

# Carry On Up the Towpath

‘Gravity is a wonderful thing’ said our trainer during his talk on the safe use of hand tools. The **Gloucester AHVLA** team were volunteering for the Cotswold Canals Trust (CCT) – and picked a nice sunny September day for it.

The CCT is a charity aiming to restore the canal route linking the River Severn and the River Thames, for the benefit of the community. Our small contribution was to help restore a section of towpath near Stroud in Gloucestershire. The new paths are built to a width of two metres, wherever possible, to provide easy access for wheelchairs, pushchairs, cyclists and pedestrians. When a member of the public approached we were told to down tools on safety grounds, giving the impression that we never do any work!



Working together in a completely different environment, our usual roles went out the window. Ian said ‘I gained a better understanding of the team in a way I would never have done in the office. I also learnt to use the handle of a saw as a set square.’ Rachel commented ‘I ached all over the following day and I could definitely still feel it a few days later’. Jackie exclaimed ‘It was hard work!’ and Sue mused ‘It has totally changed my life for the better’.



Clive explained ‘I think initially some of the team were a bit concerned about doing this, but it turned out to be a beneficial and enjoyable day for us all’. We would encourage other teams to spend a day volunteering with the CCT or another worthy charity.