

www.telford.gov.uk/LNR

For information on all the local nature reserves including things to see and do, location and parking visit:


This project is funded by the Green Spaces Are Go Grant Fund. We have 23 nature reserves and more than 300 green guarantee sites in Telford and Wrekin – free to all. Telford and Wrekin is the perfect place for green space exercising.

'Green Spaces Are Go' is highlighting the health benefits of exercising in a park or green spaces and encourages people to be active in them.

Research shows that exercising in nature is essential for improving wellbeing. It can reduce stress, anxiety, depression, and promote happiness.

Step outside and feel the difference of being active in nature with Green Spaces Are Go.

This is a project funded by Green Spaces Are Go.



The best bench adventure...

9 They came to a bench and looked up high
Tilly spread her arms out as wide as the sky!
'Abacadabra!' said Tommy as he sat down
'Whoosh!', the bench began to fly all over Telford Town!
Where would your magical flying park bench take you today?
Can you pretend to wave to all the people below in the Town
Park as you fly up up and away!
And so Tilly and Tommy skipped and hopped along
Sha laa laaig an intrepid song!
Sha la la laaaa! Sha la la laaaa!

7 They came to a bench and looked down at the floor
Seeking out something which was tiny and small.
Tilly found a stone and pretended to plant a little bean
And it sprang up into a beanstalk, the tallest you've ever
seen!
Can you pretend to climb up to the top of a pretend
beanstalk?
What do you discover at the top?
Dare you go and explore?
And so the pair skipped and hopped along
Bee bop doo whap! Bee bop doo whap!

8 They came to a bench and sat quietly – hush
They heard the sounds all around them and the leaves
go shiver and shusssshhh.
They closed their eyes, and in their imagination could
see
They were on board a pirate ship, sailing over the sea.
Where could you go on your ship? Is there a treasure island
ahead? Can you sail there and find the treasure?
And so Tommy and Tilly skipped and hopped along
Fol de roll! Foll de roll, fol de rolla de roll!
Tilly sat on a bench and gave her fingers a wriggle
Tommy joined in and began to chuckle and giggle
He counted the fingers, 1,2,3,4 and 5
And their fingers were people, who were chattering and
alive!
Can you find people in your fingers? What is the name of the
tallest finger? And the smallest? Can they have a chat?
And so Tilly and Tommy skipped and hopped along
Diddle dee deeing a swagging song!
Diddle de deei! Diddle de deei!

6 They came to a bench and Tilly sadly sat down
Her face was worried and she had a little frown
'I'm sad that the stories are all finished for today'
She was heard forlornly to say.
'No!' cried Tommy! 'When there are paths, and colours,
and shapes to explore,
There is one thing of which you can be sure
In Telford Town Park there are stories galore!
You just make a start at the library
And then walk and listen and notice what you see!' *Three cheers for the stories yippee, yippee, yippee!*

10

Scan the QR code below or the one on each of the benches as you reach them!
We hope you enjoy the story.

Bench 1



Bench 2



Bench 3



Bench 4



Bench 5



Bench 6



Bench 7



Bench 8



Bench 9



Bench 10



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

T: 01952 382340
E: telfordtownpark@telford.gov.uk
W: www.telfordtownpark.co.uk

Southwater Library
Southwater Way
Telford TF3 4JG
W: www.telford.gov.uk/libraries



Protect, care and invest
to create a better borough



Telford Town Park





Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

Telford Town Park



START HERE

The map
shows the
route of
the **best**
bench
adventure!

You can follow Tommy and Tilly's Bench Adventure on this leaflet or by scanning the QR code on each of the benches as you reach them!
We hope you enjoy the story.

The trail will take approx 45 minutes depending on your speed.

- Tommy and Tilly Telford loved to have fun.
Like you, they loved to explore, imagine and run!
The Town Library was a great place to start
For lots of adventures in Telford Town Park.

And so the pair skipped and hopped along
Humming a happy exploring song
Hmmmmmmmm! Hmmmm!

Can you hum? There's lots of sounds to make in this story and we'd love you to join in and make them too, as you come along with us and investigate!
- They came to a bench by the big band stand
And imagined the instruments shiny and grand
The trumpets and whistles toot y tum tum
And the thumpet y thump of the big bass drum!

*Do you know any musical instruments? Can you pretend to play them?
And maybe march around the bandstand!*

And so the pair skipped and hopped along
Root y toot tooting a loud exploring song!
Root y toot toot! Root y toot toot!
- They came to a bench and picked up a stick
Tommy tapped it three times – not too fast or too quick!
Tilly knew a magic word to say
And the stick became a wand today!

*What magic spell could you cast? Do you know some magical words? Abracadabra?
Hocus pocus? Bibbety bobbety boo?*

And so the pair skipped and hopped along
La la laaaaing an adventurous song!
- They came to a bench and looked for something green
Sure, everywhere there were leaves and grasses to be seen
They pretended they were jewels and carried some carefully in their hands
They presented them to the King, as he sat on his throne so grand!

What might you say to a King as you present your jewels? How might he reward you for bringing him something so precious?

And so the pair skipped and hopped along
Tum tee tumming an excellent song!
Tum tee tum tee tum tee! Tum tee tum tee tum tee!
- They came to a bench and saw a shape that was round
Arching above and towering over the ground.
Here was a magnificent, palatial gate
Through which the royal cook would parade with an invisible plate.

What food would you serve that was fit for a king or queen? Careful not to spill any!!!!

And so Tommy and Tilly skipped and hopped along
Doo be doo be dooing a cheerful song!
Do be doo be doooo doo doo! Do be doo be doooo doo doo!

Key

Parking	Bench locations
Toilets	Bridge
View point	Nature Trail
Trail interest point	Heritage Trail
Picnic area	Local Nature Reserve
Steps	

...continued
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