



Press Release

Immediate Release

10 April 2026

### **Cygnet Aspen House Staff Complete 10-Mile Charity Walk to Support Men's Mental Health**

Staff at Cygnet Aspen House have successfully completed a 10-mile charity walk, raising funds and awareness for Andy's Man Club.

Taking place on 2 April 2026, the challenge saw team members from the 20-bed specialist service, based in Mexborough, Doncaster, come together in support of the charity's mission to tackle the stigma surrounding men's mental health.

Cygnet Aspen House provides high-support inpatient rehabilitation for women struggling with their mental health. While the service focuses on supporting women, staff felt strongly about backing a cause that highlights the wider importance of mental health support for all.

Andy's Man Club offers free, confidential peer-to-peer support groups across the UK, providing safe, non-judgemental spaces where men can speak openly about their experiences. The organisation is dedicated to ending the stigma around men's mental health and helping to prevent male suicide.

Mental health challenges can affect anyone, yet many men still feel unable to speak up about their struggles. Through the 10-mile walk, the Aspen House team aimed to both raise vital funds and shine a light on the life-changing work the charity delivers.

Zara Hand, Support Worker at Cygnet Aspen House and organiser of the walk, said: "We wanted to do something meaningful that reflects how important it is for everyone to have access to mental health support. Andy's Man Club does incredible work creating safe spaces for men to talk, and we're proud to support that.

"The walk itself was a fantastic experience, everyone really enjoyed it and there was such a positive atmosphere throughout. It was lovely to see the team come together for such an important cause, supporting each other every step of the way. It made it even more special knowing we were raising awareness and funds for something that truly matters."

The team encouraged donations of any size, with all funds raised going directly to support Andy's Man Club's ongoing work delivering its life-saving support groups across the country.

"Every contribution will help the charity continue to reach men in need and ensure that support remains accessible to those who need it most," Zara added.