



# River volunteering opportunities in Lewisham

October – December 2022

## Rivers and People – Go with the flow!

**Rivers and People** is run in partnership between London Borough of Lewisham and Glendale Grounds Management. It is a project that offers you opportunities to improve your fitness and your local park/ nature reserve by taking part in practical nature conservation activities. Nature’s Gym is free, fun and no experience is needed.

There are other groups running volunteer session in the Borough – details of these can be found on our blog [www.natureconservationlewisham.gov.uk](http://www.natureconservationlewisham.gov.uk)

### Rivers and People – ALL YOU NEED TO KNOW:

- Sessions run between **11am-2pm**.
- Please call, text or email to **confirm your attendance**.
- If you or anyone in your household has tested positive for COVID-19 or are experiencing COVID-19 symptoms please follow NHS guidelines- <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>
- 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.

<b>Gloves</b>	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-service.co.uk">emily.millhouse@glendale-service.co.uk</a></li> </ul>



## Events programme

*Please note that most of our sites do not have an exact address or postcode. The postcodes given should be used as a guide only.*

**Any questions, please contact Emily.**

Date/ Location/Address	Task
<b>October 2022</b>	
Tuesday 4th October 2022 Rivers and People at Cornmill Gardens, SE13 7BN [Meeting Place: The bridge]	Clearing the overgrown areas to bring back sightlines from the paths and bridge.
<b>Tuesday 11th October 2022 NO SESSION</b>	<b>NO SESSION</b>
Tuesday 25th October 2022 Rivers and People at Ladywell Fields (Middle Field), SE13 7XF [Meeting Place: The backwater]	Clearing vegetation and opening up the backwater on Ravensbourne.
<b>November 2022</b>	
Tuesday 1st November 2022 Rivers and People at Ladywell Fields (Middle Field), SE13 7XF [Meeting Place: The backwater]	Continuing vegetation clearance and de-silting the entrance of the backwater.
Tuesday 8th November 2022 Rivers and People at Chinbrook Meadows, SE12 9TR [Meeting Place: Café]	Removing bramble, self-seeded sycamores and opening up the pond in the north end of the Quaggy on site.
Tuesday 15th November 2022 Rivers and People at Chinbrook Meadows, SE12 9TR [Meeting Place: Café]	De-silting the channel into the connected ponds and managing the bankside vegetation on the south end of the Quaggy.
Tuesday 29th November 2022 Rivers and People at Ladywell Fields (South Field), SE6 4BL [Meeting Place: South Field Backwater]	Cutting back vegetation to allow more light into the backwater in the south field.
<b>December 2022</b>	
Tuesday 6th December 2022 Rivers and People at Manor House Gardens, SE12 8PB [Meeting Place: Park entrance facing Thornwood Road]	Wading through the Quaggy removing fallen and overhanging branches.
Tuesday 13th December 2022 Rivers and People at Ladywell Fields (North Field), SE4 1SD [Meeting Place: The bridge over the weir]	A BIG litter pick on the weir and clearing any debris onto the side of the gabions & <b>Christmas do!</b> We'll have a longer break to share feedback on this quarter and have some festive food!
<b>FESTIVE BREAK</b>	