

# RANGER PORTRAIT

**Hayden Bridgeman**  
Ranger in New Forest National Park, UK

## Main duties:

- visitor management
- environmental education
- inclusive nature conservation: helping disadvantaged groups accessing nature

## Why is your work important to you?

The reason I do what I do is to do my bit to help protect natural habitats and wildlife for future generations.

## What is your greatest motivator even when it's hard working out there?

Seeing someone get excited about nature. It reminds me how important access to nature is for our mental health. I feel so lucky to experience that every day and I want to remove barriers to nature to ensure as many people as possible can benefit from it too.

## Your biggest moment of luck during work?

I was leading a guided walk for a refugee group. We got to a viewpoint where a lady shared with me that she felt emotional and finally peaceful. It was so special and something that has stuck with me years later. It reminds me how valuable nature is in so many ways.

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