

From wading in the river to walking in the woods there are several activities that you can take part in. Nature Conservation Officers from London Borough of Lewisham and Glendale will guide you through the tasks and will be there to help you every step of the way.



There are jobs for every level of ability and fitness, so there is no need to worry that you'll not be able to help. The workdays run on Thursdays and one Saturday a month from 11am-2pm and we have a break for tea/coffee and biscuits – vital volunteer fuel!



www.natureconservationlewisham.co.uk



@EnviroLewisham



<http://natureconservationlewisham.co.uk/natures-gym-2/>



Improve your fitness by taking part in conservation activities in nature reserves and parks in Lewisham. Nature's Gym is free and fun!

No experience is needed!



Email: naturesgym@lewisham.gov.uk

Tel: 020 8314 2119

Nature's Gym is run in partnership between London Borough of Lewisham and Glendale Grounds Management. 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.

What are the benefits of volunteering?

Above all, volunteering can be a lot of fun and is a great way of meeting people and finding new friends in your local area. You will also get to visit sites in Lewisham that you may never knew existed – there really are some gems out there! It will help you get fit and active whilst improving your local parks and nature reserves at the same time.

I want to volunteer – what do I do next?

Great! Please have a look through our website or give us a call for more details. If you are not sure if it is for you, please feel free to come and meet us at one of our sessions for a 'taster' and we can answer any questions you may have. Just be sure to contact us to let us know.

When can I volunteer?

The Nature's Gyms session run on Thursdays and one Saturday a month between 11am-2pm. The River Management sessions run on Tuesdays between 11am-2pm.

Is there any commitment to the number of sessions that I attend?

No. We understand that volunteering on a regular basis is a huge commitment. We do have several volunteers who can only make it at weekends. We do ask though, that if you are not regular, or if it has been a while since your last session that you contact us before attending a session just in case there have been any changes.

