



Press Release

Immediate Release

8 September 2026

Dunblane Community Celebrated for Helping Care Resident Embrace New Opportunities

A care service has thanked the Dunblane community for boosting the confidence and independence of a resident with learning disabilities after welcoming him with open arms.

At [Ranaich House](#), a Cygnet Social Care service on Leewood Road, resident David's life has been transformed in ways that once felt unimaginable.

When David, who has learning disabilities, arrived at Ranaich House in Dunblane in December 2022, he struggled with his confidence and found it difficult to leave the house. Visits that others may see as routine, such as going to the local shop or park, were challenges for him.

For the past few years, the Cygnet Social Care staff have worked closely with David, offering him constant encouragement and reassurance to visit new and unfamiliar places.

Over time, this support has seen David make remarkable progress. He now looks forward to getting out in the local community, regularly visiting facilities and taking part in activities.

"He has grown in confidence and independence and now chooses to spend more time out in the community, which he enjoys and is becoming increasingly more comfortable doing," explained Molly Sinclair, Activity Coordinator at Ranaich House.

"Each outing provides opportunities to develop his social skills, making choices, building routines and engaging with the community. His confidence continues to grow with each visit, and this is reflected in how he is within our service."

David's newfound confidence has led to several exciting visits to the local community, including trips to cafes, restaurants, shops, parks and the library. One highlight is his regular visits to Tesco, where he enjoys shopping and choosing items independently.

Claire, a member of staff at the Dunblane Tesco, shared the change they've seen in the Cygnet Social Care resident: "David, one of our regular shoppers, has become noticeably calmer and more settled since visiting our store more regularly. We love

seeing familiar faces return to shop with us, and it's incredibly rewarding to know our store can play a small part in our customers' daily lives."

These visits within the local community have had a transformative impact on David's life and overall wellbeing as they open up new opportunities and experiences.

"The community has been so welcoming to David and the difference in him is incredible," explained Molly.

"He is much more willing to step outside his comfort zone and embrace new experiences. Where he once didn't want to venture outside, he now suggests outings for himself."

Thanks to the support of staff, David is now a familiar presence in the Dunblane community and is using his newfound confidence to work towards day trips further afield.

Molly continued: "We are incredibly proud of how far he has come since joining Ranaich House. Because David is a lot more comfortable going out and about, his next goal is to experience new environments and enjoy visits outside of his community to places like Glasgow and Edinburgh.

"His journey shows how meaningful community interactions can transform an individual's confidence and independence. Every visit to his favourite places helps him build valuable life skills, develop social connections and become an active part of the community."

David's journey is being shared as part of Cygnet Social Care's 'Cygnet in the Community' campaign, which aims to showcase how residents within social care settings are undertaking inspiring work and forming powerful connections within their communities.