

Getting to know TEAM HIGHGROUND



Jamie Crisp



LIFE BEYOND THE MILITARY –
OUTDOORS

1. Who are you?

Jamie Crisp.

2. Why do you support HighGround?

I have the privilege of being the new Chief Executive Officer of HighGround Charity.

3. What are the benefits of the outdoors in your opinion?

In our fast-paced, modern lives, finding solace in the great outdoors can be a transformative experience with numerous physical, mental, and emotional benefits.

Physical Wellbeing:

Outdoor activities naturally encourage physical movement, whether it's work, a brisk walk, a hike, or cycling. Engaging in these activities promotes cardiovascular health, enhances muscle strength, and facilitates overall fitness.

Mental Health Boost:

Nature has a profound impact on mental wellbeing. The calming effect of natural environments reduces stress and cortisol levels.

Social Connection:

The outdoors provides an ideal backdrop for social interaction. Whether it's your job, team sports or group adventures, outdoor activities foster positive relationships, social skills, and a sense of community.

Cognitive Benefits:

Time spent outdoors aids in attention restoration, offering a break from constant stimuli and improving concentration. The hands-on learning experiences in outdoor settings contributes to cognitive development.

Quality Sleep:

Natural light exposure and physical activity during outdoor pursuits contribute to regulated sleep patterns, leading to improved sleep quality.

Environmental Consciousness:

Engaging with the outdoors promotes environmental awareness and stewardship. The experience can cultivate a sense of responsibility towards preserving the environment, encouraging more sustainable behaviours.

Embracing the outdoors isn't just a leisurely activity but a fantastic workspace too; it's a powerful tool for holistic well-being. Whether you're seeking work, physical fitness, mental clarity, or a deeper connection with the world around you, Nature has something profound to offer.

4. Do you have a connection to the military?

I am very proud to be a veteran, I joined the Army in 1985, completing my training at JIB Shorncliffe in Folkestone. I went on to serve 24 years in total, firstly with the Devonshire and Dorset Regiment and in my later years 1 Rifles.

5. Where do you see yourself in 10 years?

HighGround has just seen its first ten-year milestone and over the next ten years I have an aspiration of ensuring HighGround continues to be the leading Military charity supporting service leavers and veterans into employment within the rural sector. With this will come greater recognition for the charity's financial security and the most rewarding factor of seeing those we have supported gaining valuable work.

6. Do you have any gardening tips?

Cornwall's unique climate, with its mild temperatures and frequent rainfall, creates an excellent environment for gardening. To make the most of your gardening endeavours in Cornwall, maybe consider choosing hardy and resilient plants that can withstand the mild temperatures and frequent rainfall. Cornish favourites include varieties like the Cornish Aeonium, Cornish Primrose, or the Cornish Pink, which showcase both beauty and adaptability.

7. What do you admire most about veterans?

Veterans are deserving of admiration for their unwavering commitment to service and sacrifice. Demonstrating exceptional courage and resilience, they embody a strong sense of duty to their nation, often making personal sacrifices in the process. The camaraderie and teamwork cultivated during military service contextualises very well into valuable skills and leadership qualities. Beyond their active duty, veterans contribute significantly to society, leveraging their diverse skill sets to positively impact various sectors. Their sense of patriotism, coupled with a commitment to supporting fellow veterans and fostering inclusivity, reflects a deep dedication to the UK and its values. As they transition to civilian life, many veterans continue their education and professional growth, embodying a spirit of lifelong learning. In appreciating UK veterans, we acknowledge not only their past contributions but also their ongoing positive impact on communities and the nation as a whole.

8. Why would you recommend HighGround?

Having been in post for nearly 6 weeks I have had the privilege of witnessing the transformative work carried out by HighGround. I can attest to the Charity's dedication to enhancing the lives of veterans and service personnel leaving the armed forces. The Charity's comprehensive approach not only addresses immediate needs but also focuses on long-term sustainable solutions that empower individuals to overcome challenges and build fulfilling post-military lives.

9. What do you enjoy most about working at HighGround?

Working for HighGround Charity offers a unique and fulfilling experience centred around a profound mission – supporting the wellbeing of and opportunities for veterans and service leavers. The Charity's commitment to holistic development, innovative approaches, and transparent operations creates a positive and impactful work environment. HighGround values its employees and provides an opportunity to contribute to meaningful programmes that make a tangible difference in the lives of those who have served our Country. Joining HighGround means being part of a dedicated team, working towards a noble cause, and making a real impact on service leavers and the veterans' community.

For more information about HighGround's services please visit our [contact](#) page.

www.highground-uk.org