

Getting to know TEAM HIGHGROUND



Sue van Leest and Basil



LIFE BEYOND THE MILITARY –
OUTDOORS

1. Who are you?

Sue van Leest.

2. Why do you support HighGround?

Because I believe passionately in the work that the charity does and has such a positive impact on those who experience the Rural Weeks or receive support through horticultural therapy at DNRC.

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

Freedom to 'be', space to reflect and the opportunities to be healthier and more mindful whilst enjoying our beautiful outdoors.

4. Do you have a connection to the military?

I was a military wife and worked for the MoD for over 15 years.

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

To see and support projects developed across the UK to extend the charity's offer.

6. Where do you see yourself in 10 years?

Living in rural Worcestershire with a house full of dogs.

7. Do you have any gardening tips?

Always grow sweet peas!

8. What do you admire most about veterans?

Their sense of humour and resilience.

9. Why would you recommend HighGround?

They are a small, committed group of fantastic people delivering an incredible service to veterans. Inspirational, positive and perceptive to the needs of those they work with.

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

Receiving lovely regular updates from Anna, Andy and Jane on social media.

For more information about HighGround's services please contact:

Anna Baker Cresswell

Email: anna@highground-uk.org

Telephone: 07951 495 272.

www.highground-uk.org