

Nature's Gym Event Calendar

Date	Site	Location	Transport	Activity	Contact
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Events programme Jan - Mar 2017

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, i.e. inhaler, antihistamine etc.

Please make sure your tetanus inoculation is up to date.

Tetanus:

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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	Site	Location	Transport	Activity	Contact
Fridays 2016	Nature's Gym			Closed school sessions	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale- services.co.uk
Wednesday 04/01/17 10am – 1pm	Nature's Gym Leg o' Mutton Nature Reserve None	Meet by the entrance adjacent to the Swedish school opposite Verdun Road.	Bus: 419	Coppicing and dead hedging to open up bankside areas for flora and views.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale- services.co.uk
Thursday 05/01/17 10am - 1pm	Nature's Gym East Sheen Common TW10_5BJ	Meet at the Kings Ride Gate entrance.	Bus: 337, 493, 33	Pathway 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
Wednesday 11/01/17 9.30am – 12.30pm	Nature's Gym Terrace Fields TW10_6UZ	Meet on Richmond Hill (opposite Ashburton building).	Bus: 65.	Scrub management and pathway clearance 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 12/01/17 10am - 1pm	Nature's Gym East Sheen Common TW10_5BJ	Meet at the Kings Ride Gate entrance.	Bus: 337, 493, 33	Pathway 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
Wednesday 18/01/17 10am - 1pm	Nature's Gym Beveree wildlife site, Beaver close,	Meet on the site at Beaver Close entrance.	Bus: 111, 216.	Scrub management and pathway clearance 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

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	Hampton TW12_2BZ				
Thursday 19/01/17 10am - 1pm	Nature's Gym Old Deer Park TW9_1PG	Meet by the Thames Tow Path.	Bus: R68. Nearest stop George Street.	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
Wednesday 25/01/17 10am - 1pm	Hounslow Heath Recreation Ground			Scrub management and pathway clearance 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 26/01/17 10am - 1pm	Nature's Gym Ham Lands TW10_7UE	Meet outside the Thames Young Mariners Club on Riverside Drive.	Bus: 371, Stop W- Lock Road, then a 5 minute walk along Simpson road then Cave road towards the river.	Scrub management and pathway clearance 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
Saturday 28.01.17 10am - 1pm TBC	Nature's Gym Petersham Lodge Woods TW10_7AG	Meet at the main entrance on River lane nearest to the houses.	Bus: 65, 371. Nearest stops are the Fox & Duck and the Dysart both 15-20 minute walk.	Pathway 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
Wednesday 01/02/17 10am - 1pm	Nature's Gym East Sheen Common TW10_5BJ	Meet at the Kings Ride Gate entrance.	Bus: 337, 493, 33	Pathway 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

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Date	Site	Location	Transport	Activity	Contact
Thursday 02/02/17 10am - 1pm	Nature's Gym East Sheen Common TW10_5BJ	Meet at the Kings Ride Gate entrance.	Bus: 337, 493, 33	Pathway 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
Wednesday 08/02/17 10am - 1pm	Nature's Gym Oak Avenue Nature Reserve, Hampton TW12_3QD	Meet at the Oak Avenue entrance.	Bus: R70. Nearest stop Stewart Close.	Pathway 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 09/02/17 10am - 1pm	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.	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
Wednesday 15/02/17 10am - 1pm	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.	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 16/02/17 10am - 1pm	Nature's Gym Old Deer Park TW9_1PG	Meet by the Thames Tow Path.	Bus: R68. Nearest stop George Street.	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

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Date	Site	Location	Transport	Activity	Contact
Wednesday 22/02/17 10am - 1pm	Hounslow Heath Recreation Ground			Scrub management and pathway clearance 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 23/02/17 10am - 1pm	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.	Pathway and scrub management to help clear areas for pond creation and to restore species biodiversity.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk
Saturday 25/02/17 10am - 1pm	Nature's Gym Palewell Common SW14_8RF	Meet by Pistachios café.	Bus: 33.	Mulberry tree planting and woodland glade 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
Wednesday 01/03/17 10am - 1pm	Nature's Gym Hatherop Park TW12_2RQ	Meet by Hatherop park gates.	Bus: R70. Nearest Bus stop Stuart Close.	Pathway clearance and scrub management to help improve the diversity of species.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk
Thursday 02/03/17 10am - 1pm	Nature's Gym Terrace Fields TW10_6UZ	Meet on Richmond Hill (opposite Ashburton building).	Bus: 65.	Pathway clearance 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
Wednesday 08/03/17 10am - 1pm	Nature's Gym East Sheen Common TW10_5BJ	Meet at the Kings Ride Gate entrance.	Bus: 337, 493, 33.	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

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Thursday 23/03/17 10am - 1pm	Nature's Gym Beveree wildlife site, Beaver close, Hampton TW12_2BZ	Meet on the site at Beaver Close entrance.	Bus: 111, 216.	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