



Royal Star & Garter

Care with courage

FOR IMMEDIATE RELEASE

Care worker faces her fear of heights for charity skydive

A High Wycombe care worker is preparing to face her fear of heights head-on by jumping from 13,000 feet for charity.

Alysia Fontaine is raising money for Royal Star & Garter, the charity she works for, by taking part in the fundraising skydive on 8 July.

The 24-year-old is a Wellbeing Coordinator at the charity's High Wycombe Home. It provides loving, compassionate care to veterans and their partners living with disability or dementia. Royal Star & Garter also has Homes in Solihull and Surbiton.



Alysia is facing her fears for Royal Star & Garter

For Alysia, the thought of leaping from a plane is one that fills her with dread. She said: "This is the stuff of nightmares for me because I'm absolutely terrified of heights. Standing on a bridge makes me feel panicky, so jumping from a plane is a really big deal for me. The residents at Royal Star & Garter think I'm mad. I'm very nervous, but I'm very excited at the same time."

Explaining why she is raising money for Royal Star & Garter, Alysia, who also lives in High Wycombe, added: "I think what we do in our three Homes is great, and I wanted to help support the Homes as much as I can. In that respect, I'm really looking forward to it. And even though the thought of jumping from a plane is daunting, it is nothing compared to the things our residents as veterans have faced in their lifetimes."

To sponsor Alysia, please visit her JustGiving page here:

www.justgiving.com/page/alsia-skydive

Royal Star & Garter in High Wycombe is welcoming new residents. For more information on this, or to work for the charity, go to www.starandgarter.org/hw

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About Royal Star & Garter

Our charity provides loving, compassionate care to veterans and their partners living with disability or dementia.

Twitter: @starandgarter

Facebook: facebook.com/starandgarter

Website: www.starandgarter.org



Royal Star & Garter
is a member of the
National Care Forum