



LIFE BEYOND THE MILITARY – OUTDOORS

SUMMER 2023

WELCOME TO OUR SUMMER NEWSLETTER

It's a week since [Armed Forces Day](#). We had a stand in Falmouth and it was a great privilege to take part in such an important event.

The beat goes on at HighGround, and as well as finding a new London home and continuing to provide the Horticultural Therapy service for injured serving personnel at the Defence Medical Rehabilitation Centre (DMRC) Stanford Hall, we have taken our land-based sector roadshow to 2 BFRS careers fairs at Catterick and Colchester Garrisons and the Rural Weeks programme is in full swing. Read on and enjoy!

Anna BC
Founder and Executive Director



Rt Hon Johnny Mercer, Minister of State for Veterans Affairs visits our stand in Falmouth on Armed Forces Day to meet our Trustees Jon Perkins and Alex Hoppenbrouwers.

FRIENDS OF HIGHGROUND

Our relentless fundraising challenge to raise funds to continue to deliver and develop our services continues, and we are grateful to the Worshipful Company of Weavers, Elizabeth Moore & Star Foundation, the Armed Forces Covenant Fund Trust, the family who chose HighGround for their late Mother's In Memoriam collection and all those who walk, run, and cycle to help us keep the show on the road. The Forces Trust generously supports our Virtual Rural Weeks programme and we were delighted to welcome its Chairman General Richard Nugee and Trustee Brooke Bowater to Bicton during our Rural Week so they could see HighGround in action.



General Nugee and Brooke Bowater visit Bicton during Rural Week 41.

BECOME A FRIEND OF HIGHGROUND

STANFORD HALL

Our Gardening Volunteers do a fantastic job at DMRC Stanford Hall helping Jane to keep the therapeutic areas in good shape. We thank them for their precious contribution to our work.

Here's what Ali Wright, one of the Garden Volunteers, had to say;

"I trained as a children's nurse at Great Ormond Street in London and then worked at Nottingham Children's Hospital based at QMC.

When I retired, I decided to volunteer some of my time which I wanted to be in an outdoor setting. I was delighted to find out about volunteering opportunities in horticultural therapy at DMRC.

Volunteering at DMRC is great fun, each visit is different, and I love working in the garden and the greenhouse.

Working with Jane I have learnt and seen how patients with differing health needs benefit from horticultural therapy sessions. I have been made to feel part of the team by Jane, staff and patients. I have learnt so much and in particular about the growing of tomatoes. Tomatoes being grown this year are Red Cherry, Gold Nugget, Golden Sunrise, Gardener's Delight, Outdoor Girl, Tigerella, Green Zebra, Moscato to name but a few.

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

READ MORE



Two of our Gardening Volunteers at DMRC.

RURAL WEEKS

Our land-based sector roadshow at British Forces Resettlement Service careers fairs took us to [Catterick Garrison](#) in March. Big thanks to Richard Wade for helping Anna on the stand to talk to personnel from all 3 services about their next chapter beyond the military. Thanks also to another veteran Gary Lee, who helped Tim on the stand at BFRS Colchester Garrison in June. Anna visited Radley College in May to meet Charlie Herbert who runs the Countryside Centre, and she also represented HighGround at the inaugural Supporting Wounded Veterans Rivers Forum hosted by Sir Malcolm Rifkind. A landmark summit where individuals from the Environment Agency, Severn Trent, NFU, Canal and Rivers Trust, Atlantic Salmon Trust and the Wildlife Trusts met to discuss how to fix our Nation's rivers. The Rural Weeks programme continues apace and we set a new record when 23 service personnel and veterans attended Virtual Rural Week 17 – you can read some of their comments [here](#).



BFRS Catterick careers fair March.



Rural Week 41 at Bicton. Arboriculture session with Hi-Line SW Ltd.

[Residential Rural Week 41](#) at Bicton in June was bathed in Devon sunshine, and we were delighted to welcome 9 HighGrounders to spend five days for visits to a dairy farm, golf club, private and Forestry Commission forestry and even a gin distillery, to get an understanding of life beyond the military – Outdoors. As always our grateful thanks to Chris Shepherd for organising such a varied and informative timetable, Pete our Pastoral Support Manager, our evening speakers, and to Bicton for looking after us so well.

READ MORE

THE POPPY FACTORY

Our new London home is now the Poppy Factory where we have access to office and meeting space. As we work closely with [The Poppy Factory](#) to support veterans into land-based employment, it's great to be able to strengthen our ties with such a well respected organisation as relevant now as a century after it was founded by Major George Howson MC to employ veterans injured in WWI.



Our first Trustees Meeting at the Poppy Factory. Simon our Chairman, Jon, Tim Alex and Fi our Communications Co-Ordinator.

GET IN TOUCH

DONATE NOW

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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Our mailing address is:
HighGround, c/o The Poppy Factory, 20 Petersham Road, Richmond, Greater London TW10 6UR.

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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.

