

**Mosaic in Wales**  
**Community Champion Case Studies 2014**



**Who:** Zobia Zaman  
**Where:** Brecon Beacons National Park  
**Lives:** Cardiff

**What has been your best experience in a National Park?**



“I loved the whole idea of Mosaic and introducing the National Parks to my community. Every time I spoke to my family, friends and other people none of them knew about the National Parks.

So I organised my first visit a couple of weeks ago. There were four men, five women and four children. Everybody absolutely loved it. Already as we were coming back everyone was talking about when we could do it again and what activities they would like to do – such as having a BBQ in the summer. It was a really fantastic experience.

One of the gentlemen said that he couldn't believe that all this outdoor beauty is just 30 miles away from his house. He loved it and was happy to see that it was easy to get to from home.”

**“I've realised how important it is to give the kids rural experiences. I've been taking my daughter out more often and enjoying the outdoors with her.”**

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

“When I first came to live in Cardiff from Pakistan people were always saying to me that it was going to be cold and wet if we went out – these were people who had lived here all their lives! It made me think they should be used to it and fearful about going out. Getting involved in Mosaic has taken the fear out of that. I now know I can go out in the cold and the wet and everything will be fine.”

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

“I've always been a rural person. In Pakistan I lived in a very rural area so that is not something new but what I realised over here, especially with the kids, the

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](http://www.cnp.org.uk/mosaic)

kids are happy with the TV and laptop. But since getting involved in Mosaic I've realised how important it is to give the kids rural experiences and I've been taking my daughter out more often and enjoying the outdoors with her."

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



"All the people I've come in contact with, the mums say that the kids get stuck in front of the TV and they want to get out to the National Park again. In Pakistan and other hot countries we are fearful of the cold and we think that it can lead to serious illness. The group that I took went out in

the middle of winter and they saw that it was fine to go then. When we were there, one of the little ones even fell into the water but we dried him off and gave him dry clothes. He was absolutely fine and off he went again.

One of the older gentlemen said that he didn't think that he could have walked as far as well did and that he'd been surprised that he's been able to do that – and felt so well.

The more our community realise that they can enjoy National Parks all year round then this will have a greater positive impact on our health. We need to build up confidence in the community before we can see the positive health impacts as those do not happen overnight – they build up gradually. But we have got off to a good start."

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### Why should people care about National Parks?

"I'm a very nature loving person and I believe that most of the illnesses we have in our lives are because we have stopped living close to nature. On the philosophical and psychological side if you don't go out and connect with the outdoors and just stay where you are you don't feel connected to the country you live in. I've heard lots of people say since I came to live here 13 years ago that they don't feel connected with the country that they are living in. But the closer you get to nature the more that you realise it is the same, wherever you are living.

It's really important to introduce the kids to nature and show them how things grow and the animals live – they don't see that living in the cities. National Parks have an abundance of nature."