

Tara to make the leap for Mind charity

Chairgirls star raising money for mental health charity.



Wycombe Wanderers Ladies striker Tara Woodward will take part in a sponsored skydive next April to raise money and awareness for the EFL's official charity partner Mind,

Tara has spoken openly about her own mental health issues in the past, and has received support from the charity, prompting her to face fears of a different nature by jumping out of a plane with a view to raising more than £400 in donations for Mind.

She said: "For quite some time now I have been trying to come to terms with my demons and at the same time, trying to raise awareness for mental illnesses. I spoke openly about it a year ago and received an amazing response from those close to me and also complete strangers.

"Over the past week I have been looking at different events and the skydive was the one thing that stood out for me. I am waiting for one of my chosen dates to be confirmed and should all go to plan it will be taking place in April next year.

"My chosen charity is Mind – the mental health charity. Mind do some incredible work for people living with mental illnesses and they have helped me out a lot over the past year. Mind also work closely with Wycombe Wanderers who, again, have been a huge helping hand for me on this journey. I am looking to raise £400 in order for the event to go ahead and you can help by sponsoring me.

"Finally, a reminder to please check in on your loved ones, friends and work colleagues. Everyone is facing a battle we know nothing about, so be kind, always."

Donations can be made on Tara's JustGiving page [here](#).