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LIFE BEYOND THE MILITARY – OUTDOORS

WINTER 2021

WELCOME TO OUR WINTER NEWSLETTER

It's New Year's Day as I write this at home in Northumberland. A chance to look back on 2020 with great pride, as all of us on Team HighGround both Stanford Hall and Rural Weeks adapted the services we provide for service leavers, reservists, and veterans, overcame the challenges CV-19 put in our way, and delivered Horticultural Therapy and land-based employment advice and support to even more individuals than we did in 2019.

When I think of the number of people who have helped us to achieve this – #TopTeam of suppliers such as British Sugar Topsoil, Darlac, J Parkers Bulbs and many more at Stanford Hall; our fantastically committed Development Board; the subject matter experts who regrouped when we had to take Rural Weeks online and all our Volunteers who help us with social media, finance and more, it makes me think that HighGround is no longer just a charity – now it's a cause too.

That makes me very proud and I hope that my beloved Mother in whose memory I strive every day, would be proud of me too.

Anna BC
Founder and Executive Director



Military Preparation Course supporting HighGround.

FRIENDS OF HIGHGROUND

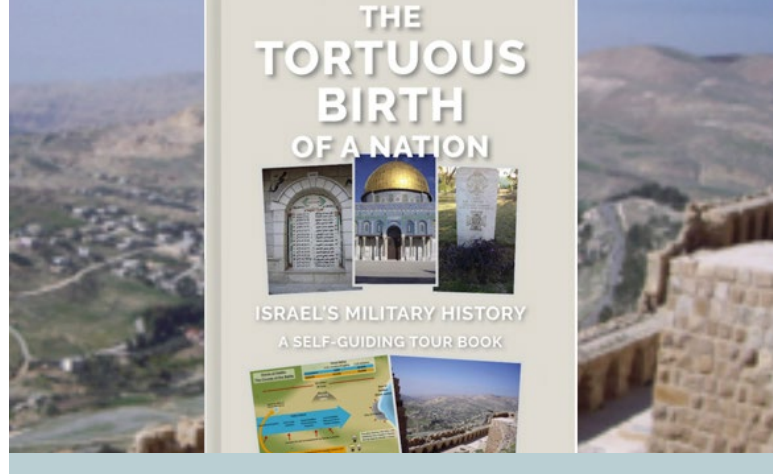
FHG is the voluntary arm of HighGround which supports and promotes the work of the Charity with fundraising and community awareness initiatives, both locally and nationally.

We haven't been able to get out and about due to the pesky pandemic, but you can read about our Fundraising below.

[BECOME A FRIEND OF HIGHGROUND](#)

FUNDRAISING

We were delighted when Lady Cholmeley who came to visit us at Stanford Hall in early 2019 (it seems a lifetime ago..) suggested an initiative to sell some HighGround branded [Easton Walled Garden](#) sweet peas and make a donation to HighGround for every tin sold – watch this space and thank-you so much to Lady Cholmeley for her kind and generous suggestion!



Colonel Anthony Malkin's book:
The Tortuous Birth of a Nation.

You can still buy copies of [Colonel Tony's Book](#) and [Chris's 1,000 Mile Challenge](#) continues – she passed the 200 mile mark over Christmas and once the vaccine arrives there will be no stopping her..!!

We are so grateful to the Swire Foundation for their generous grant towards our work at Stanford Hall, and Anna's applications to grant-making trusts and foundations continue apace.

Fantastic news that Knight Frank have joined Barratt plc as another of HighGround's Corporate Champions and please don't forget that you can support us when you shop at no extra cost to yourself, by using our online giving platforms such as [Amazon Smile](#).

STANFORD HALL

Andy and Jane have been super busy at Stanford Hall; you can read Jane's Monthly Journal [here](#).

As the days grew shorter, the greenhouse became a warm, welcoming place where terrariums could be created and competitive urges sated, to make the best Christmas wreath.

Our work to measure and evaluate the Horticultural Therapy service continues, and Jane is trialling the Lickert Scale used by Occupational Therapists, as although we all know that gardening is good for you, hard evidence to back up the anecdotal stuff is also important, as we seek to engage with the Five Eyes community to exchange and share the benefits of Horticultural Therapy as a rehab intervention for our unique client group.

Andy has started planning our Beautiful Borders entry for [Gardeners World Live 2021](#) – Mother Nature doesn't know there's a pandemic going on..!

[READ MORE](#)



The greenhouse at Stanford Hall before Christmas.

RURAL WEEKS

Our autumn programme at Bickton ground to a halt after the September Rural Week and with some swift footwork by the incomparable Chris Shepherd, we managed to deliver 2 more Virtual Rural Weeks in October and November And, Chris has now added Agriculture and Forestry presentations to our programme which means that Virtual Rural Weeks now cover more than 70% of land-based employment opportunities for our HighGrounders. Huge thanks to Jonny Kerr from [Velcourt](#) and Steve and Caroline from [Confor](#) and the Forestry Commission for their fantastic contributions, and we look forward to integrating Virtual Rural Weeks into our land-based support programme alongside Rural Weeks in 2021 (hat tip to Tim for suggesting it).

Sadly the Rural Experience Week at Bickton in October funded by the Armed Forces Covenant Trust had to be postponed, but we have everything firmly crossed that all the preparations for the REW programme will pay off in 2021 starting in April.

[READ MORE](#)



Caroline's Confor presentation during Virtual Rural Week.

HORSEFERRY ROAD

We are still getting used to not going to the office, but London Scottish House are all adapting too, and their partnership with [Felix Project](#) is a fantastic example of true charitable partnerships – we salute you all and are very proud to be part of the London Scottish House community.

GETTING TO KNOW TEAM HIGHGROUND

Here's where we introduce you to a member of Team HighGround by asking them 10 quickfire questions. Our wonderful Trustee Sue is in the hot seat for this edition!

[READ MORE](#)



Sue van Leest and Basil.

[GET IN TOUCH](#)

[DONATE NOW](#)

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 place 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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