

Who: Fateha Ahmed
Where: Brecon Beacons National Park
Lives: Cardiff

What has been your best experience in a National Park?



“My thinking about country living was that it was going to be boring but this has changed since getting involved in Mosaic. I have been to the Brecon Beacons National Park four times now and would like to go again and again. It is good for your health and wellbeing when you are so close to nature.

I took a group of 16 people from Black and Minority Ethnic communities on a weekend away. We stayed in the YHA youth hostel in Groesffordd, in Brecon and visited places including the Blaen-Y-Glen waterfall, Llangoss Lake, Llangoss Activity Centre, Graig-Y-Noss Park and Brecon Mountain Railway. We found a footpath at the side of the Visitor Centre so took advantage of that too.

It was amazing to see the group’s reaction. Some said they felt close to their home countries as many had grown up in villages – so they liked the lake and the greenery. They enjoyed it so much that they want to go again.

That trip has inspired me to organise another two weekends away with two more groups of 16 people, the first one is booked in May, I’m doing some day trips with other organisations as well, one of which will involve children so we will do some less strenuous walks and I’m also taking a group of Asian women on a day trip.

I’ve arranged these trips because I’m really keen to show people all these beautiful places on their doorstep that they weren’t aware of.

I love taking pictures and I’ve taken pictures every time I’ve visited the Brecon Beacons. I’ve got

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In early 2014 we interviewed nine Community Champions with the Mosaic Project to find out more about the impact National Parks have had on them. Our Case Studies series documents these interviews. To find out more about Mosaic in Wales, please visit www.cnp.org.uk/mosaic

something like 400 to 500 pictures. I've got some on my phone so I can show my family and friends and others how beautiful the National Park is – and inspire them to visit too.

But this is all thanks to Mosaic – if it hadn't been for you guys I would never have known what was out there myself.”

How has visiting National Parks has improved your health or attitude to life?

“Getting to know the National Park has definitely improved my health. In town I do go for walks now but it is nothing like walks in the Brecon Beacons. Walking there is amazing – it energises you much more than walking in town.

Visiting the National Park gives us the opportunity to be physically active in a fun way, as well as making friends and sharing experiences.”

“My son has been telling the school they should visit the Brecon Beacons National Park”

What other green spaces have you visited since learning more about National Parks?

“I am planning to go to Pembrokeshire National Park. A few of us from the Brecon Beacons Community Champions group want to try Pembrokeshire so we are planning a visit there.”

Would you say that you and your family have adopted a more healthy lifestyle since getting more involved in Mosaic and National Parks?



“On one of the group leader courses I had to take my son with me. Afterwards he was telling his friends about what it was like. In school the teacher asked the kids where they wanted to go and instead of the usual suspects for school trips.”

Why should people care about National Parks?

“People think that National Parks are boring – even I used to think that – and they are worried that they are not safe. I used to think that I would have no phone network and what would happen in an emergency? But that isn't the case at all. The visitor centres are all set up with everything to make the National Parks open to the whole community. They are really helpful and have everything in place so that everyone from the community can enjoy National Parks.”