



River volunteering opportunities in Lewisham

November - December 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:	● 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	● Tea/coffee ● All tools ● Gloves
Please check	● 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	● 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
October 2026	
Tuesday 6th October 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 13th October at Ladywell Fields (North Field), SE13 7UZ [Meeting Place: The café]	Cutting back - working in the main river channel to free up one of the islands and give us easier access along the riverbed
Tuesday 20th October at Chinbrook Meadows, SE12 9TR [Meeting Place: by the tennis courts]	Wildlife Pond Works - getting into the boardwalk pond cutting back marginal vegetation and cutting back overhanging willow in the surrounding area.
Tuesday 27th October at Telegraph Hill Park (Lower) Meet at the Pond bridge, Kitto Road, SE14 5TY	Pondering - Diverting from the rivers to help out with aquatic vegetation management
November 2026	
Tuesday 3rd November at Ladywell Fields (North Field), SE13 7UZ [Meeting Place: The café] (<i>Dean Covering</i>)	Backwater cuttings - Removing the grasses and digging out a shallow channel into the pond area
Tuesday 10th November at Telegraph Hill Park (Lower) Meet at the Pond bridge, Kitto Road, SE14 5TY	Pondering - Diverting from the rivers to the north of the borough to hop into some amphibian breeding ponds and removing obstacles
Tuesday 17th November at Brookmill Park, SE8 4HU [Meeting Place: opp. Brookmill NR]	Stepping Down - Improving the steps down to the river at the Elverson Rd DLR end (<i>The missed session from last quarter</i>)
Tuesday 24th November at Brookmill Park, SE8 4HU [Meeting Place: opp. Brookmill NR]	Brookmill's Brambles - clearing an area to give other things a chance to grow
December 2026	
Tuesday 1st December at Brookmill Park, SE8 4HU [Meeting Place: opp. Brookmill NR]	Brookmill's Brambles - clearing an area to give other things a chance to grow
Tuesday 8th September at Ladywell Fields (North Field), SE13 7UZ [Meeting Place: The café]	Christmas Do! A celebration event for all the hard work you've all put into Lewisham's blue spaces
Tuesday 16th NO SESSION	NO SESSION (Festive Break)
Tuesday 23rd NO SESSION	NO SESSION (Festive Break)



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