

Featured Volunteer



Pauline Bale

Issue #13 / April 2023

Interview by Rhys Pearce

Tell us a little bit about yourself.

I spend lots of time with my family, I love reading, crocheting, travelling and my little dog, Sonny (whose my litter picking companion).

How long have you been a Litter Champion?

Roughly speaking, I believe it's about three to four years.

What inspired you to become a Litter Champion?

Seeing litter and fly tipping blighting the area we live in. We're surrounded by so much natural beauty, so I decided to do my civil duty and try and help.

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

It's benefited me enormously; getting me outdoors daily, irrespective of the weather. It's helped improve my fitness and enables me to speak with lots of different people. It's also benefited my surrounding area by 'cleaning it up', particularly the street where I live.



Pauline has collected **42** bags of litter over the last couple of months



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

I'd say **just do it**, afterwards you'll feel great! You'll feel empowered and that you're contributing.

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

A hamster cage (thankfully, minus the hamster)

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