

Bi-monthly Litter Pick 7th January 2023



It was a clear start yesterday during the bi-monthly litter pick, with a rainy middle but a satisfying end, seeing over 20 more bags of rubbish off the streets of West Moors. Sixteen of our trusted litter heroes came to our aid once more, unearthing all kinds of household items and lots of bottles and cans from the local car parks.

It was a shame to see that the New Year did not bring a new attitude for some. However, focussing on the positive, we have some wonderfully supportive people in West Moors, not just those that volunteer but those that do not litter. That is a big help!

With people often wanting to make a positive change in their lives at this time of year, anyone wanting to make a difference to the local area can do so easily. Counteract litterbugs by being a litter picker. You don't need to join a group or be on social media. You can get pickers and some blue bags from the council office and go out on your own. If every person in West Moors picked up a few bits of litter each – imagine. Any litter removed from a natural ecosystem helps wildlife and creates a better space for humans too!

There is a feel-good side of litter picking. Not just the cleaning up, it connects you with nature and other people, increasing the activity levels and connecting them to others.

One of our volunteers said on Saturday, “when you're out there, you talk to people you would not get to see whilst rushing around in your daily life. You start to talk about the litter, but then you're having a good old natter.” Another added, “People thank you for doing what you do, and it makes you feel good about yourself, giving you purpose”,

Have you heard of Plogging- a combination of jogging and litter picking – it appears to be becoming a trend! A running craze that can save the planet! Let's bring it to West Moors!?

