

## Westgrove supporting Mental Well-being through outdoor experiences

3 years ago



The Westgrove Group is pleased to announce a new partnership and founding patronship with the well-being and mental health charity, [Mind Over Mountains](#).

The facilities management company based in Warrington has pledged its support to the charity for 2022 and hopes to help people in the wider community access the support they need through outdoor events and activities combined with professional support.

Founded by [Alex Staniforth](#) in 2020 with the belief that everyone deserves access to the tools they need to stay mentally and physically well. As a founding patron, Westgrove provide financial assistance to enable the charity to support people facing challenging life circumstances.

Claire McKinley-Smith, Managing Director of The Westgrove Group said: "We've worked with Alex for many years in his role as Mental Health Brand Ambassador for Westgrove. He provided our colleagues with mental health and well-being support and it is a privilege to continue this relationship as a founding patron of his charity, Mind Over Mountains.

Looking after our employee's wellbeing is of paramount importance to us and we're pleased to be able to provide our colleagues across the UK with funded places and make Mind Over Mountains accessible to all".

Alex Staniforth, co-founder of Mind Over Mountains said: "Looking after well-being in the workplace has been more paramount than ever through the last 2 years and our programmes offer a sustainable solution to support colleagues, beyond simply ticking boxes. I'm extremely grateful for Westgrove supporting my own adventure challenges and charity fundraising as a Young Ambassador since 2014, and I'm delighted

to see this evolve into a new partnership with Mind Over Mountains that will have a positive impact on even more lives”.

To further support the partnership, Westgrove colleagues will be taking part in a Yorkshire 3 Peaks challenge in September to raise money for the charity and provide even more people with the opportunity to walk, talk and find stillness in nature.

*Image credit: Westgrove Group*