



River volunteering opportunities in Lewisham

January - March 2024

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, 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 Senior Nature Conservation Officer M: 07753 325 858 E: emily.millhouse@glendale-services.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 2024	
Tuesday 9th January 2024 at Cornmill Gardens, SE13 7BN [Meeting Place: The bridge]	River View - Digging out the bramble and nettles to see the river
Tuesday 16th January 2024 at Chinbrook Meadows, SE12 9TR [Meeting Place: The bridge]	Willow Whacking! - Finishing up our cutting back near the wildlife pond
Tuesday 23rd January 2024 at Brookmill Park, SE8 4JH [Meeting Place: entrance opp. Brookmill Nature Reserve]	Riverside Management - Finishing off the other 50% of bramble clearance on the lower path
Tuesday 30th January 2024 at Ladywell Fields (Middle Field), SE6 4FD [Meeting place: bridge in the middle field]	Berm, baby, berm! - We are continuing with our wonderful berm in the middle field.
February 2024	
Tuesday 6th February 2024 at Manor Park, SE13 5HY [Meeting Place: the café]	TBC - Hopefully an external speaker will be joining us
Tuesday 13th February 2024 at Ladywell Fields (North Field), SE13 7UZ [Meeting Place: The café]	Bringing water back to the backwater - Digging out the vegetation from the wetland area
Tuesday 20th February 2024 at Ladywell Fields (North Field), SE13 7UZ [Meeting Place: The café]	Bringing water back to the backwater - Digging out the vegetation from the wetland area
Tuesday 27th February 2024 NO SESSION	NO SESSION
March 2024	
Tuesday 5th March 2024 at Ladywell Fields (North Field), SE13 7UZ [Meeting Place: The café]	Sprucing up the Secondary Channel - Our quarterly clean up between the weir and the waterfall
Tuesday 12th March 2024 at Linear Park, SE6 4LU [Meeting Place: Winsford Rd entrance]	Amphibian Survey (EVENING SESSION) - Surveying Bell Green Pond for one of Lewisham's priority species, the common toad
Tuesday 19th March 2024 at Chinbrook Meadows, BR1 5BE [Meeting Place: new wetland area]	Pond Planting - Working in the new wetland area, adding marginal plants with Thames21
Tuesday 26th March 2024 at Chinbrook Meadows, BR1 5BE [Meeting Place: new wetland area]	Pond Planting - Working in the new wetland area, adding marginal plants with Thames21

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

