



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

Nature's Gym is an exciting partnership between the London Borough of Lewisham and Glendale Grounds Management, bringing together community, fitness, and the great outdoors. Join us to boost your wellbeing while making a real difference in your local park or nature reserve. From hands-on conservation activities to practical outdoor tasks, every session is a chance to get active, learn new skills, and help nature thrive. Best of all, it's completely free, welcoming, and open to everyone — no experience needed. Just bring your energy and we'll take care of the rest!

NATURE'S GYM – ALL YOU NEED TO KNOW

Sessions run between 11am-2pm.

Please call or email to confirm your attendance.

We always try to offer a good variety of tasks at each session. However, this isn't always possible, and some activities may not be suitable for everyone. Please check the task details in advance to make sure it's right for you. If you're unsure, please feel free to give us a call.

Please arrive at the meeting point on time, because the work site can sometimes be a 10–15 minute walk away and we'd hate for you to be left trying to find us! If you arrive more than 15 minutes late, you may not be able to take part in the session, as you'll miss important health and safety information.

Just a quick heads-up: Toilets aren't available at every site. We'll mark them where we can, but we can't guarantee they'll be open

If you have any questions, please feel free to contact Jess or Emily who will be happy to help.

There are other groups running volunteer session in the Borough – details of these can be found on our blog www.natureconservationlewisham.co.uk

Gloves	Please bring your own gloves if you have them
Be sure to bring	• Appropriate clothing for the weather and tasks. Sturdy boots, preferably with steel toe caps. Please no sandals! • Lunch if required and water – especially on hot days. • Any medication you need, i.e. inhaler, EpiPen, antihistamine, insulin/sweets for diabetes.
We take care of	• Tea/coffee • All tools • Gloves
Please check	• With the event coordinator before your session—plans can change, and they'll keep you in the loop. • Take a look at the day's task to see if it suits you. If you're unsure, give us a call to chat
Contact	Jessica Kyle – London Borough of Lewisham's Nature Conservation Officer E naturesgym@lewisham.gov.uk Emily Millhouse - Glendale's Senior Nature Conservation Officer E: emily.millhouse@glendale-services.co.uk

Events programme October- December 2026

Just a heads-up: Most of our sites don't have exact addresses, so postcodes are just a guide.

Have questions? Give the officer listed at the end of the task a call—they'll be happy to help!

Date/ Location/Address	Task
October 2026	
Thursday 1st October 11am – 2pm Nature's Gym at Grove Park LNR Meet at the Ringway Centre, Baring Road. SE12 0UP	Pond Ponder & Meadow meander Working on the pond and meadows in Grove Park LNR. (Jess)
Thursday 8th October 11am – 2pm Nature's Gym at Upper Pepys Park Meet at Bowditch, off Grove St, SE8 3PG	(Delayed!) INSECT WEEK - As part of Insect Week we will be joined by Bugman Jones who will help us identify the minibeasts we find! (Jess & Emily)
Saturday 10th October 11am-2pm Nature's Gym at Grove Park LNR Meet at the Ringway Centre, Baring Road. SE12 0UP	Friendly Friends Working with the newly reformed Friends Group on various tasks on site. (Jess)
Thursday 15th October 11am – 2pm Nature's Gym at Ladywell Fields (TBC) Meet by the Bournville Rd entrance SE6 4BL NB: May need to move location, please look out for messages.	New(ish) location fun Carefully clearing a new area of the park to create new habitats. (Jess)
Thursday 22nd October 11am – 2pm Nature's Gym at Telegraph Hill Park (Lower) Meet at the Pond bridge, Kitto Road, SE14 5TY	Wildlife Area Works Getting stuck into the wildlife area by the lower pond (Emily)
Thursday 29th October 11am – 2pm Nature's Gym at Blackheath (Eliot's Pit) Meet on St Austell Road, nr SE13 7EL	Blackheath's Bumblebees Working in the area in Eliot's Pit to improve the habitat for bumblebees (Emily)
November 2026	
Thursday 5th November 11am – 2pm Nature's Gym at Upper Pepys Park Meet at Bowditch, off Grove St, SE8 3PG	Bramble vs buddleia Working in the nature area clearing the invasive species to help create new meadows. (Jess)
Thursday 12th November 11am – 2pm Nature's Gym at Upper Pepys Park Meet at Bowditch, off Grove St, SE8 3PG	Buddleia vs chipper Working with Alan and team in the nature area clearing the invasive species to help create new meadows. (Jess)
Saturday 14th November 11am-2pm Nature's Gym at Brockley and Ladywell Cemetery Meet near War Memorial close to the Ivy Road/Brockley Grove entrance. SE13 7HZ	Brockley Z - Working hard to turn this area back to meadow (or clearing brambles) (Jess)
Thursday 19th November 11am – 2pm Nature's Gym at Sydenham Wells Meet by the pond info board, Longton Ave, SE26 6LA	Fungi Foray We're joined by local mycologist Emily Robinson to explore the park identifying the fungi that we find (Emily)
Thursday 26th November 11am – 2pm Nature's Gym at Fordham Park Meet near the natural play area, off Pagnell St, SE14 6LU	Habitat for Bees Following the BeeWalk training earlier this year, it's now time for the habitat works to help the local bee population (Emily)
December 2026	
Thursday 3rd December 11am – 2pm Nature's Gym at Friendly Gardens Meet near the playground, off Lucas Street, SE8 4DT	Natural Play Creating a low willow fence near the playground area (Emily)
Thursday 10th December 11am – 2pm Nature's Gym at Bekenham Place Park	Christmas Celebrations (Jess & Emily)