

Ailey is tap dancing across the Forth Road Bridge

Kirkcaldy teenager Ailey Davies (14) will be putting on her dancing shoes this Sunday 2 June and raising vital funds for the Mental Health Foundation Scotland, when she tap dances across the Forth Road Bridge.

Ailey, who has been a keen dancer since she was three years old, has suffered from anxiety for the past two years. When she saw information about Mental Health Awareness Week, which took place earlier in May, she thought it was the perfect opportunity to help others experiencing mental health problem, by fundraising for MHF Scotland.

Ailey said: "I wanted to help raise awareness because I suffer from anxiety and have done for the past two years. It used to really affect me first thing in the morning. I used to wake up and just feel sick and it was a real struggle to go to school.

As soon as I would get up I would have a sore stomach. It is getting better now though I don't have as many bad days as I used to."

Lee Knifton, Director of MHF Scotland said: "We are extremely grateful to Ailey for her fantastic fundraising efforts. Tapping her way across the Forth Road Bridge will be an amazing achievement for her, especially at such a young age.

"The money that she raises will help us to continue to focus our efforts on preventing mental-ill health across Scotland and ensuring good mental health for all."

Ailey will be joined by friends and family this Sunday to cheer her on as she taps her way across the 2.5k long bridge. She has set up her own fundraising page on [Facebook](#)

