



River volunteering opportunities in Lewisham

April - June 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
April 2023	
Tuesday 4th April 2023 Rivers and People at Chinbrook Meadows, SE12 9TR [Meeting Place: Boardwalk area]	River Quaggy event! - We join forces with the Friends of Chinbrook Meadows, for their celebration event. River dipping and pond planting session.
Tuesday 11th April 2023 Rivers and People at Manor Park [Meeting Place: The café]	Eel-y good talk - Talk from Phillipa Nicholls, <i>Thames 21 Eel Officer</i> , about European Eels
Tuesday 18th April 2023 Rivers and People NO SESSION	NO SESSION
Tuesday 25th April 2023 Rivers and People at Brookmill Park, SE8 4JF [Meeting Place: Main entrance nr pond]	Stepping Down - Re-building the steps on the bank for better access the River Ravensbourne
May 2023	
Tuesday 2nd May 2023 Rivers and People at Cornmill Gardens [Meeting Place: The Bridge]	Clearing Cornmill - Wading and working along the channel to clear any debris.
Tuesday 9th May 2023 Rivers and People at NO SESSION	NO SESSION
Tuesday 16th May 2023 Rivers and People at River Pool Linear Park [Meeting Place: Southend Ln entrance, SE26 5BH]	Following the Pool - Bird & Butterfly Survey along the river through Linear Park. Starting at Southend Lane, ending at Catford. <i>Bring binoculars!</i>
Tuesday 23rd May 2023 Rivers and People at Ladywell Fields (South Field), SE6 4BL [Meeting Place: Backwater picnic area]	Turning Tide & More - Wading upstream from the backwater
Tuesday 30th May 2023 Rivers and People at Chinbrook Meadows [Meeting Place: Boardwalk area]	PlasticBlitz - Quaggy session! One of two sessions where we will itemise the litter we are finding in the river.
June 2023	
Tuesday 6th June 2023 Rivers and People at Ladywell Fields (North Field), SE13 7UZ [Meeting Place: The café]	PlasticBlitz - Ravensbourne session! One of two sessions where we will itemise the litter we are finding in the river.
Tuesday 13th June 2023 Rivers and People at Beckenham Place Park (East), BR1 4LB [Meeting Place: the BMX track]	Banks at Beckenham - Bird & Butterfly Survey along the river through the park
Tuesday 20th June 2023 Rivers and People at Manor Park [Meeting Place: The café]	3Rivers Clean Up - Removing invasive non-native species from the riverside
Tuesday 27th June 2023 Rivers and People at Manor Park [Meeting Place: The café]	3Rivers Clean Up - Removing invasive non-native species from the riverside

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