

Volunteering Opportunities in LBRuT



Events programme

Oct-Dec 2014

In the following programme you will find a number of ways in which you can get involved in Richmond's local parks, nature reserves and open spaces. Sessions are run by Glendale's Nature Conservation Officer.

If you are running an event in the future and would like to see it listed here, please let us know.

Glendale Grounds Management and LBRuT

Glendale Grounds Management are the Council's newly appointed conservation contractors. As part of their commitment to nature conservation, they run a number of volunteering opportunities. As well as Nature's Gym, they also hold a number of community conservation events. For more information, please contact:

Glendale nature conservation officer Nature Conservation Officer : **07825 860 459**

Nature's Gym - *see how you could become fitter and healthier by doing something positive for you and for your local environment!*

Nature's Gym is a conservation volunteering programme that began in Lewisham, being run as a partnership between Glendale Grounds Management and Lewisham Council. It will now be coming to Richmond! It is a project that offers opportunities for you to improve your fitness by taking part in practical nature conservation activities in local nature reserves and parks. Nature's Gym is free, fun and no experience is needed. We cater for a range of abilities and there are usually a variety of tasks to carry out. It is a great way to visit local sites that you may not know about and lend a helping hand to improve the parks and nature reserves in the Borough.

Children under 16 are welcome but should be accompanied by an adult. We provide tools and refreshments and have a mid-session tea break.

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NATURE'S GYM – WHAT YOU NEED TO KNOW:

Unless otherwise stated please contact the volunteer project leader to let them know that you are coming. It will help us determine how many tools we need and make sure we look out for you on the day. This is especially important if this is your first time with us or you have not been for a while, we wouldn't want you turning up to the wrong place looking for us!

Please note that sessions are subject to change. If in doubt please call the volunteer project leader, who will be able to confirm the details.

Toilets:

Not all sites have toilets, look out for the symbols below next to each site.

Toilet on site

No toilet on site

Toilet up to 10 minutes walk away

We will provide:

All tools, PPE and training. Tea/coffee will be available at the break.

You will need:

Appropriate clothing for the weather and task. Sturdy boots, preferably with steel toe caps. **NO sandals to be worn.**

Lunch if required for the break.

Extra water, especially on hot days would be advisable.

Any medication you need, e.g. inhaler, antihistamine etc.

Please make sure your tetanus inoculation is up to date.



10
minutes

Tetanus:

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Before attending a Nature's Gym session we ask that you fill out a registration form so that we are aware of any medical issues that may prevent you from carrying out certain tasks and so we have your next of kin details. If you have not done so already, please contact the volunteer project leader who will be able to send you one.

PLEASE CHECK WITH THE EVENT ORGANISER BEFORE COMING TO A SESSION AS THEY ARE SUBJECT TO CHANGE.

WE CANNOT TAKE RESPONSIBILITY FOR EVENTS THAT ARE NOT ORGANISED BY NATURE'S GYM

Please make sure that you read the location, meeting place and task for the events carefully be at the meeting point on time because the work destination may be in a different place to where we meet.

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| Date & Time | Location & Organiser | Site / Directions / | Local transport | Activity | Contact / Booking Information |
|---------------------------------|---|--|--|--|---|
| Wednesday 08/10/14 10am - 12 | Nature's Gym The Copse TW10_7EE | Meet at the Meadlands Drive entrance nearest to Strathmore School. | Bus: 371. Ham Street Stop then a 15 minute walk along Sandy Lane then turn left into Meadlands Drive. Alternative no. 65 | The Copse: Pathway clearance and scrub management to help improve the biodiversity and quality of the woodland flora and fauna. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Thursday 09/10/14 10am - 12 | Nature's Gym East Sheen Common TW10_5BJ | We will be working in the woodlands backing onto the cemetery. Meet at the Kings Ride Gate entrance. | Bus: 337, 493, 33 | East Sheen Common: Pathway clearance and scrub management to help improve the biodiversity and quality of the woodland flora and fauna. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Friday 10/10/14 10am - 12 | Nature's Gym Ham Lands TW10_7UE | Meet at river walk (path to footbridge) on the Riverside Drive side by the main gate. | Bus: 371, Stop W- Lock Road, then a 5 minute walk along Simpson road then Cave road towards the river. | Ham Lands: Scrub management. Cutting and coppicing scrub to benefit flora and invertebrates on this site which is important in a London context. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Tuesday 14/10/14 10am - 12 | Nature's Gym Terrace Fields TW10_6UZ | Meet on Richmond Hill (opposite Ashburton building) | Bus: 65. | Terrace Fields: Scrub management to allow for grassland species to thrive. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Wednesday 15/10/14 10am - 12 | Nature's Gym Ham Common Woods TW10_5HD | Meet by the small pond opposite Church Lane by the Ham Gate entrance to Richmond park. | Bus: 65, Stop A-Ham Gate avenue, then a 15 minute walk towards Richmond Park. | Ham Common Woods: Planting, stag beetle loggery, pathway and scrub management to | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |

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| | | | | help restore species biodiversity. | |
| Thursday 16/10/14 10am - 12 | Nature's Gym Pesthouse Common TW10_6HF | Meet at the common, Queens Road. | Bus:33, 337, 493, 969. Nearest Stop Manor road/North Sheen Station | Pesthouse Common: Scrub management to help meadow species to thrive. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Tuesday 21/10/14 10am - 12 | Nature's Gym Palewell Common SW14_8RF | Meet by Pistachios café. | Bus: 33 | Palewell Common: Help plant some bulbs and add some colour to your green space! | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Wednesday 22/10/14 10am - 12 | Nature's Gym Leg o' Mutton Nature Reserve None | Meet by the entrance adjacent to the Swedish school opposite Verdun Road. | Bus: 419 | Leg O Mutton: Coppicing and clearance at viewpoints, deadhedging and scrub management, to open up bankside areas for flora and views. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Thursday 23/10/14 10am - 12 | Nature's Gym Ham Common Woods TW10_5HD | Meet by the small pond opposite Church Lane by the Ham Gate entrance to Richmond park. | Bus: 65, Stop A-Ham Gate avenue, then a 15 minute walk towards Richmond Park. | Ham Common Woods: Possible planting, pathway and scrub management to help restore species biodiversity. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Saturday 25/10/14 10am - 12 | Nature's Gym Beveree wildlife site, Beaver close, Hampton TW12_2BZ | Meet on the site at Beaver Close entrance. | Bus: 111, 216 | Beveree Wildlife Site: Come and help plant some fruit trees, a beneficial mini orchard essential for insects, birds and us folk too! | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Tuesday | Nature's Gym | Meet at the main entrance on | Bus: 65, 371. Nearest | Petersham Lodge | (Nature Conservation Officer): |

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| 28/10/14 10am - 12 | Petersham Lodge Woods TW10_7AG | River lane nearest to the houses. | stops are the Fox & Duck and the Dysart both 15-20 minute walk. | Woods: Clearing natural regeneration and coppicing scrub along the central avenue to improve the ground flora. | 07825 860 459 naturesgym@glendale-services.co.uk |
| Wednesday 29/10/14 10am - 12 | Nature's Gym Oak Avenue Nature Reserve, Hampton TW12_3QD | Meet at the Oak Avenue entrance. | Bus: R70. Nearest stop Stewart Close | Oak Avenue: Pathway clearance and scrub management to allow meadow species to thrive. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Thursday 30/10/14 10am - 12 | Nature's Gym Old Deer Park TW9_1PG | Meet by the Thames Tow Path at the end of Old Palace Lane. | Bus: R68. Nearest stop George Street | Old Deer Park: Pathway clearance and scrub management to allow for meadow species to thrive. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Saturday 01/11/14 10am - 12 | Nature's Gym Hatherop Park TW12_2RQ | Meet by Hatherop park gates. | Bus: R70. Nearest Bus stop Stuart Close | Hatherop Park: Pond restoration work and scrub management to help improve the diversity of aquatic species and other wildlife. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Tuesday 04/11/14 10am - 12 | Nature's Gym Ham Lands TW10_7UE | Meet at river walk (path to footbridge) on the Riverside Drive side by the main gate. | Bus: 371, Stop W- Lock Road, then a 5 minute walk along Simpson road then Cave road towards the river. | Ham Lands: Scrub management. Cutting and coppicing scrub to benefit flora and invertebrates on this site which is important in a | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |

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| Wednesday 05/11/14 10am - 12 | Nature's Gym Leg o' Mutton Nature Reserve None | Meet by the entrance adjacent to the Swedish school opposite Verdun Road. | Bus: 419 | London context. Leg O Mutton: Coppicing and clearance at viewpoints, deadhedging and scrub management, to open up bankside areas for flora and views. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Thursday 06/11/14 10am - 12 | Nature's Gym Leg o' Mutton Nature Reserve None | Meet by the entrance adjacent to the Swedish school opposite Verdun Road. | Bus: 419 | Leg O Mutton: Coppicing and clearance at viewpoints, deadhedging and scrub management, to open up bankside areas for flora and views. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Tuesday 11/11/14 10am - 12 | Nature's Gym Beveree wildlife site, Beaver close, Hampton TW12_2BZ | Meet on the site at Beaver Close entrance. | Bus: 111, 216 | Beveree: Scrub management and removing roots of Russian vine to help improve the quality of the woodland boundaries. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Wednesday 12/11/14 10am - 12 | Nature's Gym Ham Lands TW10_7UE | Meet at river walk (path to footbridge) on the Riverside Drive side by the main gate. | Bus: 371, Stop W- Lock Road, then a 5 minute walk along Simpson road then Cave road towards the river. | Ham Lands: Scrub management. Cutting and coppicing scrub to benefit flora and invertebrates on this site which is important in a London context. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Thursday | Nature's Gym | Meet at the main entrance on | Bus: 65, 371. Nearest | Petersham Lodge | (Nature Conservation Officer): |

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| 13/11/14 10am - 12 | Petersham Lodge Woods TW10_7AG | River lane nearest to the houses. | stops are the Fox & Duck and the Dysart both 15-20 minute walk. | Woods: Clearing natural regeneration and coppicing scrub along the central avenue to improve the ground flora, plus hedgelaying. | 07825 860 459 naturesgym@glendale-services.co.uk |
| Tuesday 18/11/14 10am - 12 | Nature's Gym The Copse TW10_7EE | Meet at the Meadlands Drive entrance nearest to Strathmore School. | Bus: 371. Ham Street Stop then a 15 minute walk along Sandy Lane then turn left into Meadlands Drive. Alternative no. 65 | The Copse: Pathway clearance and scrub management. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Wednesday 19/11/14 10am - 12 | Nature's Gym East Sheen Common TW10_5BJ | We will be working in the woodlands backing onto the cemetery. Meet at the Kings Ride Gate entrance. | Bus: 337, 493, 33 | East Sheen Common: Pathway clearance and scrub management to help improve the biodiversity and quality of the woodland flora and fauna. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Thursday 20/11/14 10am - 12 | Nature's Gym Ham Avenues TW10_7EE | Meet at the Meadlands Drive entrance nearest to Strathmore School. | Bus: 371. Ham Street Stop then a 15 minute walk along Sandy Lane then turn left into Meadlands Drive. Alternative no. 65 | Ham Avenues: Pathway clearance and scrub management to help open up the views. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Tuesday 25/11/14 10am - 12 | Nature's Gym Leg o' Mutton Nature Reserve None | Meet by the entrance adjacent to the Swedish school opposite Verdun Road. | Bus: 419 | Leg O Mutton: Coppicing and clearance at viewpoints, deadhedging and scrub management, | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |

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| | | | | to open up bankside areas for flora and views. | |
| Wednesday 26/11/14 10am - 12 | Nature's Gym Ham Lands TW10_7UE | Meet at river walk (path to footbridge) on the Riverside Drive side by the main gate. | Bus: 371, Stop W- Lock Road, then a 5 minute walk along Simpson road then Cave road towards the river. | Ham Lands: Scrub management. Cutting and coppicing scrub to benefit flora and invertebrates on this site which is important in a London context. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Thursday 27/11/14 10am - 12 | Nature's Gym Ham Common Woods TW10_5HD | Meet by the small pond opposite Church Lane by the Ham Gate entrance to Richmond park. | Bus: 65, Stop A-Ham Gate avenue, then a 15 minute walk towards Richmond Park. | Ham Common Woods: Possible planting, pathway and scrub management to help restore species biodiversity. | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Monday 01/12/14 10am - 12 | Nature's Gym Beveree wildlife site, Beaver close, Hampton TW12_2BZ | Meet on the site at Beaver Close entrance. | Bus: 111, 216 | Beveree: Scrub management mince pies! | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Tuesday 02/12/14 10am - 12 | Nature's Gym Palewell Common SW14_8RF | Meet by Pistachios café. | Bus: 33 | Palewell Common: Scrub and glade management and mince pies! | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
| Wednesday 03/12/14 10am - 12 | Nature's Gym Ham Common Woods TW10_5HD | Meet by the small pond opposite Church Lane by the Ham Gate entrance to Richmond park. | Bus: 65, Stop A-Ham Gate avenue, then a 15 minute walk towards Richmond Park. | Ham Common Woods: Scrub management and mince pies! | (Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk |
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