



Press Release

Immediate Release

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Cygnet Heathers Step Up for Mental Health Charity

Staff and patients at a neuropsychiatric care service in the West Midlands took meaningful strides, raising much-needed funds and awareness for a men's mental health charity.

Cygnet Heathers, a neuropsychiatric and neurodegenerative care service for men with mental health needs and acquired brain injuries, united to clock over 100 miles for a good cause.

The West Bromwich-based service's collective footsteps saw them raise £201 for ANDYSMANCLUB, a charity chosen by the service users.

The charity raises awareness of men's mental health by working to reduce stigma around emotional wellbeing and providing peer support to those struggling.

With the support of the whole Cygnet Health Care service, Physiotherapist Payal Devgan led the charitable initiative.

She said: "Many of our service users felt strongly about supporting ANDYSMANCLUB as it promotes open conversations, connection and suicide prevention within the community.

"The entire service embraced the challenge with enthusiasm and determination. This never faded and we proved that with teamwork, motivation and community spirit, no mission is impossible."

Over five days, the team totalled up the miles through treadmill sessions, nature walks, cycling and rowing. Through the hard work of staff and service users, they smashed their target, instead clocking 111 miles.

The mileage symbolically covered the distance between Cygnet Heathers and London.

To celebrate the Cygnet Health Care service's efforts, everyone received a participation certificate to recognise their commitment and achievement.

"Our fundraiser promoted physical fitness, mental wellbeing and social inclusion. Working together towards a shared goal encouraged confidence and gave a sense of purpose," explained Payal.

“Our service users felt empowered to contribute to this meaningful cause and support our wider community. It was a week of fun, adventure, encouragement and a fantastic sense of togetherness.”