

Team PTSG Conquers Snowdon to Raise £2,500 for BEAT

3 hours ago



Not content with walking half a billion steps for charity in November, colleagues from across [PTSG](#) – led by teams from UKDRM and Pure Power – took on Yr Wyddfa (Snowdon) on Saturday to raise funds for Beat, the UK's leading eating disorder charity.

The team set off in good spirits. Waterproofs packed, layers on, ready for anything. The mountain, however, had other ideas.

The higher they climbed, the worse the conditions got. By the summit it was bitterly cold, with winds howling and visibility down to nothing. Hands swelled and stopped working. Teammates helped each other with gloves and zips. Legs burned. Some struggled. But nobody stopped.

On the way down, the mist lifted. The rain cleared and the views finally showed up.

The team raised nearly £1,500 for Beat and PTSG has pledged an additional £1,000, bringing the total to almost £2,500.

This challenge was about raising awareness as much as raising money. Eating disorders are often misunderstood. They are not limited to appearance, age group or background and they are far more than food-related conditions. They are serious mental health illnesses that affect individuals, families, workplaces and communities.

As a business built on protecting people, safety and wellbeing sit at the heart of what PTSG does every day. Supporting organisations that protect mental health is a natural extension of this responsibility.



For more information about PTSG and its work in the community visit www.ptsg.co.uk