



Press Release
Immediate Release
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Sheffield Mental Health Patients Bake a Difference for Children's Charity

A mental health hospital in Sheffield served up support by raising much-needed funds for a children's mental health charity one slice at a time.

Staff and service users on Pegasus Ward, an acute service for young people with mental health needs at Cygnets Hospital Sheffield, whisked, kneaded and baked a variety of sweet treats for charity.

The Cygnets Health Care service raised £140 for Place2Be, a charity that provides counselling and emotional wellbeing support in schools. It helps children and young people struggling with their mental health or bereavement.

The young people supported on Pegasus Ward were inspired to fundraise for the charity as part of Children's Mental Health Week, which runs from 9th-15th February.

Aliya Shafiq, Activity Coordinator for the Cygnets Health Care ward, highlighted the success of the fundraiser: "The turnout was fantastic and it was such a rewarding day for everyone involved. It was great to see how motivated, dedicated and proud our service users were throughout the fundraiser.

"The individuals we support thought it would be a positive and engaging way to raise awareness and funds for such an important charity. Place2Be works directly to support young people in accessing vital support within educational settings and it is such a worthy cause."

The individuals supported at the Cygnets Health Care service were fully involved in the preparation and delivery of the fundraiser, by deciding what to bake and dedicating a day to preparing all of the sweet treats.

Aliya said: "Our service users helped ensure the event was a huge success on the day by running the bake sale. It was a great chance for them to contribute to a good cause whilst empowering them to build confidence and skills.

"Here at Cygnets Health Care, we ensure that the young people we support are active partners in their care and activities, rather than passive participants. Days like this reinforce the importance of young people having a voice in matters that affect their wellbeing."