

Flying high for charity

Sadly, my close friends who live next door to me shared the sad news that their only grandson, Nyle who was just 21 had taken his own life in November 2021. Just wanted to take this pain away, how can I do this I asked myself and found myself signing up to do a skydive in memory of Nyle. This pain will never go just wanted to do something positive for the family. Flying and heights scare me this is something Nyle always wanted to do so why not!

As a volunteer for Self Help Nottingham and the PBC Foundation, Gill my wonderful partner and PBC sister invited as many of our group members to Langar Airport where I had booked to do the sky dive. When the day had finally arrived, I was so nervous and excited at the same time. My close friend Lindsey drove me to the airport and of course we got lost. It was okay as it took my mind off the sky dive. As I walked over to the spectator's field I was greeted by Joanne and Karl, Nyle's parents, they were both so supportive, it must have been such a difficult day for them. There were many words of encouragement, I am sure they could sense how scared I was. Also, there was Gill, Joanne, Bernie, Wendy 2, and Mary from Copenhagen all from our wonderful Nottingham PBC group, my daughter Lisa, her friend Em who was jumping too, Diane, Richard, Nyle's grandparents, his uncle Matt, and my friend from work Angela. It felt incredible to have so many there to cheer us on.

When they called Em and me to get all our harnesses on ready for the jump, yes, we were in the ladies, Lisa came to find us both. We walked over to meet our instructors my legs were like jelly. Both instructors were so reassuring and started to feel more excited than scared. So, this is it now there is no turning back now, we both boarded the plane. When we got to 14,000.00 feet the door opened and one by one everyone just jumped out, I was last to go. This is the point where I thought I might bottle it, the instructor just got us out as quick as she could, we free fell for a minute then the parachute was activated. It was just so calm and peaceful, the views of Nottingham were stunning.

After the jump most of the supporters went back to Gill's house for lunch, a quiz, raffle and yes you have guessed it, cake!! We raised £125.00 for the PBC Foundation

This is my 20th year working in mental health for the NHS, there are so many people battling with their mental health, in particular young men. Let us be more aware be kind and start a conversation, we all need to off load and share how we feel

Nyle has been taken far too early, his bravery and courage is an inspiration to us all. One of my biggest phobias is a fear of flying, have already agreed to do it all again next year with Nyle's mum, dad, and sister so watch this space

I just want to thank everyone who has already sponsored me, I am raising funds for the Mental Health Foundation, you can find out more here

<https://www.justgiving.com/fundraising/wendy-wheat5>

Wendy Wheat and Gill Rich
Volunteers at Self Help UK - Nottingham