

PRESS RELEASE

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Walking Back To Happiness: Lady-Bird Club raises money for Mind in Cambridgeshire through a five mile sponsored walk



Mind in Cambridgeshire was delighted to hear they had been chosen by the Lady-Bird Club in Gamlingay as their Charity of the Year.

Established 40 years ago and still going strong, the Lady-Bird Club meets monthly in Gamlingay. As part of their activities they chose a charity to support every year.

Their main fundraiser is an annual, sponsored five mile walk, which this year took place on Wednesday 20th July. With 11 members taking part, they set off at 7pm from the Cock Inn in Gamlingay and walked all through Gamlingay Wood, finishing back at The Cock Inn at 9pm for a well-deserved drink and sandwiches.

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Lady-Bird Club/2

Sharron Perry, a Lady Bird Club member said, "The evening was a great success. The weather and the views were truly fantastic. We are so pleased to be supporting Mind in Cambridgeshire. A few of our group have had family members who have experienced mental health problems, so we know how important it is for people to be able to access the help and support they need. Sponsorships are still coming in but we hope to raise at least £400."

Zoe Doherty, Fundraiser for Mind in Cambridgeshire commented, "We are so grateful to the Lady-Bird Club for choosing us to support. It's always great when local groups support local charities. The Lady-Bird Club will help us to continue to provide our much needed services to those in Cambridgeshire who are recovering from mental health issues. A massive thank you to everyone who was involved."

ENDS

Picture: The Lady-Bird Club

Notes to editor

- For more information about this story, please contact Zoe Doherty on 07824 360 349 or email zoe.doherty@mindincambs.org.uk or Dominika Karpowicz on 01223 311320 or dominika.karpowicz@mindincambs.org.uk
- For more information about the Lady-Bird Club or for interviews, please contact Sharron Perry on Tel: 01767 650 609

Mind in Cambridgeshire

Mind in Cambridgeshire is a dynamic, county-wide charity that supports local people in their recovery from mental health issues, promotes wellbeing and campaigns against stigma & discrimination: <http://www.mindincambs.org.uk>

We believe that no-one should have to face a mental health problem alone. If you are facing difficulties with your emotional or mental health, and are looking for support on your road to recovery, we are here for you.

We are also committed to tackling stigma and raising awareness of the need for everyone to look after their mental wellbeing. If you are an employer, organisation or individual looking to improve your own wellbeing, or that of your employees, we can help.