

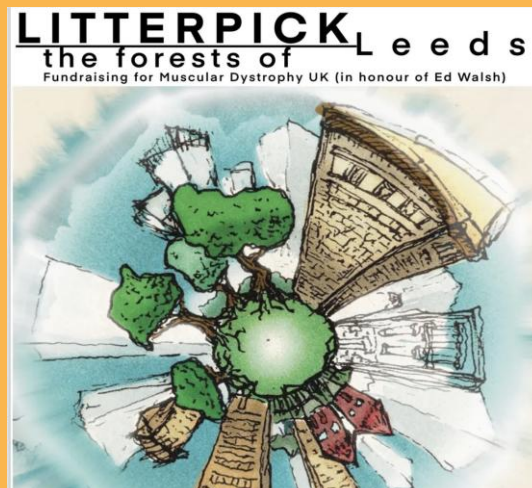


James's Story

The Beginning:

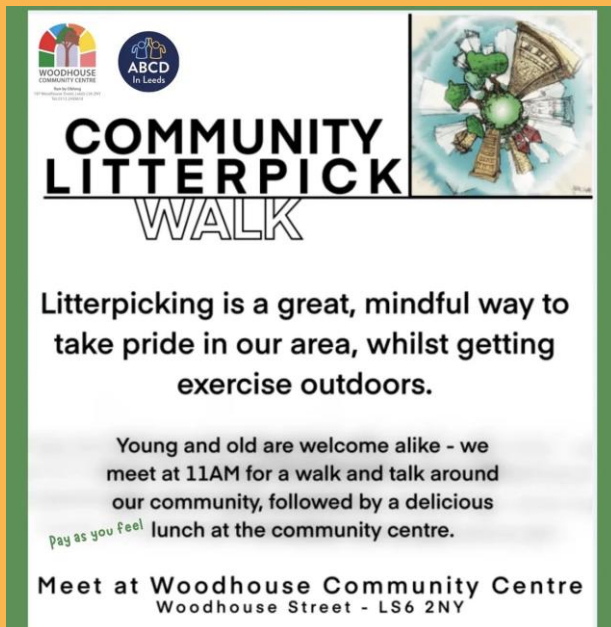
James met Milly, Community Builder at Oblong whilst attending a session at the Community Centre. They got chatting and James told Milly about the daily charity litter pick across Leeds he was doing in memory of his late brother Ed, who had sadly passed away from Muscular Dystrophy. James is passionate about nature and the environment and wanted to help others connect with nature and build new friendships by bringing others on his litter picking journey.

"There is a sense of accomplishment and wellbeing when we see a patch that needs to be cleared and by working as a team the place is clean and rejuvenated". James Wear



The Journey:

James wanted to continue to do something for the local environment once he finished his fundraiser and decided he wanted to continue litter picking in the community and to bring others on board who were also interested in helping improve the local area. Oblong initially loaned James some litter picking equipment and began to connect him with other people who were interested in taking part. As interest grew, James accessed some small sparks to purchase more equipment and to pay for some lunch for the group after they had done their litter pick. The group finish up together at Woodhouse Community Centre's pay as you feel café so that they can socialise and connect after.



Volunteers supporting the litter pick



The Impact:

What started as a litter pick in memory of his brother and a means to fundraise towards research into Muscular Dystrophy, has evolved into a community-led group with the aim of giving something back to the local area and improving people's wellbeing. Through placing his energy into fundraising for a good cause and galvanising those around him to take care of their local environment and green spaces, James feels happier and has felt a significant improvement in his mental health and wellbeing.



I have made friends and got to know people from all walks of life. What is wonderful is that there is no judgement but a connection because we understand that there are two or even three good causes, the charity, the environment and the sense of purpose of volunteering during the litterpicks. James Wear