## LIFE BEYOND THE MILITARY - OUTDOORS

SPRING 2023

## WELCOME TO OUR SPRING NEWSLETTER

Today is the last day of lan's tenure as Chairman. I'm very proud that so many excellent candidates applied to become his successor and thanks to Simon Bell from Gray's Search and Selection and the Trustees on our Recruitment Panel, I am delighted that Simon Caraffi has accepted their offer to become our next Chairman.

Read on to find out more about how we marked our 10th Birthday and our new Chairman.

**Anna BC Founder and Executive Director** 



10th Anniversary lunch RAF Club.

# FRIENDS OF HIGHGROUND

status, we marked this milestone with a <u>Lunch at the RAF Club</u> to thank our Friends who helped us along the way.

On 13th March, 10 years to the day since the Charity Commission granted HighGround charitable

Special thanks to the Garnett Foundation for their generous support; it was fantastic to see so many familiar faces.

awarded one of ten Transformational Funding grants to Supporting Wounded Veterans and HighGround and we hope you are all as excited as we are to have this opportunity to make lasting and significant change to the lives of many veterans. We salute Sara for her brilliant <u>fundraising</u> and

The Armed Forces Covenant Fund Trust has

hope that it has inspired others to run, walk, swim for HighGround – our fundraising challenge is relentless! Huge thanks to Greenwich Hospital and the Forces Trust for their generous support of our Rural



Weeks and Virtual Rural Weeks programmes, to everyone who bought Christmas cards which helped to raise £680, or Lady Cholmeley's special HighGround Mix sweet pea seeds and to all our new Friends of HighGround subscribers.











STANFORD HALL

BECOME A FRIEND OF HIGHGROUND

## We were very grateful to Southern Trident for

their generous donation to help us 'go green' at DMRC Stanford Hall and you can read more about the Horticultural Therapy service <a href="here">here</a> and follow on **Instagram**.





both women and men.

**READ MORE** 

## The Rural Week Programme goes from strength-to-strength. As we reflect on 2022 as the most successful year for the programme in terms of numbers of attendees, 2023 is already shaping up to be

RURAL WEEKS BY RURAL EMPLOYMENT MANAGER

equally as successful. We have delivered the first Virtual Rural Week (VRW) and first Residential Rural Week (RRW) of 2023. Both well attended with attendees from across the Armed Forces, rank structure and age range,

The resettlement pathway between the two courses continues to develop as we see those in early resettlement attend the VRW and then follow-up closer to transition with the RRW. Equally some attendees get what they need and make the connections they need from attending one or the other.

Follow-on support applies for those who have attended either course, and is open ended in terms of duration. All HighGrounders can get in touch to discuss land-based sector opportunities; employment, self-employment, volunteer, training requirements and providers, or just to chat through some ideas at anytime, we are only a phone call or email away.

Dates for the 2023 Rural Week Programme Virtual Rural Week (VRW): 30 Jan – 1 Feb • 22 – 24 May • 18 – 20 Sep • 13 – 15 Nov

It's always good to hear where HighGrounders are and what you are up to. It's great to stay in touch and of course this is a two-way thing, we

Residential Rural Week (RRW): 19 – 24 Mar • 11 – 16 Jun • 1 – 6 Oct • 26 Nov – 1 Dec

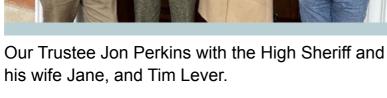
For more information and to register, please e-mail <a href="mailto:timothy.lever@highground-uk.org">timothy.lever@highground-uk.org</a>

perhaps at a landmark place or with someone famous, under the heading 'Where do you wear yours?'.

are here to support for as long as you need us.

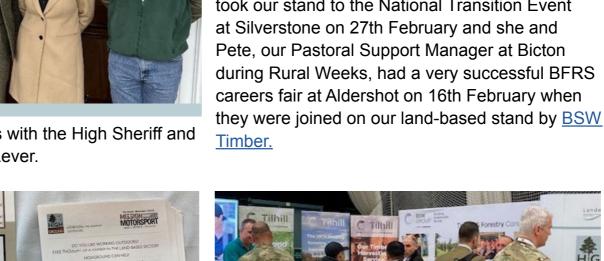
Always happy to chat. We would like to be able to show others what you are up to so welcome

your photos of you wearing your HighGround gilet





official provider of oD Resettlemen

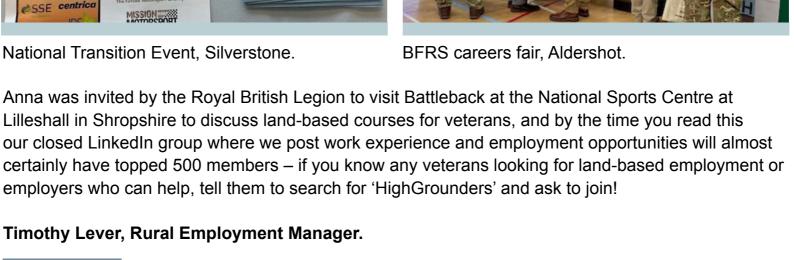




National Transition Event, Silverstone.

**Timothy Lever, Rural Employment Manager.** 

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INTRODUCING SIMON Simon Caraffi took over as Chairman of HighGround's Board of Trustees on 3rd April.





**READ MORE** 

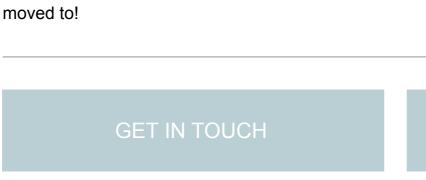
# continues to work with the Worshipful Company been granted permission to display the Veterans Our time at Horseferry Road has come to an

end and we thank London Scottish House for all their friendship over the last 7 years – we will miss Westminster, but life goes on and in our next Newsletter you can find out where we have



Veterans Mental Health Awareness Standard

2023-2025



## 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

**GDPR AND OUR STANDARDS** 

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

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