

Getting to know TEAM HIGHGROUND



Ruth Ritson

1. Who are you?
Ruth Ritson.
2. Why do you support HighGround?
Anna and I both love Border Terriers!
3. What are the benefits of the outdoors in your opinion?
Being outdoors and seeing the seasons change and noticing those changes is very grounding.
4. Do you have a connection to the military?
None.
5. What do you hope to take from your experience at HighGround?
Being flexible is not a bad thing and that not everything is set in stone.
6. Where do you see yourself in 10 years?
Norfolk.
7. Do you have any gardening tips?
None, but if anyone has one for slugs I'd love to know!
8. What do you admire most about veterans?
Their can-do attitude.
9. Why would you recommend HighGround?
Because they can actually help!
10. What do you enjoy most about working at HighGround?
For me it's about connecting with something that's not the usual, and seeing and hearing how it has impacted peoples lives for the better.



LIFE BEYOND THE MILITARY –
OUTDOORS

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