



Mental Health Awareness Week

THE POSITIVE SIDE OF LITTER PICKING

In recognition of Mental Health Awareness Week, we spoke to some of our local volunteers about the benefits of litter picking and how in turn this is having a positive effect on their own mental health. BY RHYS PEARCE

My wife and I litter pick in the Nantyglo area and have thoroughly enjoyed it since we started. We decided to do this for the following reasons: To gite

Greg Thomas of Torfaen and Blaenau Gwent Mind, said: "We see volunteering as being really important in tackling social isolation and in reintroducing people to community activities and engagement. For many people, volunteering can be that first step back into a work environment, without the pressure of having to maintain a job etc. But it can also allow people to explore what opportunities may best suit them on their journey of recovery".

