



# River volunteering opportunities in Lewisham

## April- June 2026

### 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
- If you have any questions please feel free to contact Emily who will be happy to help.

<b>Gloves</b>	<b>Please bring your own gloves if you have them</b>
<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



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

Date/ Location/ Address	Task
<b>April 2026</b>	
<b>Tuesday 7th April at Ladywell Fields (South), SE4 1SD</b> [Meeting Place: Concrete steps]	<b>Hub of Action (Phase 2)</b> - Working on the Hub area, continuing our 2025 efforts of increasing diversity by planting and sowing more seeds in our sections
<b>Tuesday 14th April at Ladywell Fields (North Field), SE13 7UZ</b> [Meeting Place: The café]	<b>Quarterly Clean Up</b> - Back to our quarterly task of litter-picking and knocking back the encroaching vegetation in the secondary channel <b>(Dean Covering)</b>
<b>Tuesday 21st April at Manor Park, SE13 5HY</b> [Meeting Place: The café]	<b>Outfall Safari</b> - a systematic survey evaluating outfalls in the rivers in order to identify pollution
<b>Tuesday 28th April at Manor Park, SE13 5HY</b> [Meeting Place: The café]	<b>Outfall Safari</b> - a systematic survey evaluating outfalls in the rivers in order to identify pollution
<b>May 2026</b>	
<b>Tuesday 5th May</b> <b>NO SESSION</b>	<b>NO SESSION</b>
<b>Tuesday 12th May at Ladywell Fields (North Field), SE13 7UZ</b> [Meeting Place: The café]	<b>Wade &amp; Litterpick</b> - Heading downstream towards Riverdale Sculpture Park <b>(Dean Covering)</b>
<b>Tuesday 19th May at Ladywell Fields (North Field), SE13 7UZ</b> [Meeting Place: The café]	<b>Wade &amp; Litterpick</b> - Heading upstream towards Catford
<b>Tuesday 26th May at Brookmill Park, SE8 4HU</b> [Meeting Place: entrance by pond]	<b>London Rivers Week</b> - Wading upstream from Brookmill Park and litter-picking
<b>June 2026</b>	
<b>Tuesday 2nd June at Southwark Integrated Waste Management Facility, Devon Street, SE15 1AL</b> [Meeting Place: main entrance]	<b>Site Tour</b> - A tour around the recycling plant with one of Veolia's team. <b>[Limited numbers, Booking Essential]</b>
<b>Tuesday 9th June at Cornmill Gardens, SE13 7BN</b> [Meeting Place: The bridge]	<b>Outfall Safari</b> - a systematic survey evaluating outfalls in the rivers in order to identify pollution
<b>Tuesday 16th June at Ladywell Fields (North Field), SE13 7UZ</b> [Meeting Place: The café]	<b>Outfall Safari</b> - a systematic survey evaluating outfalls in the rivers in order to identify pollution
<b>Tuesday 23rd June at River Pool Linear Park, SE26 5BH</b> [Meeting Place: Southend Ln entrance]	<b>Insect week!</b> - Walking a transect recording presence of as many invertebrates as possible, finishing at Bell Green Pond for a spot of pond dipping
<b>Saturday 27th June at Lower Sydenham Station to Brookmill Park (Waterlink Way)</b> [Meeting Place: The station]	<b>3 Rivers Clean Up Opening Event</b> - A joint walk & talk with Nature's Gym along the Waterlink Way
<b>Tuesday 30th June at Brookmill Park, SE8 4HU</b> [Meeting Place: entrance by pond]	<b>3 Rivers Clean Up</b> - River clean-up to remove litter and any Himalayan Balsam. <b>#3RCU</b>
<b>July 2026 (extra 3RCU events)</b>	
<b>Tuesday 7th July at Manor Park, SE13 5HY</b> [Meeting Place: The café]	<b>3 Rivers Clean Up</b> - River clean-up to remove litter and any Himalayan Balsam. <b>#3RCU</b>
<b>Tuesday 14th July Manor Park, SE13 5HY</b> [Meeting Place: The café]	<b>3 Rivers Clean Up</b> - River clean-up to remove litter and any Himalayan Balsam. <b>#3RCU</b>



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