



River volunteering opportunities in Lewisham

January – March 2023

Rivers and People – Go with the flow!

Rivers and People is facilitated by Glendale Grounds Management. It is a project that offers you opportunities to improve your fitness and your local 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 session 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**.
- 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.

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 Nature Conservation Officer M: 07753 325 858 E: emily.millhouse@glendale-service.co.uk



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
January 2023	
Tuesday 10th January 2023 Rivers and People at Chinbrook Meadows, SE12 9TR [Meeting Place: The café]	Working on the large pond, and its inflow and removing any self-seeded trees along the banks.
Tuesday 17th January 2023 Rivers and People at Cornmill Gardens, SE13 7BN [Meeting Place: The bridge]	Finishing the brambles next to the bridge, and starting the step vegetation management.
Tuesday 24th January 2023 Rivers and People at Cornmill Gardens, SE13 7BN [Meeting Place: The bridge]	Continuing the step vegetation management, and potential litter pick.
Tuesday 31st January 2023 Rivers and People at Ladywell Fields (Middle Field Backwater), SE13 7XE [Meeting Place: Backwater bench and platform]	Completing the channel dig, from the last quarter, and taking out any additional reeds and irises in the backwater.
February 2023	
Tuesday 7th February 2023 Rivers and People at Brookmill Park, SE8 4JF [Meeting Place: Main entrance nr pond]	Clearing the remaining bramble from the bank near the curved path.
Tuesday 14th February 2023	No Session
Tuesday 21st February 2023 Rivers and People at Ladywell Fields (South Field Backwater), SE6 4BL [Meeting Place: Backwater picnic area]	Excavating the channel between the river and the backwater.
Tuesday 28th February 2023 Rivers and People at Manor Park [Meeting Place: The café]	River wade! Removing any encroaching vegetation and litter picking as we wade through the river
March 2023	
Tuesday 7th March 2023 Rivers and People at Ladywell Fields (North Field Backwater), SE13 7UZ [Meeting Place: The café]	A 3-parter to transform the backwater near the café, and de-silt the channel leading up to it.
Tuesday 14th March 2023 Rivers and People at Ladywell Fields (North Field Backwater), SE13 7UZ [Meeting Place: The café]	A 3-parter to transform the backwater near the café, and de-silt the channel leading up to it.
Tuesday 21st March 2023 Rivers and People at Ladywell Fields (North Field Backwater), SE13 7UZ [Meeting Place: The café]	A 3-parter to transform the backwater near the café, and de-silt the channel leading up to it.
Tuesday 28th March 2023 Rivers and People at Beckenham Place Park (East), BR1 4LB [Meeting Place: nr the BMX track]	River wade! Removing any encroaching vegetation and litter picking as we wade through the river.

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