

Walks, talks and volunteering opportunities in Lewisham



Events programme

October - December 2015

In the following programme you will find a number of ways in which you can get involved in Lewisham's local parks, nature reserves and open spaces. Along with nature conservation volunteering, you will also see that there are walks, talks and training days. Sessions are run by a number of groups who offer different opportunities, from local Friends' Groups to Thames21 and the Creekside Education Trust so hopefully there is something for everyone! We have tried to list as many local events as possible, however we may have missed some, so it is worth checking out Lewisham's nature conservation blog, which is updated regularly and is where you will find more events and activities taking place in the Borough.

If you are running an event in the future and would like to see it listed here, on the blog (www.natureconservationlewisham.co.uk) and via the [Twitter feed](#), please let us know.

Glendale Grounds Management and London Borough of Lewisham

Glendale Grounds Management are the Council's park contractors. As part of their commitment to nature conservation, they offer a number of volunteering opportunities. As well as working in partnership with Nature's Gym, they also hold a number of community conservation events and help run a number of Friends groups within the Borough's parks. For more information, please contact:

Judith Simmons, Glendale nature conservation officer; Office: 0208 852 9167 Mobile: 07919548324 judith.simmons@glendale-services.co.uk

Nature's Gym - *see how you could become fitter and healthier by doing something positive for you and for your local environment!*

Nature's Gym is run in partnership between London Borough of Lewisham and Glendale Grounds Management. It is a project that offers opportunities for you to improve your fitness by taking part in practical nature conservation activities in local nature reserves and parks. Nature's Gym is free, fun and no experience is needed. We cater for a range of abilities and there are usually a variety of tasks to carry out. It is a great way to visit local sites that you may not know about and lend a helping hand to improve the parks and nature reserves in the Borough.

Children under 16 are welcome but should be accompanied by an adult. We provide tools and refreshments and have a mid-session tea break.

- **Jessica Kyle** – London Borough of Lewisham's nature conservation officer 020 8314 2119 naturesgym@lewisham.gov.uk
- **Judith Simmons**, Glendale's nature conservation officer 020 852 9167 judith.simmons@glendale-services.co.uk



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NATURE'S GYM – ALL YOU NEED TO KNOW:

- Before attending your first **Nature's Gym** session please fill out a registration form so that we are aware of any medical issues that may prevent you from carrying out certain tasks and so we have your next of kin details. If you have not done so already, please contact Judith or Jess who will be happy to send you one.
- Sessions run between 11am-2pm with a mid-session tea break, we provide tea/coffee so please bring snack/lunch if required.
- Unless otherwise stated please contact Jess Kyle or Judith Simmons before a project to let them know that you are coming. This is especially important if this is your first time with us or you have not been for a while, we wouldn't want you turning up to the wrong place looking for us!
- Our meeting points at sites can vary, so please make sure that you check the details carefully, we don't want to lose you!
- While we try to find a variety of tasks for the sessions, this isn't always possible and some tasks may not be suitable for everyone. Therefore, please check the task for the day to assess its suitability for you. If in doubt, please call and we would be happy to discuss this further.
- Please be at the meeting point on time because often the work destination can be up to a 10-15 minute walk from where we meet - we wouldn't want you wondering around for ages looking for us – it can happen!
- If you have any questions please feel free to contact Judith or Jess who are happy to help.

Please note that sessions are subject to change. If in doubt please call the named organiser who will be able to confirm the details.

Toilets:

Not all sites have toilets; look out for the symbols below next to each site.

We will provide:

Toilet on site No toilet on site Toilet up to 10 minutes walk away
All tools, gloves and training. Tea/coffee will be available at the break

You will need:

Appropriate clothing for the weather and task. Sturdy boots, preferably with steel toe caps. **Please no sandals!**
Lunch if required for the break
Extra water, especially on hot days would be advisable
Any medication you need, i.e. inhaler, antihistamine etc.

Tetanus:

Please make sure your tetanus inoculation is up to date.

PLEASE CHECK WITH THE EVENT ORGANISER BEFORE COMING TO A SESSION AS THEY ARE SUBJECT TO CHANGE.

WE CANNOT TAKE RESPONSIBILITY FOR EVENTS THAT ARE NOT ORGANISED BY NATURE'S GYM



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KEY

Nature Conservation Opportunity

Event/Children's or Family Event

Guided Walk


Open Day

Training/Children's or family education

Talk

Weekend Session

Early morning/Evening session

Date & Time	Location & Organiser	Activity	Site/directions/meeting point	Local transport	Contact/Booking Information
Thursday 01/10/2105 11am-2pm	Nature's Gym Beckenham Place Park  10 minutes	Woodland management, opening the canopy to allow more sunlight to reach the woodland floor. (Come back in April to see the Bluebells!).	Beckenham Hill Road Opposite Beckenham Hill station. Meet outside the Mansion House in the car park. (try the café if you don't see us there!)	1. Train: Beckenham Hill 2. Bus: 54 (Beckenham Hill Rd), or 136, 181 and 208 (Bromley Rd) 3. Parking on site	Jess Kyle naturesgym@lewisham.gov.uk t. 020 8314 2119 m. 07710359851
Wednesday 07/10/2015 9.30am-4pm	Thames21 River pool/Linear Park	River Pool enhancement project. This project is about improving the river corridor and diversifying the flow. It includes tree work, building structures in the river, litter picking. All equipment provided, just wear old clothes	Meet on Winsford Road close to Bellingham play park and entrance to River Pool Linear Park. Parking relatively easy.	1. Train: Lower Sydenham 2. Buses: 181, 194, 202, 352, 356, 450.	Vic Richardson Vic.richardson@thames21.org.uk Mob. 07973 442219


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Thursday 08/10/2015 11am-2pm	Nature's Gym Sydenham Wells Park 	Duck weed, duck weed everywhere – but not for long!	Sydenham Wells Park entrance, Wells Park Road.	1. Train: short walk Sydenham/Sydenham Hill stations. 2. Buses: 202 & 356 Wells Park Road. 122 & 197 Kirkdale. 3. Some local parking	Judith Simmons judith.simmons@glendale-services.co.uk 020 8318 3986
Saturday 10/10/2015 11am-2pm	Nature's Gym Brockley and Ladywell Cemetery	Clearing/cutting sycamore.	Meet at the Chapel in the Ladywell Cemetery.	1. Train: Ladywell 2. Buses P4 (and 122 with a short walk up Ladywell Road).	Jess Kyle naturesgym@lewisham.gov.uk t. 020 8314 2119 m. 07710359851
Saturday 10/10/2015 11am-2pm	Hither Green Community Association Hither Green. Station. SE13 6SS	Planting naturalising bulbs and plug plants on the Springbank Road embankment. Planting fruit and nut bearing shrubs	Meet Hither Green Station - Platform 1 entrance on Springbank Road. SE13 6SS	1. Train: Hither Green Station 2. Bus: 273, 181	Josie Volunteer@ourhithergreen.com Web: ourhithergreen.com
Saturday 10/10/2015 10.30am – 2.30pm	Friends of Albion Millennium Green Albion Millennium Green (AMG)	Sawing recently felled hawthorn trunks to use as path edgings or as habitat piles; removing summer weed growth from paths	Meet at main entrance to AMG, at the end of Albion Villas Road, SE26 4DB	1 Train: Forest Hill 2 Buses: 122, 197, 176	Fran Rowe francesrowe@fireflyuk.net m 07970 696902 www.amgfriends.org.uk twitter: @albionmilgreen


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Date & Time	Location & Organiser	Activity	Site/directions/ meeting point	Local transport	Contact/Booking Information
Wednesday 14/10/2015 9.30am-4pm	Thames21 River pool/Linear Park	River Pool enhancement project. This project is about improving the river corridor and diversifying the flow. It includes tree work, building structures in the river, litter picking. All equipment provided, just wear old clothes	Meet on Winsford Road close to Bellingham play park and entrance to River Pool Linear Park. Parking relatively easy.	1. Train: Lower Sydenham 2. Buses: 181, 194, 202, 352, 356, 450.	Vic Richardson Mob. 07973 442219 Vic.richardson@thames21.org.uk
Thursday 15/10/2015 11am-2pm	Nature's Gym Bell Green 	Clearing the pond of reeds, possible clearing bramble. Please note this is hard work and you will be working in water (brrrr) . There may be NO land based work available.	Meet at the entrance to the park at the bottom of Winsford Road. The location is about a 10 minute walk.	1.Train: Lower Sydenham Rail 2. Buses 181 & 202 (Perry Hill) 3. There is parking on Winsford Road	Jess Kyle naturesgym@lewisham.gov.uk t. 020 8314 2119 m. 07710359851
Wednesday 21/10/2015 9.30am-4pm	Thames21 River pool/Linear Park	River Pool enhancement project. This project is about improving the river corridor and diversifying the flow. It includes tree work, building structures in the river, litter picking. All equipment provided, just wear old clothes	Meet on Winsford Road close to Bellingham play park and entrance to River Pool Linear Park. Parking relatively easy.	1. Train: Lower Sydenham 2. Buses: 181, 194, 202, 352, 356, 450.	Vic Richardson Mob. 07973 442219 Vic.richardson@thames21.org.uk
Thursday 22/10/2015 11am-2pm	Nature's Gym Brookmill Park	Carrying out bankside vegetation management along the river....(or brambles!)	Brookmill Road. Meet in Brookmill Road Park near the Rangers Office.	1. Train: St Johns, Deptford/Lewisham & little further away. 2. Short walk from Elverson Road DLR 3. Buses 47 or 225.	Judith Simmons judith.simmons@glendale-services.co.uk 020 8318 3986


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Date & Time	Location & Organiser	Activity	Site/directions/ meeting point	Local transport	Contact/Booking Information
Saturday 24/10/2015 11am-1pm	Friends of Chinbrook Meadows Chinbrook Meadows	Conservation and clearing undergrowth by riverside and around park	Meet at cafe by Amblecote Road entrance	1. Train to Grove Park. 2. Bus 124,126, 136, 261, 181	chinbrookmeadows@hotmail.co.uk
Sunday 25/10/2015 2pm – 4pm	Downham Woodland Walk Work Day	Clearing litter and planting native bulbs. Gloves, tools and refreshments provided. Wear old clothes and boots.	Meet at gate to the Woodland in Haddington Road (near junction with Oakridge Road)	Buses 208, 320, 136 and 181 stop close by (Old Bromley Road stop). Beckenham Hill stn 15 mins walk.	Janet Hurst 020 8698 6805 / 07962 966828 www.downhamwoodlandwalk.wordpress.com
Wednesday 28/10/2015 9.30am-4pm	Thames21 River pool/Linear Park	River Pool enhancement project. This project is about improving the river corridor and diversifying the flow. It includes tree work, building structures in the river, litter picking. All equipment provided, just wear old clothes	Meet on Winsford Road close to Bellingham play park and entrance to River Pool Linear Park. Parking relatively easy.	1. Train: Lower Sydenham 2. Buses: 181, 194, 202, 352, 356, 450.	Vic Richardson Mob. 07973 442219 Vic.richardson@thames21.org.uk
Thursday 29/10/2015 11am-2pm	Nature's Gym Grove Park Nature Reserve  10 minutes	Various tasks, including clearing the pond, cutting back the new footpath and some weeding of the orchard. Come back and pick the delicious fruit!	Meet at the entrance at the nature reserve end of Railway Childrens Walk (off Baring Road)	1.Train: Grove Park 2. Bus serving Baring Rd, get off near the Ringway centre, 261,273 & 284 3. Some parking is available on the roads off Baring Rd	Jess Kyle naturesgym@lewisham.gov.uk t. 020 8314 2119 m. 07710359851


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Wednesday 04/11/2015 9.30am-4pm	Thames21 River pool/Linear Park	River Pool enhancement project. This project is about improving the river corridor and diversifying the flow. It includes tree work, building structures in the river, litter picking. All equipment provided, just wear old clothes	Meet on Winsford Road close to Bellingham play park and entrance to River Pool Linear Park. Parking relatively easy.	1. Train: Lower Sydenham 2. Buses: 181, 194, 202, 352, 356, 450.	Vic Richardson Mob. 07973 442219 Vic.richardson@thames21.org.uk
Thursday 05/11/2015 11am-2pm	Nature's Gym Mountsfield Park	A new site for most of us! We will be working in the nature area, uncovering some interesting delights!	Meet at the Ringstead Road entrance.	1. Train: Hither Green, Catford/Catford Bridge 2. Bus: Buses serving Catford, 181/225 – Hither Green Lane 3. Limited parking	Judith Simmons judith.simmons@glendale-services.co.uk 020 8318 3986
Saturday 07/11/2015 11am-2pm	Nature's Gym Hither Green Triangle  STEEL TOE CAPS MUST BE WORN (TBC: Call/check blog to confirm)	The steps are done, but there is still more to do! NB. Anyone not wearing steel toe-capped boots will not be allowed on site.	Please meet on platform 5, by the entrance to the site. STEEL TOE CAPS MUST BE WORN (TBC. call/check blog to confirm)	1. Closest Rail, Hither Green! 2. Buses 181 & 225	Jess Kyle naturesgym@lewisham.gov.uk t. 020 8314 2119 m. 07710359851
Wednesday 11/11/2015 9.30am-4pm	Thames21 River pool/Linear Park	River Pool enhancement project. This project is about improving the river corridor and diversifying the flow. It includes tree work, building structures in the river, litter picking. All equipment provided, just wear old clothes	Meet on Winsford Road close to Bellingham play park and entrance to River Pool Linear Park. Parking relatively easy.	1. Train: Lower Sydenham 2. Buses: 181, 194, 202, 352, 356, 450.	Vic Richardson Mob. 07973 442219 Vic.richardson@thames21.org.uk


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Date & Time	Location & Organiser	Activity	Site/directions/ meeting point	Local transport	Contact/Booking Information
Thursday 12/11/2015 11am-2pm	Nature's Gym Upper Pepys Park nature area 	Cutting back buddleia and other invasive species to bring this site back to a nature area. While your at it check the amazing views of the Thames.	Meet on Bowditch off Grove Street, SE8 – look for the white van.	1. Train: Surrey Quays 2. Bus: 199 serves Grove Street or 47/188 for Evelyn Street 3. Some local parking	Jess Kyle naturesgym@lewisham.gov.uk t. 020 8314 2119 m. 07710359851
Saturday 14/11/2015 11am-2pm	Hither Green Community Association Hither Green. Station. SE13 6SS	<ul style="list-style-type: none"> • Tackling brambles • Planting shrubs • Planting trees for wildlife and colour. 	Meet Hither Green Station - Platform 1 entrance on Springbank Road. SE13 6SS	1. Train: Hither Green Station 2. Bus: 273, 181	Josie Volunteer@ourhithergreen.com Web: ourhithergreen.com
Saturday 14/11/2015 10.30am – 2.30pm	Friends of Albion Millennium Green Albion Millennium Green (AMG)	Clearing around young hedge plants along inside of Railway Path; removing bramble roots from wild flower area and silver birch copses; collecting litter	Meet at main entrance to AMG, at the end of Albion Villas Road, SE26 4DB	1 Train: Forest Hill 2 Buses: 122, 197, 176	Fran Rowe francesrowe@fireflyuk.net m 07970 696902 www.amgfriends.org.uk twitter: @albionmilgreen
Wednesday 18/11/2015 9.30am-4pm	Thames21 River pool/Linear Park	River Pool enhancement project. This project is about improving the river corridor and diversifying the flow. It includes tree work, building structures in the river, litter picking. All equipment provided, just wear old clothes.	Meet on Winsford Road close to Bellingham play park and entrance to River Pool Linear Park. Parking relatively easy.	1. Train: Lower Sydenham 2. Buses: 181, 194, 202, 352, 356, 450.	Vic Richardson Mob. 07973 442219 Vic.richardson@thames21.org.uk

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Date & Time	Location & Organiser	Activity	Site/directions/meeting point	Local transport	Contact/Booking Information
Thursday 19/11/2015 11am-2pm	Nature's Gym Mountsfield Park	A new site for most of us! We will be working in the nature area, uncovering some interesting delights!	Meet at the Ringstead Road entrance.	1. Train: Hither Green, Catford/Catford Bridge 2. Bus: Buses serving Catford 181/225 – Hither Green Lane 3. Limited parking in the area	Judith Simmons judith.simmons@glendale-services.co.uk 020 8318 3986
Sunday 22/11/2015 10am – 1pm	Friends of Brockley & Ladywell Cemeteries	Cutting back	Chapel in Ladywell Cemetery SE13 7HY	1. Bus: 122, 284. 171,172 (Brockley end) P4	G. Thurley geoffrey@foblc.org.uk www.foblc.org.uk
Wednesday 25/11/2015 9.30am-4pm	Thames21 River pool/Linear Park	River Pool enhancement project. This project is about improving the river corridor and diversifying the flow. It includes tree work, building structures in the river, litter picking. All equipment provided, just wear old clothes	Meet on Winsford Road close to Bellingham play park and entrance to River Pool Linear Park. Parking relatively easy.	1. Train: Lower Sydenham 2. Buses: 181, 194, 202, 352, 356, 450.	Vic Richardson Mob. 07973 442219 Vic.richardson@thames21.org.uk
Thursday 26/11/2015 11am-2pm	Nature's Gym Upper Pepys Park nature area 	Cutting back buddleia and other invasive species to bring this site back to a nature area. While your at it check the amazing views of the Thames	Meet on Bowditch off Grove Street, SE8 – look for the white van.	1. Train: Surrey Quays 2. Bus: 199 serves Grove Street or 47/188 for Evelyn Street 3. Some local parking	Jess Kyle naturesgym@lewisham.gov.uk t. 020 8314 2119 m. 07710359851

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Date & Time	Location & Organiser	Activity	Site/directions/ meeting point	Local transport	Contact/Booking Information
Sunday 29/11/2015 11am-1pm	Friends of Chinbrook Meadows Chinbrook Meadows	Conservation and clearing undergrowth by riverside and around park	Meet at cafe by Amblecote Road entrance	1. Train to Grove Park. 2. Bus 124,126, 136, 261, 181	chinbrookmeadows@hotmail.co.uk
Sunday 29/11/2015 2pm – 4pm	Downham Woodland Walk Work Day	Clearing litter and cutting back overgrown vegetation. Gloves, tools and refreshments provided. Wear old clothes and boots.	Meet at gate to the Woodland in Donderry Road.	Bus 336 passes gate. 208, 320, 136 and 181 15 mins walk through the woods from Old Bromley Road stop.	Janet Hurst 020 8698 6805 / 07962 966828 www.downhamwoodlandwalk.wordpress.com
Wednesday 02/12/2015	Thames21 River pool/Linear Park	River Pool enhancement project. This project is about improving the river corridor and diversifying the flow. It includes tree work, building structures in the river, litter picking. All equipment provided, just wear old clothes.	Meet on Winsford Road close to Bellingham play park and entrance to River Pool Linear Park. Parking relatively easy.	1. Train: Lower Sydenham 2. Buses: 181, 194, 202, 352, 356, 450.	Vic Richardson Mob. 07973 442219 Vic.richardson@thames21.org.uk
Thursday 03/12/2015 11am-2pm	Nature's Gym Blythe Hill Fields	Creating a stag beetle loggery. A new home for these fabulous insects!	Meet in the play park at the top of Blythe Hill Lane.	1. Train: Catford/ Catford Bridge 2. Buses include 122 & 171	Judith Simmons 020 8852 9167 judith.simmons@glendale-services
Saturday 05/12/2015 11am-2pm	Nature's Gym Frensbury Gardens	Join us for some Festive Fun in this lovely community garden.	Entrance on corner of Billingford Close/Pincott Place, Brockley, SE4	1. Nearest rail Crofton Park/Nunhead 2. Brockley tube/overground 3. Bus: 484/343 serve Frensbury Road or P12 Ivydale Road	Judith Simmons judith.simmons@glendale-services.co.uk 020 8318 3986

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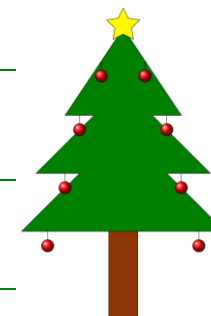


Date & Time	Location & Organiser	Activity	Site/directions/ meeting point	Local transport	Contact/Booking Information
Wednesday 09/12/2015 9.30am-4pm	Thames21 River pool/Linear Park	River Pool enhancement project. This project is about improving the river corridor and diversifying the flow. It includes tree work, building structures in the river, litter picking. All equipment provided, just wear old clothes	Meet on Winsford Road close to Bellingham play park and entrance to River Pool Linear Park. Parking relatively easy.	1. Train: Lower Sydenham 2. Buses: 181, 194, 202, 352, 356, 450.	Vic Richardson Mob. 07973 442219 Vic.richardson@thames21.org.uk
Thursday 10/12/2015	No Nature's Gym	No Nature's Gym	No Nature's Gym	No Nature's Gym	No Nature's Gym
Saturday 12/12/2015 11am-2pm	Hither Green Community Association Hither Green. Station. SE13 6SS	Planting native English bluebells	Meet Hither Green Station - Platform 1 entrance on Springbank Road. SE13 6SS	1. Train: Hither Green Station 2. Bus: 273, 181	Josie Volunteer@ourhithergreen.com Web: ourhithergreen.com
Saturday 12/12/2015 10.30am – 2.30pm	Friends of Albion Millennium Green Albion Millennium Green (AMG)	Raking fallen leaves from amenity grass areas and bagging up to create leaf mould; collecting litter	Meet at main entrance to AMG, at the end of Albion Villas Road, SE26 4DB	1 Train: Forest Hill 2 Buses: 122, 197, 176	Fran Rowe francesrowe@fireflyuk.net m 07970 696902 www.amgfriends.org.uk twitter: @albionmilgreen
Sunday 13/12/2015 11am-1pm	Friends of Chinbrook Meadows Chinbrook Meadows	Conservation and clearing undergrowth by riverside and around park	Meet at cafe by Amblecote Road entrance	1. Train to Grove Park. 2. Bus 124.126, 136, 261, 181	chinbrookmeadows@hotmail.co.uk

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Date & Time	Location & Organiser	Activity	Site/directions/meeting point	Local transport	Contact/Booking Information
Wednesday 16/12/2015 9.30am-4pm	Thames21 River pool/Linear Park	River Pool enhancement project. This project is about improving the river corridor and diversifying the flow. It includes tree work, building structures in the river, litter picking. All equipment provided, just wear old clothes	Meet on Winsford Road close to Bellingham play park and entrance to River Pool Linear Park. Parking relatively easy.	1. Train: Lower Sydenham 2. Buses: 181, 194, 202, 352, 356, 450.	Vic Richardson Mob. 07973 442219 Vic.richardson@thames21.org.uk
Thursday 17/12/2015	No Nature's Gym	No Nature's Gym	No Nature's Gym	No Nature's Gym	No Nature's Gym
Thursday 24/12/2015	Happy Christmas!	Happy Christmas!	Happy Christmas!	Happy Christmas!	Happy Christmas!
Thursday 31/12/2015	Happy New Year!	Happy New Year!	Happy New Year!	Happy New Year!	Happy New Year!



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www.natureconservationlewisham.co.uk