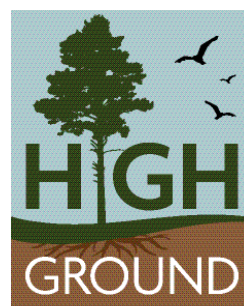


Getting to know TEAM HIGHGROUND



Louisa
Robertson-Macleod



LIFE BEYOND THE MILITARY –
OUTDOORS

1. Who are you?

My name is Louisa Robertson-Macleod, I am a Communications Co-Ordinator for HighGround. I currently live in London, but I grew up between West Sussex and Kenya.

2. Why do you support HighGround?

I support HighGround because I am fascinated by the way nature can help to heal the mind.

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

I think it helps us to relax and appreciate the little things!

4. Do you have a connection to the military?

Yes, my brother, father and grandfathers all served in the military.

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

A deeper knowledge of the ins and outs of Horticultural Therapy, and the stories of those it has helped!

6. Where do you see yourself in 10 years?

I hope to be running a sustainable business.

7. Do you have any gardening tips?

If you place a herb cutting in water, it grows new roots!

8. What do you admire most about veterans?

The abilities they acquire to survive alone in the wilderness.

9. Why would you recommend HighGround?

I would recommend HighGround because the whole team live and breathe the work they do!

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

I enjoy knowing that people who have suffered are being given a helping hand into the next stage of their life.

For more information about HighGround's services please contact:

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