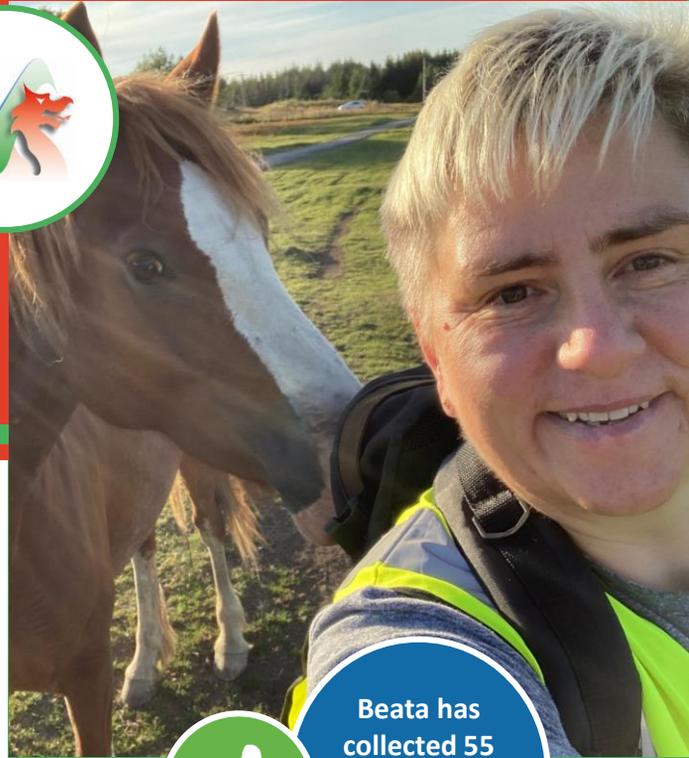


# Featured Volunteer



## Beata Karpeta

Issue #11 / September 2022 Interview by Rhys Pearce

### Tell us a little bit about yourself.

My name is Beata and I am Polish. I moved to Blaenau Gwent a year ago and I love this place, Wales always was my happy place. I used to spend long days hiking the Brecon Beacons, Black Mountains and costal walking along the Gower and Pembrokeshire.

I feel very connected to animals, especially dogs and horses, probably more so than people; as I was brought up on farm. I love gardening, wild camping, DIY, bonfires and Polish barbecued sausages. Most of my free time is spent litter picking or taking on new projects.

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

I started about a year ago. I was litter picking in St. James's Forest when I found about the Litter Champion scheme.

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

Ebbw Vale and the valleys is an amazing place. It's a perfect starting point for walks and a short distance to the sea and mountains. I cannot accept seeing litter lying everywhere.

Plastic is destroying the environment, rubble and tyres are left in the most beautiful and picturesque places and fast-food packaging is being eaten by wildlife.

I would like to make a difference and lead by example. Many people don't realise the benefits the environment can have on their mental health and wellbeing.



Beata has collected 55 bags of Litter since July 2022

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

I am proud of what I have achieved within the last year. Animals seem to enjoy clean pastures and often come to say hello. Runners and dog walkers are happy and I've met a few locals who expressed how grateful they were for keeping the common areas tidy. All of it is very important to me.

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

Don't wait. We are a bunch of fantastic people doing a fantastic job. Litter picking is a culture of caring for Mother Nature and our home, Wales.

**“Many people don't realise the benefits the environment can have on their mental health and wellbeing”.**