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LIFE BEYOND THE MILITARY – OUTDOORS

SUMMER 2021

WELCOME TO OUR SUMMER NEWSLETTER

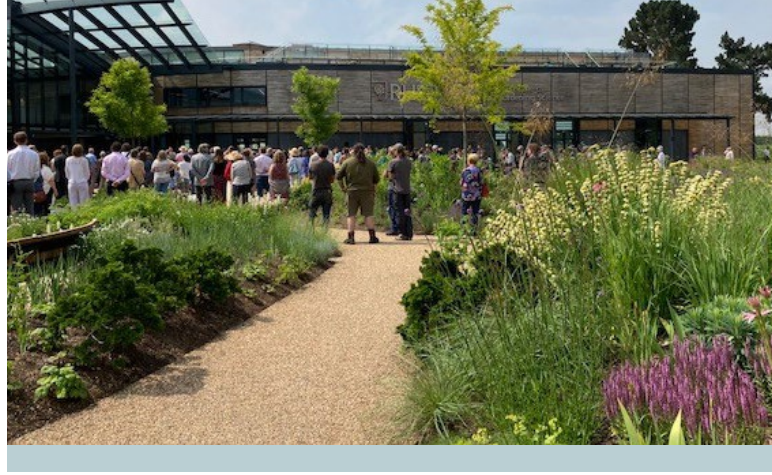
Welcome to our Summer newsletter for Friends of HighGround – my garden here in Northumberland is heavy with the scent of roses and honeysuckle, and the blackbirds are waiting to pounce on my blackcurrants.

We have been back to Bicton, and England are in the semi-finals of Euro 2020 – anything can happen in this crazy world we all live in!

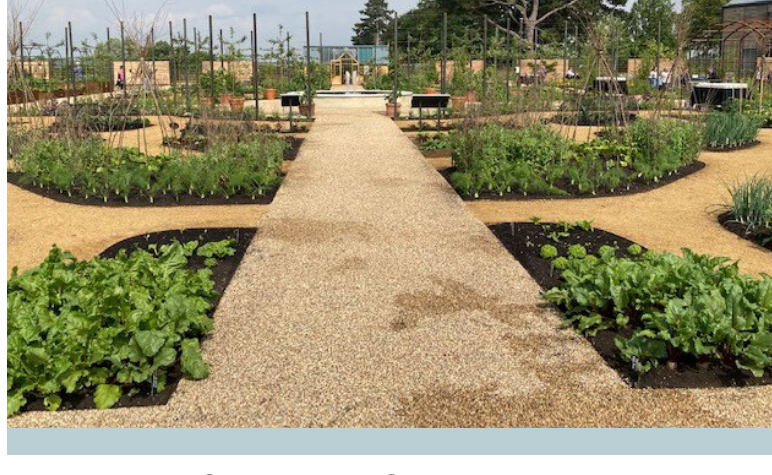
I was hugely honoured to be invited to the opening of the new Hilltop Home of Gardening Science at RHS Wisley recently.

It is a truly magnificent creation and a testament to the vision, talent and dedication of many people – do visit if you can.

Anna BC
Founder and Executive Director



RHS Hilltop opening. 24th June, 2021.



World Food Garden. RHS Wisley Hilltop opening.

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.

Like all charities, our fundraising has been severely curtailed by CV-19 but thanks to the continued generosity of Barratt plc our very first Corporate Champion, we were able to welcome Philip Shaw to Team HighGround last week. He will be responsible for developing and rolling out the Friends networks across the country. A momentous milestone for us and as we all emerge from the privations which the pandemic has forced upon us, his arrival could not be more timely. No pressure..!

Lady Cholmeley's sweet pea initiative continues to raise awareness and precious funds for us as people who have bought her HighGround Mix send us photos of their sweet peas, and we also thank Sammy's Soap for their brilliant support with our very own HighGround soap which you can buy [here](#).

We are so grateful for the continued support of ABF The Soldiers' Charity and Lloyd's Patriotic Fund who have both chosen to fund us again and to the philanthropist who recently gave us an unexpected donation, Thank-you all.

[BECOME A FRIEND OF HIGHGROUND](#)



(Left) Anne's HighGround Mix sweet peas, Lincolnshire, grown from Lady Cholmeley's Sweet Peas initiative. (Right)

STANFORD HALL

Thanks to a grant from the Army Central Fund, the timber for the raised beds on the Village Green is now in situ and as well as starting work on this, Andy, Jane and the patients are working hard to get their entry for [Gardeners World Live](#) ready for judging later this month.

As Stanford Hall is still closed to visitors, our Gardening Volunteers couldn't help Andy and Jane with their first Farm Shop of 2021 so some of the patients came to the rescue – the plants and produce disappeared in no time and the greenhouse was (temporarily) empty.

Our wonderful friends at Vitax supported the production of our Indoor Bulb Planner which Andy created and Kathryn designed as a monthly guide for garden lovers to keep their homes filled with cheerful, scented flowers all year round. We still have a few copies left; if you would like Anna to post you one, please email: anna@highground-uk.org



First Farm Shop of 2021.



Vitax and their Bulb Planner.

Andy was finally able to visit RAF Brize Norton to finalise designs for the first Frith Garden and we hope construction will start in the autumn. Read more in our latest news [here](#).

Whilst everyone reading this newsletter knows how much gardening can help our mental and physical wellbeing, it's so important that we ask the professionals who access our Horticultural Therapy service what they think, which informs the development and improvement of the service and lets our generous funders know how their money is being spent.

We are so grateful to Professor Zoe Morrison and Dr Moira Nikodem from Robert Gordon University who have recently completed an independent service evaluation of the Horticultural Therapy service on behalf of HighGround's Trustees.

One of the key findings was that 100% of the referring Occupational Therapists who completed the survey agreed with the statement **I see Horticultural Therapy as an important part of patient rehabilitation.**

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Tim Lever, HighGround Rural Employment Manager.

GETTING TO KNOW TEAM HIGHGROUND

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

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RURAL WEEKS

We finally made it back to Bicton!

In June we successfully delivered our first Rural Experience Week generously funded by the Armed Forces Covenant Trust to improve the mental health and wellbeing of veterans.

As you can see from the [pictures](#) we all had a brilliant time and special thanks to Rachel and Ian our Chairman for their visit, and to Louisa our Social Media Co-ordinator who put her photographer's hat on and spent the week recording the terrific programme of Forest School, Emergency First Aid at Work, Horticultural Therapy, Ropes and Climbing in Arboriculture and in the Animal Centre which Chris Shepherd had put together.

The programme continues later this month, and we are so proud to be delivering these weeks to improve the lives of veterans. #outdoorsisbetter



(Left) REW01 Back at Bicton at last. (Right) Louisa wearing her photographer's hat for REW01 at Bicton.



End of course photo in front of Bicton. REW01.



Rachel our Strategic Partner for Armed Forces Covenant Trust funding visits Bicton during REW01.

[READ MORE](#)

HORSEFERRY ROAD

Both the Trustees and our Development Board are still conducting their meetings virtually but the work continues, and as always we are hugely grateful to everyone for their precious time, passion and expertise.

Thanks to a grant from the Veterans' Foundation we were able to engage Andrew from [Swell Pixel](#) to join Kathryn our peerless graphic designer and give the website a complete update.

Keeping in touch has never been more important than it is today and we thank you all for making this possible.

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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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Funded by the Armed Forces Covenant with funding from the Covenant Fund.
We are proud to be a member of Cobseo and supported by The Royal Foundation.

