

EXPLORE.....

The newsletter of the
Friends of Telford Town Park
FREE - but donations welcome!



Spring 2015

Promoting . Conserving . Protecting
www.friendsoftelfordtownpark.org

Opportunities with FOTTP



Why not improve your health, widen your circle of friends and come along to one of our events, you will be amazed how much better you will feel because of it.

There are currently several vacancies on the committee but any new members are very welcome even if you just want to help with an hour or two occasionally. Admittedly, there are no wages but all out of pocket expenses are met and there are frequent opportunities for some **free** training on a variety of subjects including hedge laying, gardening, bird box making and many other interesting activities you can do out of doors. Our big success last year was instigating the **Green Brigade** programme for out of work young people. They attended a 12 week course with a guaranteed job interview at the end of it. In conjunction with Telford & Wrekin Council and with the help of 2 grants, a very successful programme was completed. (See page 8) We have proven many times how working in the park can substantially improve your health by lowering blood pressure, improving breathing, better mobility and just as important, mental health and attitude can be improved also.

Come along and give it a try., we think you will be pleasantly surprised at what you can achieve. So, put away the x box, turn off the telly, put a smile on your face and come along and visit us. We are always working in the **Chelsea Gardens** every Wednesday from 10am until 1pm if you would like to meet some of us and see if there is anything in the park you would like to do. No experience is necessary and who knows, you may well find a whole new interest and lease of life.

We look forward to seeing you ! **Call: 01952 - 382340**

Cover picture: Some of the Friends around the new tree sculpture in the Sensory Garden with Teresa Rham from 'Groundesigns', Oswestry.

SPRING

2015

into the park

Personal appearances at intervals from
Peter Rabbit
from

Saturday 28 March
10am - 4pm

Family fun day across Telford Town Park

**Teddy bear picnic | pond dipping |
Easter egg hunt with prizes | face painting |
bird box making | food and craft market |
Scout activities | horse and cart rides |
bug hunting | archaeological dig |
and loads more...**

Join us at the petting farm and take a
donkey ride, hold bunnies and chicks
or feed a lamb!

For more information...

 [/telfordtownpark](https://www.facebook.com/telfordtownpark)

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5 Ways Telford

BBC
RADIO SHROPSHIRE

3



Telford & Wrekin
COUNCIL

The new Sensory Garden



Clockwise from top left: The Mayor, Councillor Malcolm Smith, cuts the ribbon, the 2 fish sculptures to touch and feel, the water lily pad waterfall for sound and feel, the Mayor discussing the interpretation board, the gabion wall for colour and reflection. An overall view of the garden including herbs to touch and smell with the singing tree at the far end, for sound and touching. All in all a wonderful experience to come to and enjoy.

New Sensory Garden opens

The new Friends' Sensory Garden located within the Town Park's Chelsea Gardens is now open to the public following the official opening on Saturday 13 September 2014 by the Mayor of the Borough of Telford and Wrekin and David Wassell MBE, former Head of the Landscape Department, Telford Development Corporation, 1969 to 1991 and creator of the Chelsea Gardens.

Around 70 people gathered in the garden for the ceremony and enjoyed tours of the Garden with members of the Friends as well as vocal performances from Telford and District Light Operatic Players (TADLOP) and young musicians from the Telford Youth Orchestra.

The new garden has been designed and created by the Friends of Telford Town Park working with professional landscape architect, Teresa Rham. It features raised beds, an herb garden, seating, sculptures and water features and has been designed to enable access for all. It replaces the sensory garden which was demolished to make way for the new Southwater Development.

Planting and sculptures have been carefully chosen to provide a sensory experience – fragrant shrubs and flowers, bubbling waters, tactile artwork. Plants, seating and a water feature from the original sensory garden have also been included in the design.

Friends' member Chris Pettman said: "We have created this garden to be a peaceful, secluded place to stimulate and refresh the senses and feel sure that this new haven will give many people much pleasure for many years to come. It has been a wonderful project for all of the volunteers involved and we are delighted with the result."

Funding for the project primarily came from the '**Parks for People**' Lottery Fund and the **Town Park**. Donations of equipment, materials and cash have also been gratefully received from **Dobbies Garden World, Jewsons, Harvester Restaurants, Enigma Imports, Fitzgeralds and Westbury Environmental**.

The garden is now open daily 10am to 3pm. (Winter opening hours)

The Friends volunteer in the Chelsea Gardens and the new Sensory Garden every Wednesday from 10am to 1pm and new volunteers are always welcome. All equipment is provided. Anyone interested in helping out either occasionally or on a more regular basis should arrive at the Park Visitor Centre at 10am or call into the gardens and talk to the Friends on any Wednesday morning. More information 09152 -382340.

Santa Fun Run 2014



The eighth Santa Fun Run organised by the Friends took place on Sunday 7 December in the Town Park raising money for the Royal National Institute of Blind People (RNIB) and Guide Dogs UK.

The 2014 event attracted 166 runners, joggers and walkers on the day all festively dressed as Father Christmas. 105 people completed the 5k course and 61 the 2k. There were even some dogs dressed up for the occasion! The Friends once again linked up with the volunteers from Park Run Telford, who marshalled a 5km route adding to the existing 2km route and for the first time both routes included the newly created Southwater Lake.

The run got underway at 11am outside the Park's Visitor Centre following a warm up with local aerobics instructor, Jo Burt. The Mayor and Mayoress of the Borough of Telford and Wrekin, Cllr Malcolm Smith and Mrs Christine Smith presented everyone with medals as they returned to the Visitor Centre and hot fruit punch and warm mince pies were enjoyed by everyone who took part.

*The raffle was drawn once everyone had returned with prizes from the various businesses and restaurants in the Park and around Southwater Lake. Our thanks go to **The Cycle Centre, The Wrekin Giant, Costa Coffee, Nando's, Telford Ice Rink, Cineworld and the Town Park** for their generous donation of prizes.*

*We would like to take this opportunity to thank all of the volunteers from the **Friends and Telford Park Run, Jo Burt, DJ Karl Bithell, the Mayor and Mayoress and the Town Park Rangers** who helped us to deliver such a wonderful event and of course all of the people who took part raising much needed funds for both the RNIB and Guide Dogs UK.*

News Round Up

Volunteering Opportunities

There's always plenty of work to be done in the Park and we are always delighted to welcome new volunteers. Whether you want to spend just a few hours now and again or would like to be a regular volunteer, whatever time you can spare would be appreciated and you may well enjoy it too! (See page 2)

Drop in Gardening Group (Chelsea Gardens incl. New Sensory Garden)

Every first and third Wednesday of the month 10am - 1pm. General garden maintenance and an opportunity to learn about plants and gain new skills. All tools and gloves provided. Meet at the Visitor Centre by 10am.

Plant Sales. Every first and third Wednesday of each month, 10am to 1pm

An opportunity to purchase plants that we grow in the Chelsea Gardens and Sensory Garden. Prices from £1. All monies raised supports our work in the gardens.

Spring into Park Saturday 28th March. (See page 3)

A date not to miss! This is a huge event being run throughout the Town Park to celebrate the finale of the Lottery funding. There will be horse and carriage rides, archeological dig, circus, display by Scouts, Chelsea Garden children's fun, Easter Egg hunt, teddy bears picnic, fishing, pond dipping, orienteering, ski slope, cycling and lots more besides!

A wonderful free day out for all the family.

There will also be a market in Southwater Square, with floating lily pads and frogs on the lake!

Friends get renewed sponsorship

The Friends have recently secured another year of sponsorship from the **Southwater Event Group** for which we are very grateful.

Nationwide

We were chosen as one of 3 charities to have a box in 6 Nationwide branches (Telford, Wellington, Newport, Oswestry, Newtown and Shrewsbury) where the general public can vote for their favourite charity. It ends on **31 March** so get in there and pop a few blue tokens into our box please! You do not have to be a Nationwide customer or make a transaction. We are also hopeful of getting a similar opportunity in ASDA Telford Town Centre.

Bookmarks and Pens

The Friends now have some promotional bookmarks and pens to give away, so pop into the Visitor Centre in the Park and grab yourself one.

Green Brigade project



The students celebrate with staff from Harper Adams College and Telford & Wrekin Council

Last Autumn, the Friends of Telford Town Park instigated a pilot scheme for 16 - 21 year olds (or up to 24 with learning difficulties) who are currently unemployed and would like to learn about a job outdoors. The scheme was subsequently adopted by Telford & Wrekin Council, supported by a £1400 grant from FOTTP.

Sessions included the following:

1. Conservation activity such as improving wildlife habitat
2. Greenwood workshop making tools, bird boxes etc.
3. Garden maintenance
4. Taster sessions in fencing, brick laying and chainsaw

The participants were offered free travel and lunches, opportunities for further training, the chance to win an award and a guaranteed job interview with Telford & Wrekin Council.

The highly successful scheme was overseen from the our point of view by Friends member John Trubshaw.

Harper Adams played a major part in the operation which undoubtedly helped lead it to success. One student actually obtained a job half way through the scheme.

Jonathan Spibey, led the team at Harper Adams and is seen on the next page congratulating John Podmore, 19, as the most outstanding candidate. He will now receive training and assessment at the university worth £700 to achieve the NPTC standard qualifications in chainsaw maintenance and felling up to 380mm.

Practical tasks were designed to help the participants take pride in their community by improving the area around Telford Town Park with fencing, brick work, scrub clearance and planting. The course was delivered over 3 days a week for 12 weeks culminating in the presentation event on 7 January 2015.

Some comments by the students:

“I wasn’t doing much before this programme, I would stay in bed and watch TV for most of the day. Now I am doing something constructive, I have more energy and confidence. This programme has been such a good experience for me, getting me ready to go out and work. I have learnt a lot of new skills and made new friends.”

Elliot Owens

“ Before the Green Brigade I was unsure of what direction my career was taking. I wasn’t working and found myself getting bored and I was struggling to find work. Since joining the course it has opened up a career path for me and given me direction. I have found something I enjoy doing and want to have a career in and this programme has opened doors for me to be able to achieve this.”

Josh Podmore

There is no doubt that this pilot course worked extremely well and will hopefully open the door for more such courses.

The Friends of Telford Town Park are proud to be associated with this project. We are grateful to the **Baron Davenport’s Trust** and the **Nedge Community First** fund for providing grants totalling £1,400 towards this project.



Josh Podmore is congratulated by Jonathan Spibey



Justin Williams makes his first cut with a chainsaw

More Green Brigade pictures



Telford Town Park



Above: Twin Tracks, Queen's Monument and Chimney

Below: Near the Chimney in winter



Left: The new Visitor Centre in Spring



Right: Grasses on Spout Mound

We are very grateful to Great Dawley Town Council for assisting the Friends with the cost of producing this newsletter and also to Hollinswood & Randlay Parish Council, Stinchley and Brookside Parish Council, Madeley Town Council, Lawley & Overdale Parish Council and the Southwater Event Group for their ongoing support of the Friends of Telford Town Park. Thank you all very much.

WHAT'S ON IN THE PARK

There's always lots going on in the Park for people of all ages. With the Easter and Summer Holidays coming up there's plenty for children and families and most of it is free of charge.

- **Playground including trim trail for all ages**
- **Water play area**
- **Fishing in several lakes. Day tickets available***
- **NEW heritage and nature trails - maps available**
- **NEW adventure 12 hole golf course***
- **NEW Aerial rope course and zip wire***

** denotes fees payable - payment for activities*

and maps available from the Visitor Centre Friday 27 - Monday 30 March

Every Saturday	Park Run 08.30am - 10.30am.
Friday 27 - Mon 30 March	Stokes Funfair
Saturday 28 March	Spring into Park (see page 3)
Sunday 19 April	Telford Harriers - Ironbridge half marathon
Tuesday 21 April	Monster Truck Show
Sunday 31 May	Race for Life
Saturday 6 June	Giant Parade
Friday 26 & Saturday 27 June	'T' Live
Sunday 5 July	Telford Marathon
Friday 17 July - Sunday 26 July	Stokes Funfair
Saturday 31 October	Dark Run
Wednesday 11 November	Remembrance Day
Sunday 6 December	Proposed Santa Fun Run (t.b.c.)



24 July - 2 August is Love Parks Week

Visit the Town Park website for details of what's on in the Park in support of this national week to celebrate our green spaces.



Keep up to date with the Friends of Telford Town Park

Visit our website www.friendsoftelfordtownpark.org

Find us on Facebook <https://www.facebook.com/FOTTP>

Follow us on Twitter <https://twitter.com/FOTTP>

Call into the Park Visitor Centre or telephone 01952 - 382340

FOTTP, Telford Town Park Visitor Centre, Hinkshay Road, Telford, TF3 4EP

