



Press Release

Immediate Release

29 May 2026

Cygnet Delfryn Lodge completes Moel Famau charity challenge

Staff and service users from a mental health service in Mold took on the challenge of climbing Moel Famau to raise money for a local family affected by motor neurone disease (MND).

The group from Cygnet Delfryn Lodge braved the hot weather to complete the sponsored walk up Moel Famau, the highest hill in the Clwydian Range, with everyone successfully reaching the summit and making it safely back down.

The fundraising effort was organised to support local resident Dean Gittins, who was diagnosed with motor neurone disease earlier this year following months of unexplained symptoms and medical investigations. Funds raised will help support Dean, his wife Rachel and their children, Alfie and Grace, with medical care, mobility aids, home adaptations and creating special family memories together.

Dean is described by his family as "a kind, funny, hardworking family man" who, despite his diagnosis, "continues to face each day with his usual laughs and jokes and being the humorous character everyone knows him as."

Through sponsorship from friends, family and colleagues, the team raised £400 to help support Dean and his family.

Joe Morgan, Activity Coordinator at Cygnet Lodge Delfryn, said: "The day was brilliant, with everyone expressing how much they loved the challenge and the sense of achievement they felt afterwards.

"Everyone who took part worked really hard to get to the top and received sponsorship from friends, family and staff. Despite the heat, everybody kept going and supported one another throughout the walk.

"We finished the day with a well-earned cold drink and are delighted to have raised £400 for Dean and his family. Thank you to everyone who sponsored us and to all those who took part. It is very much appreciated."

Dean's family added on the fundraising page: "We are now hoping everyone will come together to support Dean and his family through this challenging journey."

Cygnnet Delfryn Lodge, on Argoed Hall Lane, is part of the Cygnnet Health Care division and provides a flexible mental health rehabilitation service for women including High-Support Inpatient Rehabilitation (Level 2) and Community Rehabilitation (Level 1).

The fundraising page can be found at <https://www.gofundme.com/f/help-dean-live-fully-with-mnd>