



Press Release

Immediate Release

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Cygnet Social Care Staff Take to the Sky for Mind

Two care workers from North West England took a giant leap to raise over £2,500 for a mental health charity.

Stephanie Pollitt and Carly Papas went 14,000ft above and beyond as they took on a skydive in aid of Mind.

The charity provides support for people struggling with their mental health across England and Wales. It campaigns for better mental health services and opportunities in the workplace as well as educating employers on creating mentally healthy environments.

The daring duo are part of Cygnet's North West Supported Living team, which is made up of five Cygnet Social Care services for adults with learning disabilities, autism and mental health needs based in Macclesfield, Preston, Warrington and Wigan.

"We wanted to fundraise for Mind as we support individuals with mental health difficulties and feel it's important to raise awareness and support this worthy cause," explained Stephanie, Regional Manager for the Cygnet Social Care services.

"A skydive was very much out of our comfort zone and everyone who knows us knows this was a very big thing for us, especially as we don't like heights or rides."

The fearless fundraisers raised £2,535 by not only taking to the skies but also hosting a charity day in the local community in Preston.

Individuals supported at the Cygnet Social Care services made a variety of crafts and sweet treats to sell. Combined with activities like a raffle, tombola, Pie A Landlord, and Guess How Many Sweets in the Jar, donations kept rolling in.

Stephanie said: "These events helped us to give back to a charity that is close to the people we support. We have a number of staff and family members who also have mental health challenges and we wanted to reduce the stigma around this.

"Our fundraiser allowed us to bring the local community together with Cygnet Social Care as we built links with others for a good cause."