

# Getting to know TEAM HIGHGROUND



Richard Lungmuss



LIFE BEYOND THE MILITARY –  
OUTDOORS

1. Who are you?

I'm Richard Lungmuss.

2. Why do you support HighGround?

I am a service vet who really appreciates the outdoor environment. HighGround struck a chord with me in terms of its aims and objectives. I am delighted to play a small part in supporting HighGround in helping service personnel, whether with injuries caused in service, or in transitioning to civilian employment.

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

I think anyone feels benefit from being outdoors and for service personnel the calming effects of an outdoor environment cannot be underestimated. I think the overall mental benefits of being outdoors probably outweigh the physical benefits too.

4. Do you have a connection to the military?

I served in the Royal Regiment of Artillery for 21 years.

5. What do you hope to take from your experience at HighGround?

I hope to be part of a successful team of Trustees, supporting them in making their delivery of the charity efficient, successful and cost effective.

6. Where do you see yourself in 10 years?

I will be living in the South Hams of Devon with my wife and our dog, tending my own garden, playing golf (poorly) and fishing for local crabs and other seafood.

7. Do you have any gardening tips?

The answer lies in the soil! Use plenty of well rotted manure.

8. What do you admire most about veterans?

Their "can do" attitude and adaptability.

9. Why would you recommend HighGround?

The Charity's completely altruistic approach to service veterans, in my experience everything is about making the lives of veterans they touch better.

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

Whilst I am a recent arrival I am so impressed by the respect and goodwill that is shown across the HighGround team. Meetings are a pleasure to attend with a highly constructive and inclusive feel. Above all I feel HighGround is being run totally for those it is intended to help and that is a laudable approach for any charity.

For more information about HighGround's services please contact:

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