

Supporting Mental Well-being Through Outdoor Experiences

2 years ago



The Westgrove Group is pleased to continue its partnership and founding patronage 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 2023, helping people to access the mental health support they need through outdoor experiences combined with professional coaching and counselling support.

The charity was founded by Alex Staniforth in 2018 with the belief that everyone deserves access to the tools they need to stay mentally and physically well and a vision that could best be delivered through engagement with the outdoors. Westgrove have continued their role as a founding patron for a second year to provide generous financial assistance which will enable the charity to support people facing challenging life circumstances.

Claire Mckinley-Smith, Group 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 provides our colleagues with mental health and well-being support, and it is a privilege to continue this relationship as 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 to help make Mind Over Mountains accessible to all".

Alex Staniforth, co-founder of Mind Over Mountains said: "We all know how important well-being is. As a fledgling charity with big ambitions, I'm so grateful that Westgrove have continued their support and got

behind our vision to make a genuine difference in the community – I’m looking forward to seeing this partnership grow even stronger over the year ahead”.

Through the partnership, Westgrove colleagues will benefit from access to Mind Over Mountains walks and retreats across the UK, well-being resources, group coaching sessions, fundraising events and virtual and physical team challenges throughout the year to support their physical and mental well-being at work.