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## LIFE BEYOND THE MILITARY – OUTDOORS

AUTUMN 2023

### WELCOME TO OUR AUTUMN NEWSLETTER

I'm looking at the very last picking of my sweet peas as I write this and reflect on a very busy summer as we welcome Steve to Team HighGround, and look ahead to more of #outdoorsisbetter.

Those Rural Weeks Alumni reading this who were fortunate enough to meet Phil Sampson when he presented his motivation session on the Friday morning of our Rural Weeks will join me in mourning his untimely death – an inspirational human being and a reminder that every day is precious.

**Anna BC**  
**Founder and Executive Director**

### FRIENDS OF HIGHGROUND

We made lots of new friends at the New Forest Show in July and big thanks to Sean and David for their help to run the stand – we hope to do more events next year and this was a successful learning curve for us all.



Lord Benyon meets David and Sean on our stand at New Forest Show.



New Forest Show. Sean our Ambassador and Rural Week Alumni spreading the word.

The Chairman joined Anna at the Game Fair and as always, we offer our profound thanks to all the funders whose generous support enables us to continue delivering our services including the Carr-Ellison Trust, Horsted Keynes Tuesday Club, the Ennismore Trust and Danny and Myrtle the Para Chick. Selling marmalade and parachuting with a chicken have raised funds for HighGround – Thank You All!



L Cpl Danny Mawson and Myrtle the Para Chick parachute in full 1944 battledress from a C47 Douglas Dakota in France.

You can support us by buying our [Christmas cards](#) which will be ready to order from the Shop by 20th October.

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### STANFORD HALL

It was the most perfect summer's evening for Beating Retreat at DMRC Stanford Hall and the Red Devils made a spectacular entrance, unfurling their Union Jack with precision timing.



Beating Retreat. Waiting for the Red Devils to appear.



Beating Retreat Stanford Hall with Provincial Grand Master Bedfordshire, and a Red Devil.

In July, Anna hosted Barney Haugh, Head of Grants at ABF The Soldiers' Charity, who have been loyal and generous funders of our Horticultural Therapy service since the pilot to test the benefits of Horticultural Therapy as a rehab intervention for injured serving personnel at Headley Court.



Barney Haugh, Head of Grants at ABF The Soldiers Charity visits DMRC Stanford Hall.

Big Congratulations to Jane for receiving a CO's Commendation, and an equally big welcome to Steve who starts his new role as Therapeutic Gardens Manager in October.

Our Gardening Volunteers continue to do a fantastic job at DMRC Stanford Hall. Deborah has been a volunteer since June. Here's what she had to say:

*My previous working life has been as a nurse and manager in the NHS and I have also in the past served as an Army Nursing Officer in the Reserves.*

*The opportunity to volunteer with HighGround charity reflects my background in health and military service. Since taking early retirement from nursing due to spinal injury and subsequent surgery, I have been keen to offer my time as a volunteer to a charity. HighGround offers Horticultural Therapy to military patients at Stanford Hall and is an important part of the patients rehabilitation journey.*

*I enjoy supporting with the Horticultural Therapist Jane in the gardens and greenhouse alongside my fellow volunteers.*

*The gardens and greenhouse produce a wide range of vegetables, fruit and flowers. Seeing the produce grow from seeds to plants is very satisfying. We harvest the produce to sell in the Farm Shop for staff and patients.*

*I have enjoyed working as a volunteer in the beautiful gardens knowing that we are all helping to aid the patients rehabilitation journey. I enjoy working in active outdoor role and learning about Horticulture.*

*It is very rewarding to work together in such an inspiring place and to know the charity enhances the environment at Stanford Hall for patients, families, staff and the wider community.*

You can catch up with Jane's monthly journal [here](#).

[READ MORE](#)



Therapeutic Gardens Manager at DMRC Stanford Hall, Steve Waters.

### WELCOME STEVE!

Each quarter we introduce you to a member of Team HighGround and this time we welcome Steve, the new Therapeutic Gardens Manager, Stanford Hall.

[READ MORE](#)

### RURAL WEEKS

Our two Rural Experience Weeks funded by the Armed Forces Covenant Fund Trust to improve the mental health and wellbeing of veterans in July and September were well attended by veterans referred from Op Courage, FirstLight Trust, the Poppy Factory, Forces Employment Charity, RBLI, Walking With the Wounded and the Matthew Project.



Martin at Bicton with Chris and Pete.

You can read more about the weeks [here](#).

Only the bravest souls and their tents joined us for our Rural Weeks Alumni weekend at Bicton in July when it rained constantly from Saturday morning before everyone arrived, all during the evening when Dave and his Events Team and the [Copper Fox](#) bar put on the most wonderful spread, and still hadn't stopped after Brunch when the campers went home.



Simon our Chairman giving the welcome at Rural Weeks Alumni BBQ, Bicton.

We will definitely do it again but next time, please can we have summer weather...?!

Pete and Anna took the land-based sector roadshow to Tidworth for another [BFRS](#) career fair and it was great to welcome Martin and Zizi from [Supporting Wounded Veterans](#) to Bicton when they came to meet Chris and Pete and discuss our Rural Insight Weeks which we are planning for next year – watch this space...



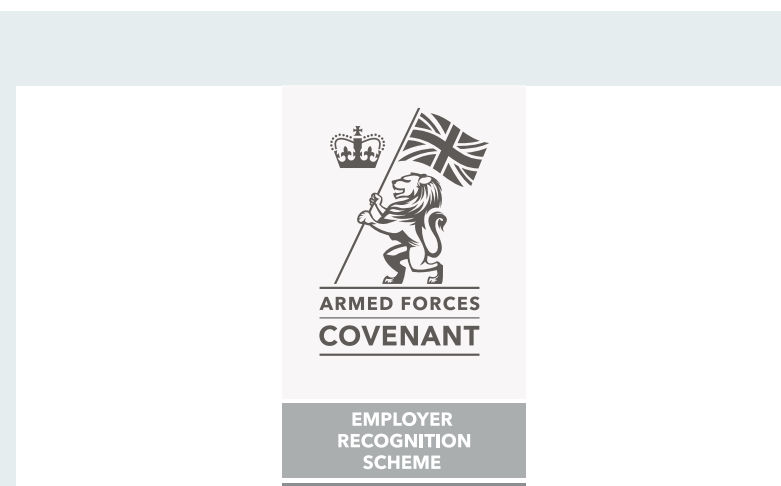
Pete at BFRS careers fair, Tidworth.

[READ MORE](#)

### THE POPPY FACTORY

It's a great honour to receive our Silver Employer Recognition Scheme Award and we offer our congratulations to Fiona Rew who has now joined the NFU in a full time position – a perfect demonstration of the value which ex military personnel bring to the civilian workplace.

As our Chairman and Trustees put the finishing touches to the Vision for our next decade, it's an exciting time for HighGround.



Silver Employer Recognition Scheme Award.

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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 place 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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