

HIGHGROUND AND BRITISH SUGAR TOPSOIL – THE STORY SO FAR.

January, 2021.

HighGround is a charity started by Anna Baker Cresswell in 2013 whose Mission is To improve the wellbeing and employment prospects of serving personnel and veterans using the green environment – outdoor stuff for outdoor people in a nutshell..!

Following the successful delivery of a 3 year pilot at DMRC Headley Court to test the benefits of Horticultural Therapy as a rehab intervention for injured serving personnel, when DMRC Headley Court closed and moved to its new location at Stanford Hall near Loughborough, HighGround moved too.

Stanford Hall is the late Duke of Westminster's magnificent legacy which has been gifted to the Nation. He wanted to create the most advanced rehabilitation centre in Europe and a "Home for the brave" and the £300m project on the Stanford Hall estate has certainly achieved both those aims.

There are 3 patient groups at DMRC: Complex Trauma (amputees); Neuro (head injuries) and Force Generation (joints and spines).

They all benefit from Horticultural Therapy in different ways and the therapeutic areas used by HighGround to deliver the service are situated around a new greenhouse, built in accordance with English Heritage's direction to reflect the original Foster and Pearson ones and using the metalwork from them.

HighGround's connection with British Sugar TOPSOIL started when, following a generous grant from the Army Central Fund to create some raised beds where plants grown in the greenhouse could be grown, Andy Wright our Therapeutic Gardens Manager approached Andy Spetch to ask if they would be prepared to help with filling the raised beds – fortunately his answer was yes and the raised beds continue to provide daily benefits to the many patients (and during the pandemic staff too..) who visit our patch of peace at Stanford Hall during their busy rehab-filled days.

The Charity receives no statutory funding and raises all the money to continue to deliver and develop the Horticultural Therapy service from grant-making trusts and foundations and public donation, which makes the generosity of British Sugar TOPSOIL even more precious.

You can find out more about our work here <https://highground-uk.org/horticultural-therapy/stanford-hall/> and we look forward to many more years of working with British Sugar TOPSOIL to help those who have served their Country – truly Outdoors is better.