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LIFE BEYOND THE MILITARY – OUTDOORS

SPRING 2022

WELCOME TO OUR SPRING NEWSLETTER

It seems a lifetime ago since I was fortunate enough to be invited to Grocers' Hall in the City of London by the Worshipful Company of Blacksmiths for their Epiphany Court lunch back in January – monumental changes in the world which will affect us all but we must take pleasure from simple things, and never forget #outdoorsisbetter.

I'm delighted that going forwards from this edition of the Newsletter Tim our Rural Employment Manager will be writing the Rural Weeks column.

He brings the 'Commando Spirit' to HighGround and we are very fortunate that he has chosen to work for our Charity.

Enjoy your Newsletter and I hope you will share it where and when you can.

All good wishes,

Anna BC
Founder and Executive Director



Anna and Colonel Jane Davis at Grocers' Hall.

FRIENDS OF HIGHGROUND

As always we would be nothing with our generous Friends and supporters and in particular we salute Chris Eberhardie whose [1,000 Mile Challenge](#) is now well over half way and you can also follow the progress of our 3 runners as they tackle the Edinburgh Half Marathon, Hyde Park 10k and Royal Parks Half, all to raise funds for HighGround. If you feel moved to join or support them, contact fundraising@highground-uk.org and we'll show you the way!

ABF The Soldiers' Charity are long-standing and very generous supporters of our work and you can read about their grant which is supporting our work at DMRC Stanford Hall [here](#).

It's fantastic to be working with Invictus Games Foundation to deliver the Veterans, People, Places, and Pathways programme for veterans, and you can read more about it in Tim's columns throughout the year.



[BECOME A FRIEND OF HIGHGROUND](#)

STANFORD HALL

We are so grateful to our Friends at Vitax who have generously donated another year's supply of compost – your generous donation literally makes our Horticultural Therapy service possible, and the pleasure and satisfaction it gives to so many patients is truly beyond measure.

Jane's Adaptive Gardening Guides are now live on the website, you can view them [here](#). We are very proud of her brilliant achievement as this important body of work is being shared all over the world in Horticultural Therapy settings for the armed forces community and beyond.

[READ MORE](#)



Vitax compost in the Greenhouse at DMRC Stanford Hall.

RURAL WEEKS

We delivered the first Virtual Rural Week (VRW) of 2022 at the end of January. Very well attended the VRW is becoming popular with those in early resettlement, with dates now appearing on the CTP Events Calendar. Attending the VRW does not preclude later attending the Residential Rural Week (RRW). Indeed we are seeing this developing into a Land-Based Sector Resettlement Pathway as more VRW attendees follow-up with a RRW prior to their exit date.

It was great to return to Bicton for the first RRW of 2022 in March. As ever Chris Shepherd who runs the timetable at Bicton identified the best week for the weather with the sun shining all week.

The week had originally been oversubscribed with a significant reserves list. However in light of the current war in Ukraine there were the inevitable last minute cancellations as people were stood-by, re-tasked and even deployed.

You can see the story of our weeks in pictures [here](#).



Rural Week 36 at Bicton in March where we welcomed serving personnel and veterans from the Royal Navy, Army and RAF.



Johnny Mercer MP and Tim at Commando Connect.

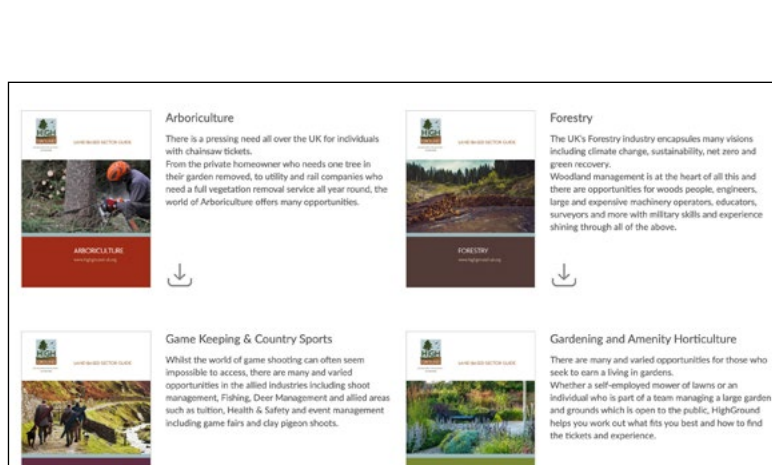
It has been great to get back to face-to-face interaction presentations, and I have delivered at networking events to raise awareness of HighGround Charity and the Rural Week Programme. Most notably Commando Connect in support of the RMA TRMC, Armed Forces Equine Charity and Tedworth House.

I also represented HighGround at the National Transition Event at Silverstone run by Mission Motorsport which brought employers, charities and veterans together. Another very busy day with fantastic networking opportunities.



Sir Charles Hobhouse, Wiltshire High Sheriff visiting Tedworth Equestrian.

[READ MORE](#)



Visit our website to view a selection of Career Guides available for download.



Alex Hoppenbrouwers

GETTING TO KNOW TEAM HIGHGROUND

GETTING TO KNOW TEAM HIGHGROUND

Each quarter we introduce you to a member of Team HighGround and this time it's Alex's turn!

[READ MORE](#)

HORSEFERRY ROAD

Big thanks to Sarah Houghton, Cornwall College's Group Vice Principal – Quality of Education Land-based for allowing us to have our Trustees Meeting at Bicton in March so our Trustees could see the College and get a feel for what we do during Rural Weeks.

Jason Holt our newest Trustee joined us on the Monday and said; "A very insightful Bicton Rural Week with Anna, Chris, Tim and Peter together with the broad selection of serving personnel and veterans. It's inspiring to see how it all comes together, the guest presenters and speakers offering their time for the benefit of all at HighGround. It is clear to see the wealth of support being passed on to those that are, with HighGround's stewardship, embarking on exciting new opportunities."

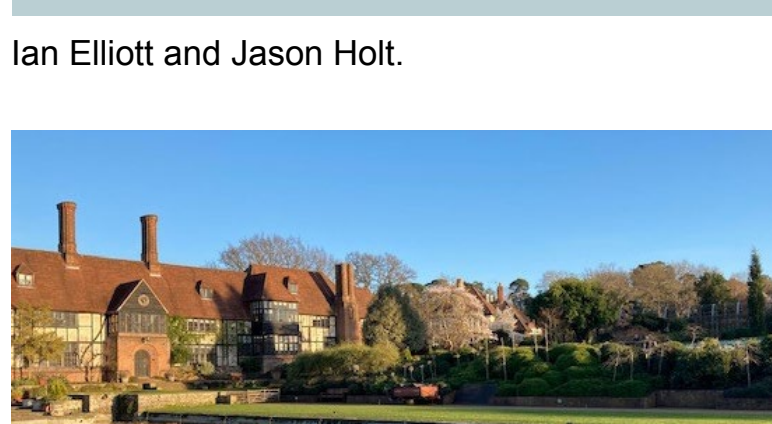
We said goodbye to Louisa who has been a brilliant Social Media Co-ordinator and welcomed Lorna as Digital Marketing Co-ordinator.

As our small team evolves and grows, we sincerely thank Everyone whose commitment and talent helps us to communicate with more and more people about what we do, and how we do it.

Anna has been getting out and meeting people again to raise awareness of HighGround's work and attending conferences at the Royal College of Physicians, RHS Wisley, the Worshipful Company of Farmers, St Nicholas Cathedral Newcastle for the Oswin Project and the National Army Museum who hosted 256 Field Hospital – keeping her busy..!



Ian Elliott and Jason Holt.



RHS Wisley in March sunshine.

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GDPR AND OUR STANDARDS

GDPR came into effect on 25th May 2018. We had an extremely busy run up to this date, but our small team were able to pull out all the stops and get things in time. As a charity we take GDPR and the security of your information very seriously. To this end, we have ensured that all of our data processors comply rigorously to keep everything secure. You can read about our Standards [here](#).

Thank you for reading and please do share this email with anybody you think may be interested in supporting HighGround or who may be in need of our support.



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