

Getting to know TEAM HIGHGROUND



Lorna Crystal



LIFE BEYOND THE MILITARY –
OUTDOORS

1. Who are you?

Lorna Crystal, Digital Marketing Co-Ordinator at HighGround.

2. Why do you support HighGround?

I support HighGround because it provides benefits for both veterans and the land-based sector. It supports ex-military personnel in putting their skills to use in a sector that often lacks a suitably skilled workforce – it's a win-win situation!

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

The outdoors has numerous benefits. As well as improving both mental and physical health, it allows you to focus on what is important in life, to slow down and feel a part of something bigger.

4. Do you have a connection to the military?

Unlike many of the people involved with HighGround I haven't been in the military. However, like many I have distant connections with the military (Grandparents etc) and I support the work the armed forces.

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

That it's never too late to do something you're passionate about. Seeing veterans taking on a new career in a completely different field after serving in the armed forces, often for a long time, is inspiring.

6. Where do you see yourself in 10 years?

I'll probably be on a coastal footpath somewhere!

7. Do you have any gardening tips?

Just have a go! You don't need to know everything, you can learn as you go. I'd also recommend growing some plants from seed, it's very satisfying being a part of the whole process.

8. What do you admire most about veterans?

Their ability to adapt to different situations.

9. Why would you recommend HighGround?

Not many people know how extensive and varied the land-based sector is. HighGround provides a unique opportunity for ex-service personnel to explore careers that match their skill set. It opens career opportunities that many didn't know even existed.

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

Being able to work with people who have a passion for making a difference and helping to change people's lives.

For more information about HighGround's services please contact:

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