

Nature's Gym Event Calendar

Date	Site	Location	Transport	Activity	Contact
------	------	----------	-----------	----------	---------

Events programme October - December 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.



Nature's Gym Event Calendar

Date Site Location Transport Activity Contact

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:

Nature's Gym Event Calendar

Date	Site	Location	Transport	Activity	Contact
------	------	----------	-----------	----------	---------



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.

Nature's Gym Event Calendar

Date	Site	Location	Transport	Activity	Contact
Wednesday 04/10/17 10.30am – 3pm	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 05/10/17 10.30am – 3pm	Nature's Gym Ham Lands TW10_7UE	Meet outside the Thames Young Mariners Club on Riverside Drive.	Bus: 371,	Pathway clearance and scrub management to connect grassland and open up areas for butterflies.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale- services.co.uk
Wednesday 11/10/17 10.30am – 3pm	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
Thursday 12/10/17 10.30am – 3pm	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.	Pathway and woodland glade clearance To help restore species biodiversity.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale- services.co.uk
Wednesday 18/10/17 10.30am – 3pm	Nature's Gym Beveree wildlife site, Beaver close, Hampton TW12_2BZ	Meet on the site at Beaver Close entrance.	Bus: 111, 216.	Pathway and steps project to connect the woodland and the grassland.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale- services.co.uk

Nature's Gym Event Calendar

Date	Site	Location	Transport	Activity	Contact
Thursday 19/10/17 10.30am – 3pm	Nature's Gym Palewell Common SW14_8RF	Meet by Pistachios café.	Bus: 33.	Orchard 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
Saturday 21/10/17 10.30am – 3pm	Nature's Gym Ham Lands TW10_7UE	Meet outside the Thames Young Mariners Club on Riverside Drive.	Bus: 371,	Pathway clearance and scrub management to connect grassland and open up areas for butterflies.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale- services.co.uk
Wednesday 25/10/17 10.30am – 3pm	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 26/10/17 10.30am – 3pm	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
Wednesday 01/11/17 10.30am – 3pm	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 02/11/17 10.30am – 3pm	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	Widening of bridle paths and the two paths that cross to help improve the biodiversity and quality of the woodland flora and fauna.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale- services.co.uk

Nature's Gym Event Calendar

Date	Site	Location	Transport	Activity	Contact
			Meadlands Drive. Alternative no. 65.		
Saturday 04/11/17 10.30am – 3pm	Crane Park	TBC.	TBC	TBC	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk
Wednesday 08/11/17 10.30am – 3pm	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
Thursday 09/11/17 10.30am – 3pm	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.	Widening of bridle paths and the two paths that cross 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 15/11/17 10.30am – 3pm	Nature's Gym Palewell Common SW14_8RF	Meet by Pistachios café.	Bus: 33.	Orchard 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
Thursday 16/11/17 10.30am – 3pm	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

Nature's Gym Event Calendar

Date	Site	Location	Transport	Activity	Contact
Saturday 18/11/17 10.30am – 3pm	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.	Widening of bridle paths and the two paths that cross 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 22/11/17 10.30am – 3pm	Nature's Gym Beveree wildlife site, Beaver close, Hampton TW12_2BZ	Meet on the site at Beaver Close entrance.	Bus: 111, 216.	Pathway and steps project to connect the woodland and the grassland.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk
Thursday 23/11/17 10.30am – 3pm	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.	Litter clearance and scrub management to help meadow species to thrive.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk
Wednesday 29/11/17 10.30am – 3pm	Nature's Gym Palewell Common SW14_8RF	Meet by Pistachios café.	Bus: 33.	Orchard 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
Thursday 30/11/17 10.30am – 3pm	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
Wednesday 06/12/17 10.30am – 3pm	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	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale-services.co.uk

Nature's Gym Event Calendar

Date	Site	Location	Transport	Activity	Contact
				fauna.	
Thursday 07/12/17 10.30am – 3pm	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.	Pathway and woodland glade clearance To help restore species biodiversity.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale- services.co.uk
Saturday 09/12/17 10.30am – 3pm	Crane Park	TBC		TBC	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale- services.co.uk
Wednesday 13/12/17 10.30am – 3pm	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
Thursday 14/12/17 10.30am – 3pm	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.	Widening of bridle paths and the two paths that cross to help improve the biodiversity and quality of the woodland flora and fauna.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale- services.co.uk

Nature's Gym Event Calendar

Date	Site	Location	Transport	Activity	Contact
Wednesday 20/12/17 10.30am – 3pm	Nature's Gym Ham Lands TW10_7UE	Meet outside the Thames Young Mariners Club on Riverside Drive.	Bus: 371,	TBC.	(Nature Conservation Officer): 07825 860 459 naturesgym@glendale- services.co.uk
Thursday 21/12/17 10.30am – 3pm	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
00/00/00					(Nature Conservation Officer): 07825 860 459 naturesgym@glendale- services.co.uk

Nature's Gym Event Calendar

Date	Site	Location	Transport	Activity	Contact
------	------	----------	-----------	----------	---------

--	--	--	--	--	--