



# River volunteering opportunities in Lewisham

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



## Events programme

Date/ Location/ Address	Task
<b>October 2024</b>	
<b>Tuesday 1st October 2024 at Ladywell Fields (South), SE4 1SD</b> [Meeting Place: Concrete steps]	<b>Hub of Action</b> - Working on the Hub area, clearing dominant species from the steps
<b>Tuesday 8th October 2024 at Beckenham Place Park East</b> [Meeting Place: next to the river, closest entrance is Old Bromley Road BR1 4LB] <b>10AM start</b>	<b>Thames21 Session - BOOKING ESSENTIAL</b> Book at: <a href="https://book.plinth.org.uk/e/cEScpaArYzVU6xr9xsE">https://book.plinth.org.uk/e/cEScpaArYzVU6xr9xsE</a> (Thames21 will be issuing waders etc)
<b>Tuesday 15th October 2024 at Ladywell Fields (South), SE4 1SD</b> [Meeting Place: Concrete steps]	<b>Hub of Action</b> - Working on the Hub area, clearing dominant species from the steps
<b>Tuesday 22nd October 2024 at Chinbrook Meadows, SE12 9TR</b> [Meeting Place: The bridge]	<b>Working on the Willows</b> - Maintaining the treeline around the river and ponds
<b>Tuesday 29th October 2024 at Chinbrook Meadows, SE12 9TR</b> [Meeting Place: The bridge]	<b>Working on the Willows</b> - Maintaining the treeline around the river and ponds
<b>November 2024</b>	
<b>Tuesday 5th November 2024 at Brookmill Park, SE8 4JH</b> [Meeting Place: entrance opposite Brookmill Nature Reserve]	<b>Riverside Management</b> - Cutting back vegetation on the lower section of the path, the opposite 50% to last year's management
<b>Tuesday 12th November 2024 at Brookmill Park, SE8 4JH</b> [Meeting Place: entrance opposite Brookmill Nature Reserve]	<b>Riverside Management</b> - Cutting back vegetation on the lower section of the path, the opposite 50% to last year's management
<b>Tuesday 19th November 2024 at Hare &amp; Billet Pond, Blackheath, SE3 0RB</b> [Meeting Place: Opp. Hare & Billet Pub]	<b>Reed Removal</b> - Heading into still water and tackling the vegetation around the pond
<b>Tuesday 26th November 2024 at Hare &amp; Billet Pond, Blackheath, SE3 0RB</b> [Meeting Place: Opp. Hare & Billet Pub]	<b>Reed Removal</b> - Heading into still water and tackling the vegetation around the pond
<b>December 2024</b>	
<b>Tuesday 3rd December 2024 at Ladywell Fields (North Field), SE13 7UZ</b> [Meeting Place: The café]	<b>Flood more?</b> - Opening up the second backwater to improve it's flood alleviation
<b>Tuesday 10th December 2024 at Ladywell Fields (North Field), SE13 7UZ</b> [Meeting Place: The café]	<b>Flood more?</b> - Opening up the second backwater to improve it's flood alleviation
<b>Saturday 14th December 2024 Annual Christmas Walk TBC</b>	<b>Annual Christmas Walk</b> - Joint walk with Nature's Gym volunteers, Location TBC

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