

One in a MILLION!



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This week we're recognising the inspiring work of Helen Hindson, 66, from Northumberland. She said...

Walking my usual dog route, I couldn't help but notice the mess.

With my cockapoo Tilly by my side, there were wrappers and cans everywhere.

I was horrified – I couldn't understand why people would drop their waste and ruin our lovely green spaces.

Even Tilly growled as the litter rustled in the breeze.

And that's when I realised I had to do something about it.

So, buying a litter-picking stick for £26 from my local hardware store, it became an essential for our daily dog walks.

Why not make a difference? I thought.

I filled the bags I brought with me so quickly – I even had



Keeping our community clean

the Seaton Burn River to cleaning up our local woods, we've done it all.

We even fished a huge sofa out of the water!

While I started with litter picking, I have since branched out, too.

I began volunteering at our local food hub for the Village Gala and helped set up a community café.

It's so heartwarming when people drop by for a cuppa and cake.

It means the world to me to ease someone's

struggle by providing them with food and a friendly face.

I've become friends with everyone who comes along! My husband Colin, 57, says some of my ideas are ridiculous, but I just can't let them go once I've got them!

Janine the scarecrow is my most whacky creation. Putting her up in the heart of the village, she is my partner in crime for raising awareness for different causes.

But I think I stand out well enough on my own when I don my red squirrel costume for the Cramlington and District Red Squirrel Group!

I know I'll keep volunteering for as long as I can.

It heals my soul as much as it helps other people.

● **For more, please search Seghill Clean Team on Facebook**

I picked up litter on our daily dog walks

Who is that woman who picks up litter in the village? the Facebook comment read. *She has a little dog, too!*

I just knew it was me. I replied, only to find

that there were so many locals just as enraged as me.

And so I set up the Seghill Clean Team in 2020.

Throughout lockdown, although we couldn't meet up, we cleaned up the community during our daily walks.

Since then, the group has grown to over 200 members! From fishing rubbish out of

WORDS BY FLOSSIE PALMER. PHOTOS: SWUNS

Bitesize!

1	2	3	4
5			
6			
7			

ACROSS

- 1 Competent (4)
- 5 Jumping insect (4)
- 6 Lion sound (4)
- 7 Possesses (4)

DOWN

- 1 Hairstyle (4)
- 2 Exhale (4)
- 3 Slim (4)
- 4 Hearing organs (4)

Read down the shaded squares for the answer.

Answer on page 47.

JUST FOR FUN

DON'T MISS OUR PICK ME UP! SEPTEMBER SPECIAL OUT NOW!



Sneaky peek at this week!



P20 Heidi's dream home



P39 Beauty buys from £2

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