

Getting to know TEAM HIGHGROUND



Fiona Rew



LIFE BEYOND THE MILITARY –
OUTDOORS

- 1. Who are you?**
Hi, I'm Fi and I've recently become the Secretary to the Board of Trustees.
- 2. Why do you support HighGround?**
I grew up on a farm in Devon with my family and have always loved being outdoors. I joined the military in 2011, but recently made the decision to return to the family farm. So HighGround encompasses two causes close to my heart – military people and working in the countryside.
- 3. What are the benefits of the outdoors in your opinion?**
As a farmer's daughter, I feel much more at home in the countryside. When I get outdoors, I feel a sense of wellness and calm – being outdoors seems to help me organise my thoughts. The outdoors also offers so many fun opportunities to maintain and improve your physical health by engaging in sports, hiking and even getting out on open water.
- 4. Do you have a connection to the military?**
I have served in the Army for the last decade, and many of my friends are still serving.
- 5. What do you hope to take from your experience at HighGround?**
To give back to the military by supporting others in their transition to civilian life.
- 6. Where do you see yourself in 10 years?**
I would still like to be supporting veterans in their transition into civilian employment. I also want to retrain as a psychotherapist so that I help others with their mental wellbeing.
- 7. Do you have any gardening tips?**
I'm not a natural gardener, but I've learnt to just keep trying and experimenting until I get it right. So, my tip is – once you do manage to grow something, take time to enjoy what you've achieved!
- 8. What do you admire most about veterans?**
Every military person I've met is hard working and will give anything a go – what a great trait to have!
- 9. Why would you recommend HighGround?**
So many reasons. A key one is that the team at HighGround have so many contacts and so if they don't know the answer to your query, then they will know someone who does!
- 10. What do you enjoy most about working at HighGround?**
Working with a team of individuals dedicated to helping veterans reach their potential. It's really inspiring to see the enthusiasm and commitment from every member of the team.

For more information about HighGround's services please contact: Anna Baker Cresswell
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