

Local Runner Takes on 10K Challenge to Support Free Mental Health Service

Friday 21 February, 2025

Oxford, 21st February 2025 – Local runner Dan is set to take on the Oxford Town and Gown 10K on May 11th in support of knus, a vital peer support and coaching service for mental health. Having personally benefited from knus over the past year, Dan is now determined to give back by raising funds through his JustGiving campaign: <https://www.justgiving.com/crowdfunding/dank-10k-for-knus>

“Training since January hasn’t been a walk in the park,” says Dan, “but knowing that every step I take will help expand knus’ services keeps me motivated. Every donation, big or small, will help knus reach more people in need.”

knus: A Game-Changer in Mental Health Support knus is the UK’s first free, confidential, peer support and coaching chat service for mental health. Staffed entirely by trained volunteers with lived experience, knus aims to transform the way people seek mental health support, for the better, forever. The non-profit Community Interest Company (CIC) is fully insured and regulated by the Office of the Regulator of Community Interest Companies and the Fundraising Regulator.

The knus Peer Support Team expressed their appreciation for Dan’s initiative: “We’re thrilled that Dan is running in support of knus and that we’ve been able to help him on his recovery journey. Our vision is to change how people seek mental health support—for the better, forever. Every donation makes a difference, and we wish Dan the very best in his 10K challenge.”

How to Support: To support Dan’s fundraiser and contribute to this life-changing initiative, visit his JustGiving page: <https://www.justgiving.com/crowdfunding/dank-10k-for-knus>.

For more information about knus and their services, visit knus.io.

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Company Contact:

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[KNUS MENTAL HEALTH C.I.C.](#)

T. 03000305687

E. press@knus.io

W. <https://www.knus.io>

Additional Contact(s):

Marketing Assistant

knus

[View Online](#)

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