

## PRESS RELEASE

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### **DISCOVER NEW WAYS TO ENJOY SEFTON'S CANAL**

The Canal & River Trust charity is encouraging Sefton residents to join in with new creative arts projects and walking and paddling activities this autumn along the beautiful Leeds & Liverpool Canal.

An amazing new mural, created by local artist Stella Lang, from Bootle's SAFE Regeneration centre, now adorns a waterside wall below the Strand Shopping Centre. She consulted local residents about what they would like to see by the canal and has come up with a stunning Zen doodle artwork inspired by metamorphosis, reflecting the local history, wildlife and people who use the canal. Anyone who walks by the canal, just next to the A567 road bridge can admire her artistry.

Later this autumn, Liverpool poet Levi Tafari will be creating a community poem celebrating the canal, as part of the waterways and wellbeing charity's joint project with the Poetry Society. He would love to hear from anyone interested in getting involved in the project, which will take place over the winter.

And for those wanting to improve their fitness and enjoy the big outdoors, the Trust's community roots coordinator Sam Marine will be leading a free programme of popular Let's Walk and Let's Paddle activities along the five mile stretch of canal through Bootle, Litherland, Netherton and Aintree.

The Trust's Sefton community roots projects are supported by players of People's Postcode Lottery and the mural is part-funded by the Place Based Social Action programme through the SAFE Regeneration centre.

Sam said: “As we emerge out of the pandemic lockdowns and people start getting together again, it would be great to see Sefton residents making the most of the wonderful waterway winding through the borough. The new mural makes a stunning addition to the canal bank in Bootle and is sure to bring a smile to people’s faces. We know from research that people feel happier and healthier by water, so we’d love to welcome them to the canal towpath to make new discoveries on their doorstep.

“Over the summer, nearly 150 people have got involved in our free Let’s Paddle taster sessions, helping towards the formation of a new canoe club in Ford, which will be a fantastic resource for both adults and children. Over the winter we will be organising a further programme of free walking and paddling sessions and it would also be wonderful to hear from any would-be wordsmiths interested in getting involved with the new canal poetry project.”

For more information about joining in any of these projects or activities, please check out the Canal & River Trust website: [www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk). You can also contact the Trust’s Sefton community roots coordinator, Sam Marine, by email on [samantha.marine@canalrivertrust.org.uk](mailto:samantha.marine@canalrivertrust.org.uk). Mobile 07393 142364.

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**Notes to Editors**

**The Canal & River Trust** cares for and brings to life 2,000 miles of canals and river navigations across England & Wales. We believe waterways have the power to make a difference to people’s lives and that spending time by water can make us all healthier and happier. By bringing communities together to make a difference to their local waterway, we are creating places and spaces that can be used and enjoyed by everyone, every day.

[www.canalrivertrust.org.uk](http://www.canalrivertrust.org.uk) @CanalRiverTrust

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