

# Featured Volunteer



## Paul O'Callaghan

Issue #15 / December 2024 Interview by Rhys Pearce

### Tell us a little bit about yourself.

I'm a married father and grandfather. I have always lived in the Ebbw Vale area and enjoy walking. I'm now semi-retired which has given me more time to walk, which is good for my mental health. I like to take pride in what I do and where I live. I don't want to see litter everywhere; it spoils my enjoyment as well as the environment.

### How long have you been a Litter Champion?

One month

### What inspired you to become a Litter Champion?

I like walking, so, seeing the amount of litter everywhere was depressing and it's not in my nature to stand back. I felt that by becoming a litter picker I could make a small contribution to cleaning up the litter.

### How do you feel volunteering has benefitted you and/or the community?

It makes me feel good to see the improvement in the area I've cleaned and to be helping look after the environment.

### What would you say to someone who is thinking about joining the Litter Champion Scheme?

Give it a go. We all benefit from the litter you would clear-up. Every little helps.



Paul has collected multiple bags of litter since joining the scheme



### What's the most peculiar thing you've picked up whilst Litter Picking?

A handheld fishing net and a variety of clothing.

"I don't want to see litter everywhere; it spoils my enjoyment as well as the environment"