we support here were passionate about fundraising for ANDYSMANCLUB and our team wanted to stand together to reduce stigma on this important topic.

"Our staff and service users openly shared their personal stories to show others that it's normal and healthy for men to talk about their health. The day was underscored by a clear and empowering tone, showing that men benefit from talking and sharing."

Cygnet St William's baked a variety of sweet treats to raise funds for the charity before taking part in a raffle to keep donations rolling in.

In between the fundraising, there were educational sessions on mental and physical health as well as a visit from the local Police Liaison Officer, who spoke about stress, stigma and coping strategies for those struggling.

Georgia said: "There are lots of people going through similar challenges so we wanted to do what we could to show our support for those suffering in our local community. To us at Cygnet Health Care, community support plays a crucial role in addressing men's mental health as it helps to foster a sense of belonging. It was a

great way for us to raise awareness of an important charity and cause while also strengthening our bond with the community.

"We are pleased that we have created such a safe and welcoming atmosphere where staff and service users alike can express their feelings without fear of judgement. Our fundraiser was important to help those involved feel more connected and empowered to take charge of their wellbeing."