**Text on screen:** Dare to Discover.

**Female narrator:** My name’s Alexandra Kinsley, and my green space is Bryngarw Park.

**Text on screen:** Bryngarw Park.

**Imagery on screen:** Parkland which Alexandra appears in during the video.

Female narrator: My favourite area of the park is the Japanese gardens. I remember this place when I was very young. I don’t live far away, but I used to come here with my grandparents, and my parents, and I still come here today to help out with volunteering.

**Imagery on screen:** Alexandra sits on a gentle, ornamental hill in the park, which is then shown on its own.

**Female narrator:** It looked pretty steep when I was young. I used to come down here in the winter and go sledging on it, and, just, roll around on it in the summer really.

I have been volunteering for around two years, and we go right through the year. It’s very good as a break from university as well it’s, you know, it’s a nice place to come and relax, and when you volunteer you can see the changes and the difference that you’re making.

It’s a good stress relief actually, as well, it’s a really good place to come to just relax, get your thoughts together, and then go home in a nice pleasant mood.

**Text on screen:** My Green Space.

Visit Bryngarw Near Brynmenyn.

Bryngarw Park. Alexandra Kingsley.

Get involved.

#My Green Space

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