



## Press Release

### For Immediate Release

#### **Dundee Duo Set Themselves Hillwalking Challenge**

Two residents at a Dundee service which supports adults with learning difficulties have set themselves the challenge of scaling a Munro, a Scottish mountain with an elevation of more than 3,000ft.

Ellen Mhor, in Dundee, Angus, is a specialist residential service run by leading health and social care company, Cygnet Health Care. The service supports up to 12 adults living with learning disabilities and complex needs, and those who may have an autistic spectrum condition.

Two of its residents – Vicky and Beth – have set their sights on conquering a Scottish Munro, one of Scotland’s 282 mountains with a height of at least 914 metres.

Twice a month, the pair go hillwalking in the countryside surrounding Dundee and have fun conquering the hills that make up some of the rugged and beautiful scenery in Central Scotland.

Together they have already conquered over 10 big hills, mounts and glens across Perthshire, Angus and Fife and their next ambition is to scale some Munros in the coming months.

Explaining her reasons for the challenge, Vicky said: *“I like to get my body going and do the hill walking. It’s fun to be outside. It’s good to get to the top of the hill!”*

*“My favourite bit is the packed lunch we get to have once we reach the top.”*

Vicky and Beth help staff to plan the routes, print maps and make packed lunches and snacks that they can enjoy up in the hills.

On the weeks that they are not hillwalking, the duo keep fit and active by participating in weekly walking groups which take them around some of the parks, beauty spots and trails in and around Dundee.

Fred, the Activity Coordinator at Ellen Mhor, said: *“I keep track of their progress on a display board in Ellen Mhor so everyone can see how well they are doing.”*

*“So far they have climbed the height of Mount Olympus and walked over 35 miles on their hillwalking trips alone. They have great determination and I’m really proud of all the hard work they have put into their hillwalking trips.”*

*“All of us at Cygnet Health Care wish them well with the challenge and we have no doubt they will achieve their goal.”*

The team at Ellen Mhor also supports individuals who have behaviours that may challenge and associated mental or physical health needs. It provides specialist nursing care and support that is tailored to individual needs, promoting independence and community integration.

### **Notes to Editors**

For interviews, please contact Gemma Attew, External Communications Manager, at [gemmaattew@cygnethealth.co.uk](mailto:gemmaattew@cygnethealth.co.uk)

### **About Cygnet Health Care**

Cygnet 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.

Cygnet 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, Cygnet Health Care's focus is always on the best outcomes for those who use or commission its services. 85% of Cygnet's facilities are rated as good or outstanding, which is above the national average. [www.cygnethealth.co.uk](http://www.cygnethealth.co.uk)