



FRIENDS OF HIGHGROUND

HighGround is a charity started in 2013 by Anna Baker Cresswell which uses the green environment to improve the wellbeing and employment prospects of serving personnel and veterans from HM armed forces – outdoor stuff for outdoor people...

The charity does this in 2 ways: for serving personnel it provides the Horticultural Therapy service which is currently transitioning from Headley Court to the new DNRC at Stanford Hall as part of their rehabilitation following injury, and for all serving personnel and veterans it helps them to find jobs, careers and vocational opportunities in the land-based sector. HighGround is tri-service and works with all ranks and ages.

In the last 4 and a half hectic years, HighGround has delivered a 3 year pilot at Headley Court funded by ABF The Soldiers' Charity and the Westminster Foundation to test the benefits of Horticultural Therapy as a rehab intervention for injured serving personnel, and raised the funds to enable Horticultural Therapy to continue when Headley Court moves to the new DNRC in September 2018.

We have also pioneered Rural Weeks, to give Service Leavers, Reservists and Veterans an overview of the land-based sector, how their military skills and experience map so perfectly into it and the qualifications and training they will need to get there.



THE STATS:

3 year pilot for Horticultural Therapy Headley Court:

1,316 patients received

4,072 sessions of Horticultural Therapy

Since 1st pilot Rural Week in autumn 2014

21 Rural Weeks have been delivered.

An average of 8 attendees on each Rural Week.

46% of those who participated in Rural Weeks were still serving.

WHAT IS THE FRIENDS OF HIGHGROUND?

HighGround currently receives no statutory funding and we rely entirely on grant-making trusts and foundations and public donation to support and develop our work.



Jon Chandler joined the Board of Trustees in July 2018 to help us widen the scope of our fundraising, and steer the new Friends of HG network to raise awareness of HighGround's work and thus ensure the Charity's future.

HOW CAN YOU GET INVOLVED?

If you support HighGround's simple, practical ways of helping those who have served their Country, you can help us by raising awareness and money.

Sign up to receive our quarterly Friends of HG Newsletter to keep in touch with our news and see what Friends events are happening in your county.

It costs nothing to sign up either on our homepage giving your name, e-mail address and the county where you live, or with a hard copy form if you would prefer to receive your Newsletter the old fashioned way..

Thank-you from Team HighGround and welcome to our journey Life beyond the military – outdoors.



Visit our website to find out more: www.highground-uk.org
Become a Friend of HighGround and receive our free newsletter.
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