



**Nature's Gym – Improving fitness, minds, and local wildlife for all to enjoy.**

Nature's Gym 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)

### **NATURE'S GYM – ALL YOU NEED TO KNOW:**

**Sessions run between 11am-2pm.**

**Please call 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 15 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 we cannot guarantee they will be open. If you have any questions, please feel free to contact Jess or Emily who will be happy to help.

|                       |   |
|-----------------------|---|
| <b>Gloves</b>         | <b>Please bring your own gloves if you have them</b>  |
| <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, EpiPen, 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>Jessica Kyle</b> – London Borough of Lewisham's nature conservation officer<br/>M: 07710 359 851 E <a href="mailto:naturesgym@lewisham.gov.uk">naturesgym@lewisham.gov.uk</a></li> <li>• <b>Emily Millhouse</b> - Glendale's Senior nature conservation officer<br/>M: 07753 325 858 E: <a href="mailto:emily.millhouse@glendale-services.co.uk">emily.millhouse@glendale-services.co.uk</a></li> </ul> |

## Events programme January - March 2026

**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 the relevant officer whose name appears at the end of the task.**

| Date/ Location/Address   | Task   |
|--|--|
| <b>January 2026</b>  |  |
| <b>Thursday 15th January 11am-2pm Nature's Gym at Beckenham Place Park</b> Meet by the gardener's cottage (on the left when going uphill towards the cafe) <b>Toilet 10 minutes walk</b> | <b>'Well Hello Holly' and a HAPPY NEW YEAR!</b><br>We'll be back in the woodland clearing Holly to allow more light onto the forest floor. <b>(Jess)</b> |
| <b>Saturday 17th January 11am-2pm Nature's Gym at Forster Memorial Park</b> Meet at Bellingham Rd entrance, SE6 1EJ (Woodland Corner)  | <b>Woodland Management</b> Jumping back into the rotational coppicing and management of the woodland <b>(Jess)</b>                                       |
| <b>Thursday 22nd January 11am-2pm Nature's Gym at Eliot's Pits (Blackheath)</b> Meet woodland entrance on St Austell Road, SE13 7PL  | <b>Maintaining the meadow</b> - removing encroaching vegetation from the meadow edges- brambles, turkey oaks, sycamores to go! <b>(Emily)</b>            |
| <b>Thursday 29th January 11am-2pm Nature's Gym at Sydenham Cottages</b> Meet at the reserve, Alice Thompson Close, SE12 9PQ  | <b>Bio-tastic</b> Working to improve the biodiversity with the local community of the site through a variety of enhancements thanks to a BUPA grant.     |
| <b>February 2026</b>   |  |
| <b>Thursday 5th February 11am-2pm Nature's Gym at Sydenham Wells Park</b> Meet at the interpretation board at the pond, SE26 6QZ (nearest entrance-Longton Road)                         | <b>"I'm on the edge"</b> - Working on the vegetation around the large pond at the park <b>(Emily)</b>  |
| <b>Thursday 12th February 11am-2pm Nature's Gym at Chinbrook Meadows</b> Meet through the railway tunnel, SE12 9TR   | <b>Reed Removal</b> - Working in the wetland area of the park and reducing the marginal plants <b>(Emily)</b>  |
| <b>Thursday 19th February Nature's Gym - No Nature's Gym</b>   | <b>No Nature's Gym</b>   |
| <b>Thursday 26th February 11am-2pm Nature's Gym at Hillcrest Woods</b> Exact meeting point TBC, please keep an eye out for updates. <b>No toilet on site</b>                             | <b>Work Surprise</b> The exact work for this session will be confirmed nearer the time. Be prepared for anything! <b>(Jess)</b>                          |
| <b>Saturday 28th February Nature's Gym at Brockley and Ladywell Cemetery</b> Meet near the Ivy Road/Brockley Grove entrance. SE13 7HZ  | <b>Brockley Z</b> - Working hard to turn this area back to meadow (or clearing brambles) <b>(Jess)</b>   |
| <b>March 2026</b>  |  |
| <b>Thursday 5th March 11am-2pm Nature's Gym at Southend Park</b> Meet at the Southend Ln entrance, SE6 3RS (Entrance between the flats.  | <b>Path laying</b> - Adding to our access path in the locked area, placing a woodchip path and creating an opening <b>(Emily)</b>                        |
| <b>Thursday 12th March Nature's Gym at Downham Woodland Walk.</b> Meet at Haddington Rd gate, BR1 5QW <b>No toilet on site</b>   | <b>'Snowbody does it better!</b> Digging snowberry – will we find another safe or other interesting things? <b>(Jess)</b>                                |
| <b>Thursday 19th March 4.30pm-7.30pm Nature's Gym at Chinbrook Community Orchard</b> Meet by the entrance at the far end of Marvels Lane SE12 9SA (nr Grove Park Cemetery)               | <b>Annual Toads!</b> - Amphibian Survey time! Polishing our survey techniques and hopefully spotting toads. <b>(Emily)</b>                               |
| <b>Thursday 26th March 11am-2pm Nature's Gym at Downham Woodland Walk.</b> Meet at Haddington Rd gate, BR1 5QW <b>No toilet on site</b>  | <b>Snowbody does it better!</b> Digging snowberry – will we find another safe or other interesting things? <b>(Jess)</b>                                 |