



River volunteering opportunities in Lewisham

July-September 2024

Rivers and People – *Go with the flow!*

Rivers and People is a project facilitated by Glendale Grounds Management. It offers volunteers opportunities to improve their fitness and Lewisham's rivers by taking part in practical nature conservation activities. Rivers & People is free, fun and no experience is needed!

There are other groups running volunteer sessions in the Borough – details of these can be found on our blog <https://riversandpeople.com/>

Rivers and People – ALL YOU NEED TO KNOW:

- Sessions run between **11am-2pm**.
- Please call, text or email to **confirm your attendance**.
- 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 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 wandering around for ages looking for us- *it can happen!* If you are more than 10 minutes late to a session you may not be able to volunteer because you will miss vital health and safety talks.
- **PLEASE NOTE** –Toilets are not available at every site, we will try to mark them where available, but cannot guarantee they will be open.
- If you have any questions please feel free to contact Emily who will be happy to help.

Gloves	Please bring your own gloves if you have them
You will need:	<ul style="list-style-type: none">• Appropriate clothing for the weather and task. Sturdy boots, preferably with steel toe caps. Please no sandals!• Please bring lunch if required and water – especially on hot days• Any medication you need, i.e. inhaler, antihistamine, insulin/sweets for diabetes.
We provide	<ul style="list-style-type: none">• Tea/coffee• All tools• Gloves
Please check	<ul style="list-style-type: none">• With the event coordinator before attending a session, because they are subject to change.• 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.
Contact	<ul style="list-style-type: none">• Emily Millhouse - Glendale's Senior Nature Conservation Officer M: 07753 325 858 E: emily.millhouse@glendale-services.co.uk

Events programme

Date/ Location/ Address	Task
July 2024	
Tuesday 2nd July 2024 at Brookmill Park, SE8 4JH [Meeting Place: entrance opp. Brookmill Nature Reserve] <i>Booking Essential</i>	3 Rivers Clean Up - River clean-up to remove litter and any Himalayan Balsam. #3RCU
Tuesday 9th July 2024 at Manor Park, SE13 5HY [Meeting Place: the café] <i>Booking Essential</i>	3 Rivers Clean Up - River clean-up to remove litter and any Himalayan Balsam. #3RCU
Tuesday 16th July 2024 NO SESSION	NO SESSION
Tuesday 23rd July 2024 at Downham Woodland Walk, BR1 5QW [Meeting Place: Haddington Rd entrance]	Finding the Stream - Reviving the stream from silt and litter
Tuesday 30th July 2024 at Cornmill Gardens, SE13 7BN [Meeting Place: The bridge]	Clearing Up Cornmill - Litter picking and clearing vegetation on our project area upstream of the park
August 2024	
Tuesday 6th August 2024 at Cornmill Gardens, SE13 7BN [Meeting Place: The bridge]	Clearing Up Cornmill - Litter picking and clearing vegetation on our project area upstream of the park
Tuesday 13th August 2024 NO SESSION	NO SESSION
Tuesday 20th August 2024 at Manor Park, SE13 5HY [Meeting Place: the café]	Wade-Away! - Litter pick and wade along the River Quaggy
Tuesday 27th August 2024 at Sutcliffe Park, London SE9 6AT [Meeting Place: Park entrance nearest Yorkshire Grey Roundabout] <i>NOTE: Location outside of Lewisham</i>	Field Trip - We are venturing over the borough boundary to take a walk around the floodplain and meanders of the River Quaggy
September 2024	
Tuesday 3rd September 2024 at Ladywell Fields (Middle Field), SE13 7XE [Meeting Place: Backwater bench]	Middle Field Backwater - Time to revisit the backwater to begin silt and vegetation clearance
Tuesday 10th September 2024 at Ladywell Fields (Middle Field), SE13 7XE [Meeting Place: Backwater bench]	Middle Field Backwater - Continuing at the backwater to begin silt and vegetation clearance
Tuesday 17th September 2024 at Ladywell Fields (North), SE13 7UZ [Meeting Place: The café]	Sprucing up the Secondary Channel - Our quarterly clean up between the weir and the waterfall
Tuesday 24th September 2024 at Ladywell Fields (South), SE4 1SD [Meeting Place: Concrete steps]	Hub of Action - Working on the Hub area, clearing dominant species from the steps

You can find a downloadable PDF copy of this session programme on
<https://riversandpeople.com/how-to-get-involved/river-volunteering/>