



Press Release

Immediate Release

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Cygnet Hospital Godden Green Light the Way in Mental Health Charity Fundraiser

A 12-strong team of mental health workers from Kent stepped up and raised over £1,000 after taking on a charity challenge.

Located in Sevenoaks, [Cygnet Hospital Godden Green](#) is a 33-bed acute and PICU service offering support for women with mental health needs.

On World Mental Health Day, the dedicated Cygnet Health Care team took on the Glow Walk challenge, raising £1,060 for Mental Health UK.

The charity delivers services that enable and empower those struggling to understand and manage their mental health. Mental Health UK also supports people coping with the biggest societal challenges like money problems and works to create supportive environments.

Beata Bikowska, Safeguarding, Wellbeing and Carers Lead at Cygnet Hospital Godden Green, said: "I am incredibly proud of how our team stepped up, showed up and shone brightly for such an important cause. We wanted to raise awareness, break the stigma surrounding mental health and remind everyone that mental health matters.

"Our aim was not just to complete the walk, but to encourage open conversations, remind people that they are not alone, and create a more supportive and understanding community. Every step carried a message of hope, compassion and solidarity."

The sponsored walk took place on 10 October and saw participants trek 10km through Battersea Park, along the South Bank and back. The Cygnet Health Care team shone throughout the fundraiser, donned in light-up glowsticks and supported by four-legged friend Luna.

"The walk boosted our workplace morale, improved team cohesion and actively supported our staff's wellbeing. Stepping outside the office for a shared, purposeful cause created meaningful connections that standard workplace interactions can't replicate," explained Beata.

"A heartfelt thank you to everyone who participated, supported, encouraged and contributed to making this initiative a success. Every contribution, big or small, made a difference."