



River volunteering opportunities in Lewisham

July- September 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.

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



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

Events programme

Date/ Location/ Address	Task
July 2026	
Tuesday 7th July at Manor Park, SE13 5HY [Meeting Place: The café]	3 Rivers Clean Up - River clean-up to remove litter and any Himalayan Balsam. #3RCU
Tuesday 14th July Manor Park, SE13 5HY [Meeting Place: The café]	3 Rivers Clean Up - River clean-up to remove litter and any Himalayan Balsam. #3RCU
Tuesday 21st July at Ladywell Fields (North Field), SE13 7UZ [Meeting Place: The café]	Quarterly Clean Up - Back to our quarterly task of litter-picking and knocking back the encroaching vegetation in the secondary channel
Tuesday 28th July at Cornmill Gardens, SE13 7BN [Meeting Place: The bridge]	Working on the Weir - Wading upstream to tackle the caught rubbish in the baffles
August 2026	
Tuesday 4th August NO SESSION	NO SESSION
Tuesday 11th August at Cornmill Gardens, SE13 7BN [Meeting Place: The bridge]	Working on the Weir - Wading upstream to tackle the caught rubbish in the baffles
Tuesday 18th August NO SESSION	NO SESSION
Tuesday 25th August at Ladywell Fields (South), SE6 4RN [Meeting Place: Bournville Rd entrance]	Wade & Litterpick - Heading upstream towards Catford Bridge
September 2026	
Tuesday 1st September at Brookmill Park, SE8 4HU [Meeting Place: opp. Brookmill NR]	Steppin Down - Improving the steps down to the river at the Elverson Rd DLR end
Tuesday 8th September at Beckenham Place Park, BR1 4LB [Meeting Place: The gate on Old Bromley Road]	Winding Wade - Returning to the Ravensbourne through the park, and beyond?
Tuesday 15th September at Chinbrook Meadows, SE12 9TR [Meeting Place: The railway tunnel]	Wetland Working - Keeping the cells flowing between each other
Tuesday 22nd September at Chinbrook Meadows, SE12 9TR [Meeting Place: The railway tunnel]	Wetland Working - Keeping the cells flowing between each other
Tuesday 29th September NO SESSION	NO SESSION



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