



Press Release

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For Immediate Release

Macclesfield Residents Speak Out on World Mental Health Day

This Mental Health Awareness Day, two service users from a Macclesfield service which supports adults with learning disabilities, autism and mental health needs have spoken about how they have overcome their difficulties thanks to support from Cygnet Health Care.

David Raftery and Stacey Glover both receive support from Cygnet Health Care to live in the local Macclesfield community.

Stacey has been a resident at for 16 months and has suffered with Bipolar since she was 12 years old. She said this is the first place that feels like home.

She said: "I have lived at different facilities but this is the first place I truly call home. I have not had a mental health relapse since moving to my own home thanks to Cygnet and the staff team have really supported me.

"The staff really care for you and at the same time help you live independently. I am feeling really positive about my future now thanks to the team here. I don't feel I struggle with my mental health anymore, I'm living a normal life and that makes me really happy."

For David, before he received support from Cygnet Health Care, he had little hope for himself for a positive future.

After initially receiving rehabilitation support at Cygnet Cedars in Birmingham, he has been living independently for more than a year and volunteers once a week at a local hospice. He said that for the first time he can remember, he has hopes for a happy future.

"I've really turned a corner. I finally feel safe again. I can go out the front door and not worry about the harm which might come to me. The staff are amazing, they are all there to help you. I don't trust people easily but I trust all of them here. It's just a lovely, nice place. We have all got different needs here but the staff know how to handle all of us.

"I feel I am getting all my confidence back and I have a smile back on my face. I wouldn't be like this now without the staff here.

"A big goal for me was to get my family back. I've done that and I've regained their trust. I've got everyone behind me now.

"I didn't want a life where I was constantly looking over my shoulder or the police were knocking at the door. I wanted a life I could feel hopeful about. I've made it, I got through the worst and I feel proud of myself. That is a gift the team at Cygnet have given me."

Speaking about the importance of World Mental Health Day, David said: *“My advice to anyone suffering with their mental health is to talk. Don’t bottle it up.*

“Awareness days like this are good because they help people feel less alone.”

Cygnnet Health Care is an independent provider of services for individuals with mental health needs, learning disabilities and autism.

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Notes to Editors:

For more information, please contact Gemma Attew, External Communications Manager, on gemmaattew@cygnethealth.co.uk or 07718 244811.

About Cygnnet Health Care

Cygnnet Health Care has been providing a national network of high-quality, specialised mental health services for the NHS and local authorities for the past 30 years.

Cygnnet Health Care’s pioneering services support people with complex and acute mental health needs across the UK.

As one of the best quality providers in mental health services in the country, Cygnnet Health Care’s focus is always on the best outcomes for those who use or commission its services. 85% of Cygnnet’s facilities are rated as good or outstanding, which is above the national average.

www.cygnethealth.co.uk