

Who: Stella Djokey
Where: Pembrokeshire Coast National Park
Lives: Cardiff

What has been your best experience in a National Park?



“My best experience would have been in October when I went to the Mosaic leaders’ conference. I got involved in activities, that I didn’t think I could do. I thought if I’m going to be a leader then I needed to challenge myself.

So I went kayaking. I’ve always been scared of water. When we go travelling, it is my older daughter who goes off and does all the active stuff, like coastering, mountain climbing and surfing and I stay on the beach with the younger one. But I felt I really needed to challenge myself in order to be a leader. And I did it!”

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

“The National Parks offer a breath of fresh of air, and their value is that they are open to everyone but many people need to be encouraged to visit them and enjoy the open space. Before I got involved in Mosaic I never knew that all these beautiful places could be accessed.”

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

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“I would say that I’ve visited a few other parks – most of the activities I’ve done have been walking and going up the mountains. I recently visited St. David’s and it was this beautiful, beautiful landscape where you can get closer to nature, build a relationship with nature.”

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

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



“Absolutely! My younger daughter is autistic. In the group she is the only one with a disability. When we visit National Parks she feels free, she runs around everywhere. She feels liberated when we go out and, most importantly, I can see that it changes her mood. She really enjoys the great outdoors and these nice green spaces and I would never have found that out about her if I hadn’t gotten involved with Mosaic.”

Why should people care about National Parks?

“Man should have a relationship with nature. We are responsible for these beautiful landscapes. We need to take care of the natural resources that are around us.

When you go outdoors and breathe in the fresh air and see all the natural resources around you – you feel different. We need to make sure that National Parks are there for everyone to have that feeling and for future generations to enjoy too.”

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