This Winter the Green Chain has a packed programme of events and activities for you to enjoy – and possibly help you walk off that Christmas pud! If you fancy a healthy walk or are looking for groups to walk with, you could try using the walk finder from the web link www.walkingforhealth.org.uk/walkfinder. Simply enter your post code and you will find lots of walks for all abilities and ages – with many finishing at a cosy café. Take your pick! For further details on these walks call 020 7339 8541.

The Green Chain partnership are always indebted to the work of our park community groups who do so much to protect and enhance the Green Chain. If you are interested in offering them some support further details are provided on page 4 – they would love to hear from you. Finally, if you know of a run-down or neglected area in your neighbourhood, there is funding of up to £5,000 to open up these spaces to nature – find out more on page 5.
Friends of Nunhead Cemetery (FONC)

Nunhead Cemetery is perhaps the least known but most attractive of the great Victorian Cemeteries of London. Consecrated in 1840, it is one of the seven Victorian cemeteries established in a ring around the outskirts of London. Its architecture and stunning views make Nunhead Cemetery a fascinating and beautiful place to visit. Much of the cemetery is dominated by thick woodland with plentiful and varied wildlife.

Nunhead Cemetery contains examples of the magnificent monuments erected in memory of the most eminent citizens of the day, which contrast sharply with the small, simple headstones marking common or public burials. Its formal avenue of towering limes and the Gothic gloom of the original Victorian planting gives way to paths which recall the country lanes of a bygone era.

The Friends of Nunhead Cemetery (FONC) represent all those with an interest in the site. The group seeks to promote the conservation and appreciation of the cemetery as a place of remembrance, of historic importance and of natural beauty. It runs tours of the cemetery, guided visits to the chapel and crypt (not usually open to the public), and offers guidance on family history.

Photographs by courtesy of Odd Marthinussen, Friends of Nunhead Cemetery.
Events

Nunhead Cemetery is open to the public daily (including weekends) from 8.30am to 4pm throughout the winter months and stays open slightly later in spring and summer.

Practical conservation work is carried out in the cemetery on the first Sunday of each month. Meet at the FONC portacabin by the main entrance in Linden Grove between 10am and 4.30pm. Don’t feel that you have to stay for the whole time though. Even if you can only spare an hour or two, it will really help. Volunteers must be FONC members for insurance purposes. Non-members can become a member on the day by signing a membership application form and paying an annual subscription fee of £2.

Guided tours of Nunhead Cemetery

All tours start at 14.15pm and last about 1.5 hours. Meet at the Linden Grove Entrance to the Cemetery, which is a short 3-minute walk from Nunhead Station.

Sunday 29 December: General Tour
Sunday 26 January: General Tour
Saturday 8 February: Military Connections
Sunday 23 February: General Tour
Sunday 16 March: Woodland Trail Tour
Sunday 23 March: Crypt, Chapel, Tower

As an entirely voluntary organisation, FONC needs members to carry out their work. If you are interested in helping, please email the Group at fonc@btconnect.com. See also www.fonc.org.uk for more information.

Photographs by courtesy of Odd Marthinussen, Friends of Nunhead Cemetery.

Schematic map of the South East London Green Chain. The red dot marks the location of Nunhead Cemetery.
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If your Group is not included above, or if any of the above details need amending, please send an email to events@greenchain.com
South East London Green Chain: The London Boroughs of Bexley, Bromley, Greenwich, Lewisham and Southwark working in partnership to safeguard, enhance and promote the Green Chain open spaces for the enjoyment of all.

Meet Santa on Chislehurst Recreation Ground
Monday 23 December 10am-12pm
Chislehurst Recreation Ground
Nearest train station: Chislehurst

The Friends of Chislehurst Recreation Ground invite you to come along to meet Santa Claus in the children's playground. Please email info@focrg.org.uk for more information.

Walk from Greenwich to the Thames Barrier
Friday 27 December 10.30am
Meet at Greenwich station (main entrance) 10.30am
A moderate 10 miles walk through South East London's parkland, including Greenwich Park, Blackheath, Woolwich Common & Charlton Park. Light refreshment stops may be possible - but bring packed lunch & drinks. Led by Margaret, 07980376756.

Nunhead Cemetery Guided Tour
Sunday 29 December 2.15-4pm
Meet at Linden Grove Entrance
Nearest train station: Nunhead
Nunhead Cemetery is one of the seven Victorian cemeteries in London. Its architecture and stunning views make it a fascinating and beautiful place to visit. Much of the cemetery is dominated by thick woodland with loads of wildlife, but many features have recently been restored to their former glory. See www.fonc.org.uk for more information.

January 2013

Maryon & Maryon Wilson Park Clear-Up
Saturday 4 January 10am-11.30pm
Meet at Flamsteed Road entrance to Maryon Wilson Park
Nearest train station: Charlton

Come and join this Capital clear-up session in Maryon and Maryon Wilson Parks. Clear-up volunteers meet at the Flamsteed Road entrance to Maryon Wilson Park to work in Maryon Wilson, Maryon Parks, Gilbert’s Pit and Barrier Gardens. Visit the Maryon Park Community Garden after the clear-up, between 1-4pm. For details please email FriendsofMaryonParks@gmail.com or call 07599299934.

Lesnes Abbey Holly Clearing
Sunday 5 January 12-3.30pm
Meet behind the Lesnes Abbey information centre
Nearest train station: Abbey Wood
Help remove this tree from areas of the woodland where it is shading out other native woodland plant species and preventing them from growing. All ages & abilities are welcome, to find out more phone 02083173748 or email lacv@hotmail.co.uk.

Football Mash Up
Monday 6 January
4-5pm for 14-15 year olds, 5-6pm for 16-17 year olds
Sporting Club Thamesmead
Bayliss Avenue, SE28 8NJ
Nearest train station: Abbey Wood
Calling all 14-17 year olds who love football! Join in the football fun; learning new skills and tricks and being coached by a FA Coach. For more information please call 02083204488 or send an email to footballmashup.london@TheFA.com.
**Birchmere Community Garden Project**
Thursday 9 January 10am-1pm
Birchmere Park, Thamesmead
Nearest train station: Abbey Wood

Join Groundwork and ELF to improve the natural environment at Birchmere Park. Grow your own food, attend food growing workshops, and participate in gardening activities, cultural events and more! For more information please call 02079604261 or send an email to sarah.smith@groundwork.org.uk.

**Ringway Centre Café**
Friday 10 January 12-3pm
268 Baring Road
Nearest train station: Grove Park

Explore or the Grove Park Nature Reserve or the River Quaggy at Chinbrook Meadows and then drop in to the Ringway Centre for a soup and a roll, coffee, tea, cakes and biscuits. For more information call 02088577980 or email ringway.centre@btinternet.com.

**Indoor Climbing & Ropes Courses**
Monday 13 January 6-8pm
The Link Thamesmead
Belvedere Road (off Harrow Manor Way), SE2 9BS
Nearest train station: Abbey Wood

Reach for the sky with Bexley Youth Service at their fantastic arch based at The Link Thamesmead, which offers indoor climbing and high and low ropes courses for adults. For more information please call 02083204499 or send an email to contact@thelinkthamesmead.co.uk.

**Thamesmead Fruit and Veg Stall**
Friday 17 January 8.15am-2pm
Outside Arnott Community Centre (off Bentham Road)
Nearest train station: Abbey Wood

Pick up the freshest, juiciest fruit and veg from the Trust Thamesmead/Greenwich Community Food Coop fruit and veg stall. It's a tasty way to get your five a day! The stall offers great prices, a pre-ordering option and accepts Healthy Start vouchers. Please call 02083204470 for more information.

**Telegraph Hill Farmers Market**
Saturday 18 January 10am-1pm
Erlanger/Arbuthnot Rd, SE14 5LS
Nearest train station: Nunhead or Queens Road Peckham

Enjoy fresh fruit and vegetables, handmade burgers and sausages, organic bread, various game, fresh pressed juices, and relishes and sauces. Please remember these great, local markets, rely on your support!

**Walk from Greenwich to Abbey Wood**
Saturday 18 January 10.15am
Meet at Cutty Sark DLR station

A moderate 10 miles linear walk with a cafe or picnic lunch. For more information please contact Kensington, Chelsea & Westminster Ramblers at 02074867447.

**One Tree Hill Tree Identification Walk**
Saturday 18 January 12pm
Meet at the gates of St Augustine's Church
Nearest Train Station Honor Oak Park

Daniel Greenwood of LWT and the Friends of One Tree Hill will lead a walk around One Tree Hill Local Nature Reserve showing how trees can be identified in winter. Contact details: d.j.greenwood@live.com.

**Chislehurst Farmers Market**
Sunday 19 January 10am-2pm
Hornbrook House Car Park, High Street Chislehurst
Nearest train station: Chislehurst or Elmstead Woods

The market sells a range of fresh produce from the South East, including fruit & vegetables from Kent, fresh organic & non-organic meat, and cheeses.

**Eltham Farmers Market**
Sunday 19 January 10am-3pm
Passage Place (off the High Street)
Nearest train station: Eltham

The market sells a range of fresh produce including locally reared rare breed Saddleback Pig, traditionally made succulent sausages, free range organic eggs, fresh fruit and juices, vegetables, game, jams, sauces, cakes and freshly baked breads and pastries.

**Lesnes Abbey Ramson Glade Clearing**
Sunday 19 January 12-3.30pm
Meet behind the Lesnes Abbey information centre
Nearest train station: Abbey Wood

Join the Lesnes Abbey Conservation Volunteers and help protect the ancient herb area at Ramson glade. All ages & abilities are welcome, to find out more phone 02083173748 or email lacv@hotmail.co.uk.

**Movie Night & Cycle Workshop**
Monday 20 January 5-7.30pm
The Link Thamesmead
Belvedere Road (off Harrow Manor Way), SE2 9BS
Nearest train station: Abbey Wood

For 11-19 year olds

Pedal on down and learn the art of cycle mechanics in these weekly workshop sessions which will also give you the chance to stay fit on cycle riding trips and catch a movie. For more information please call 02083101805 or send an email to john.milton@archwayproject.org.

**Horniman Gardens Garden Birdwatch**
Saturday 25 January 11am-3.30pm
Horniman Museum, 100 London Road, SE23 3PQ
Nearest train station: Forest Hill

Come and join us at the Horniman for a day celebrating bird life and finding out what species are in our gardens. Bird expert David Darrell–Lambert from Bird Brain UK will be on hand to lead walks, help identify birds, and answer questions. We will have some binoculars available to borrow, but if you have some please bring them along. For enquiries please call 02086991872.

**Winter Tree ID**
Sunday 26 January 2-3.30pm
Sydenham Hill Wood Local Nature Reserve
Nearest train station: Sydenham Hill or Forest Hill

Learn how to identify species from their buds, bark and tree shape, as well as gaining an insight into the natural history of Sydenham Hill Wood. For more information please contact Daniel Greenwood at d.greenwood@wildlondon.org.uk.
South East London Green Chain: The London Boroughs of Bexley, Bromley, Greenwich, Lewisham and Southwark working in partnership to safeguard, enhance and promote the Green Chain open spaces for the enjoyment of all.

February 2013

**Maryon & Maryon Wilson Park Clear-Up**
Saturday 1 February 10am-12pm
Meet at Flamsteed Road entrance to Maryon Wilson Park
Nearest train station: Charlton

Come and join this Capital clear-up session in Maryon and Maryon Wilson Parks. Clear-up volunteers meet at the Flamsteed Road entrance to Maryon Wilson Park to work in Maryon Wilson, Maryon Parks, Gilbert’s Pit and Banner Gardens. Visit the Maryon Park Community Garden after the clear-up, between 1-4pm. For details please email [FriendsOfMaryonParks@gmail.com](mailto:FriendsOfMaryonParks@gmail.com) or call 07599299934.

**Walk from West Norwood to Nunhead**
Sunday 2 February 10.45am
Meet at West Norwood station (main entrance)

A moderate 8 miles walk, including time to explore two of London’s famous cemeteries. We shall walk through Dulwich woods, Harriman’s and One Tree Hill. Refreshment stops available later in the walk - so bring picnic lunch or snacks. Led by Margaret, 07980376756.

**Lesnes Abbey Bramble Clearing**
Sunday 2 February 12-3.30pm
Meet behind the Lesnes Abbey information centre
Nearest train station: Abbey Wood

Help with the clearing of bramble and other invasive species on Birch hill path, which will allow the increase of native wild flower population. All ages & abilities are welcome, to find out more phone 02083173748 or email [lacv@hotmail.co.uk](mailto:lacv@hotmail.co.uk).

**Football Mash Up**
Monday 3 February
4-5pm for 14-15 year olds, 5-6pm for 16-17 year olds
Sporting Club Thamesmead
Bayliss Avenue, SE28 8NJ
Nearest train station: Abbey Wood

Calling all 14-17 year olds who love football! Join-in the football fun; learning new skills and tricks and being coached by a FA Coach. For more information please call 02083204488 or send an email to [footballmashup.london@TheFA.com](mailto:footballmashup.london@TheFA.com).

**Birchmere Community Garden Project**
Thursday 6 February 10am-1pm
Birchmere Park, Thamesmead
Nearest train station: Abbey Wood

Join Groundwork and EIF to improve the natural environment at Birchmere Park. Grow your own food, attend food growing workshops, and participate in gardening activities, cultural events and more! For more information please call 02079604261 or send an email to [sarah.smith@groundwork.org.uk](mailto:sarah.smith@groundwork.org.uk).

**Ringway Centre Café**
Friday 7 February 12-3pm
268 Baring Road
Nearest train station: Grove Park

Explore or the Grove Park Nature Reserve or the River Quaggy at Chinbrook Meadows and then drop in to the Ringway Centre for a soup and a roll, coffee, tea, cakes and biscuits. For more information call 02088577980 or email [ringwaycentre@btinternet.com](mailto:ringwaycentre@btinternet.com).

**Nunhead Cemetery Military Connections**
Saturday 8 February 2.15-4pm
Meet at Linden Grove Entrance
Nearest train station: Nunhead

A guided tour of Nunhead Cemetery entitled “Military Connections”. Nunhead Cemetery is one of the seven Victorian cemeteries in London. Its architecture and stunning views make it a fascinating and beautiful place to visit. See [www.fonc.org.uk](http://www.fonc.org.uk) for more information.

**Indoor Climbing & Ropes Courses**
Monday 10 February 6-8pm
The Link Thamesmead
Belvedere Road (off Harrow Manor Way), SE2 9BS
Nearest train station: Abbey Wood

Reach for the sky with Bexley Youth Service at their fantastic arch based at The Link Thamesmead, which offers indoor climbing and high and low ropes courses for adults. For more information please call 02083204499 or send an email to [contact@thelinkthamesmead.co.uk](mailto:contact@thelinkthamesmead.co.uk).

**Thames Path Walk**
Wednesday 12 February 10.30am
Meet at London Bridge station on the mainline concourse in front of platforms 12 & 13 by Nero Express


**Thamesmead Fruit and Veg Stall**
Friday 14 February 8.15am-2pm
Outside Arnott Community Centre (off Bentham Road)
Nearest train station: Abbey Wood

Pick up the freshest, juiciest fruit and veg from the Trust Thamesmead/Greenwich Community Food Coop fruit and veg stall. It’s a tasty way to get your five a day! The stall offers great prices, a pre-ordering option and accepts Healthy Start vouchers. Please call 02083204470 for more information.

**Telegraph Hill Farmers Market**
Saturday 15 February 10am-3pm
Erlanger/Arbuthnot Rd, SE14 5LS
Nearest train station: Nunhead or Queens Road Peckham

A tour of the Tarn led by the Royal Society for the Protection of Birds. For inquiries please email [info@thetarn.org](mailto:info@thetarn.org) or call 07729364506.

Nunhead Cemetery is one of the seven Victorian cemeteries in London. Its architecture and stunning views make it a fascinating and beautiful place to visit. Much of the cemetery is dominated by thick woodland with loads of wildlife, but many features have recently been restored to their former glory. See [www.fonc.org.uk](http://www.fonc.org.uk) for more information.
Enjoy fresh fruit and vegetables, handmade burgers and sausages, organic bread, various game, fresh pressed juices, and relishes and sauces. Please remember these great, local markets, rely on your support!

**Chislehurst Farmers Market**
Sunday 16 February 10am-2pm
Hornbrook House Car Park, High Street Chislehurst
Nearest train station: Chislehurst or Elsmstead Woods

The market sells a range of fresh produce from the South East, including fruit & vegetables from Kent, fresh organic & non-organic meat, and cheeses.

**Eltham Farmers Market**
Sunday 16 February 10am-3pm
Passey Place (off the High Street)
Nearest train station: Eltham

The market sells a range of fresh produce including locally reared rare breed Saddleback Pig, traditionally made succulent sausages, free range organic eggs, fresh fruit and juices, vegetables, game, jams, sauces, cakes and freshly baked breads and pastries.

**Lesnes Abbey Tree Coppicing**
Sunday 16 February 12-3.30pm
Meet behind the Lesnes Abbey information centre
Nearest train station: Abbey Wood

Always a popular event, don’t miss your chance to learn the ancient crafts of tree coppicing and felling. This is an important task to complete each year to ensure the woodland continues to support a wide range of native wildlife. All ages & abilities are welcome, to find out more phone 02083173748 or email lacv@hotmail.co.uk.

**Movie Night & Cycle Workshop**
Monday 17 February 5-7.30pm
The Link Thamesmead
Belvedere Road (off Harrow Manor Way), SE2 9BS
Nearest train station: Abbey Wood
For 11-19 year olds

Pedal on down and learn the art of cycle mechanics in these weekly workshop sessions which will also give you the chance to stay fit on cycle riding trips and catch a movie. For more information please call 02083101805 or send an email john.milton@archwayproject.org.

**Horniman Nature Trail Discovery**
Wednesday 19 February 2-3.30pm
Horniman Museum, 100 London Road, SE23 3PQ
Nearest train station: Forest Hill
Free. Limited places. Children must be aged 3+ and accompanied by an adult.

Join Jim Murphy from the Trust for Urban Ecology to discover the oldest Nature Trail in London. The Horniman Nature Trail is carefully managed to encourage wildlife and includes pond, meadow and log pile habitats. Tickets are available from the Information Desk. For enquiries please call 02086991872.

**Beckenham Place Park Walk**
Saturday 22 February 1pm
Meet on the steps to the Mansion
Nearest train Station: Beckenham Hill
A short 2 miles winter walk around Beckenham Place Park to get a breath of fresh air. See www.beckenhamplaceparkfriends.org.uk for more information.

**Nunhead Cemetery Guided Tour**
Sunday 23 February 2.15-4pm
Meet at Linden Grove Entrance
Nearest train station: Nunhead

Nunhead Cemetery is one of the seven Victorian cemeteries in London. Its architecture and stunning views make it a fascinating and beautiful place to visit. Much of the cemetery is dominated by thick woodland with loads of wildlife, but many features have recently been restored to their former glory. See www.fonc.org.uk for more information.

**Maryon & Maryon Wilson Park Clear-Up**
Saturday 1 March 10am-12pm
Meet at Flamsteed Road entrance to Maryon Wilson Park
Nearest train station: Charlton

Come and join this Capital clear-up session in Maryon and Maryon Wilson Parks. Clear-up volunteers meet at the Flamsteed Road entrance to Maryon Wilson Park to work in Maryon Wilson, Maryon Parks, Gilbert’s Pit and Barrier Gardens. Visit the Maryon Park Community Garden after the clear-up, between 1-4pm. For details please email FriendsofMaryonParks@gmail.com or call 07599299934.

**Lesnes Abbey Holly Clearing**
Sunday 2 March 12-3.30pm
Meet behind the Lesnes Abbey information centre
Nearest train station: Abbey Wood
Help remove unwanted holly saplings from areas of the woodland to prevent them becoming a problem in the future. All ages & abilities are welcome, to find out more phone 02083173748 or email lacv@hotmail.co.uk.

**Football Mash Up**
Monday 3 March
4-5pm for 14-15 year olds, 5-6pm for 16-17 year olds
Sporting Club Thamesmead
Bayliss Avenue, SE28 8NJ
Nearest train station: Abbey Wood
Calling all 14-17 year olds who love football! Join-in the football fun; learning new skills and tricks and being coached by a FA Coach. For more information please call 02083204488 or send an email to footballmashup.london@TheFA.com.

**Birchmere Community Garden Project**
Thursday 6 March 10am-1pm
Birchmere Park, Thamesmead
Nearest train station: Abbey Wood
Join Groundwork and ELF to improve the natural environment at Birchmere Park. Grow your own food, attend food growing workshops, and participate in gardening activities, cultural events and more! For more information please call 02079604261 or send an email to sarah.smith@groundwork.org.uk.

**Ringway Centre Café**
Friday 7 March 12-3pm
268 Baring Road
Nearest train station: Grove Park

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**South East London Green Chain**:
The London Boroughs of Bexley, Bromley, Greenwich, Lewisham and Southwark working in partnership to safeguard, enhance and promote the Green Chain open spaces for the enjoyment of all.
Explore or the Grove Park Nature Reserve or the River Quaggy at Chinbrook Meadows and then drop in to the Ringway Centre for a soup and a roll, coffee, tea, cakes and biscuits. For more information call 02088577980 or email ringway.centre@btinternet.com.

**Indoor Climbing & Ropes Courses**  
Monday 10 March 6-8pm  
The Link Thamesmead  
Belvedere Road (off Harrow Manor Way), SE2 9BS  
Nearest train station: Abbey Wood

Reach for the sky with Bexley Youth Service at their fantastic arch based at The Link Thamesmead, which offers indoor climbing and high and low ropes courses for adults. For more information please call 02083204499 or send an email to contact@thelinkthamesmead.co.uk.

**Thamesmead Fruit and Veg Stall**  
Friday 14 March 8.15am-2pm  
Outside Arnott Community Centre (off Bentham Road)  
Nearest train station: Abbey Wood

Pick up the freshest, juiciest fruit and veg from the Trust Thamesmead/Greenwich Community Food Coop fruit and veg stall. It's a tasty way to get your five a day! The stall offers great prices, a pre-ordering option and accepts Healthy Start vouchers. Please call 02083204470 for more information.

**Telegraph Hill Farmers Market**  
Saturday 15 March 10am-3pm  
Erlanger/Arbuthnot Rd, SE14 5LS  
Nearest train station: Nunhead or Queens Road Peckham

Enjoy fresh fruit and vegetables, handmade burgers and sausages, organic bread, various game, fresh pressed juices, and relishes and sauces. Please remember these great, local markets, rely on your support!

**Chislehurst Farmers Market**  
Sunday 16 March 10am-2pm  
Hornbrook House Car Park, High Street Chislehurst  
Nearest train station: Chislehurst or Elsmstead Woods

The market sells a range of fresh produce from the South East, including fruit & vegetables from Kent, fresh organic & non-organic meat, and cheeses.

**Eltham Farmers Market**  
Sunday 16 March 10am-3pm  
Passey Place (off the High Street)  
Nearest train station: Eltham

The market sells a range of fresh produce including locally reared rare breed Saddleback Pig, traditionally made succulent sausages, free range organic eggs, fresh fruit and juices, vegetables, game, jams, sauces, cakes and freshly baked breads and pastries.

**Lesnes Abbey Daffodil and Amphibian Survey**  
Sunday 16 March 12-3.30pm  
Meet behind the Lesnes Abbey information centre  
Nearest train station: Abbey Wood

Join the Lesnes Abbey Conservation Volunteers on a gentle stroll around the woods for this important annual biodiversity survey. All ages & abilities are welcome, to find out more phone 02083173748 or email lacy@hotmail.co.uk.

**Nunhead Cemetery Woodland Trail Tour**  
Sunday 16 March 2.15-4pm  
Meet at Linden Grove Entrance  
Nearest train station: Nunhead

Nunhead Cemetery is one of the seven Victorian cemeteries in London. Its architecture and stunning views make it a fascinating and beautiful place to visit. Much of the cemetery is dominated by thick woodland with loads of wildlife, but many features have recently been restored to their former glory. See www.fonc.org.uk for more information.

**Movie Night & Cycle Workshop**  
Monday 17 March 5-7.30pm  
The Link Thamesmead  
Belvedere Road (off Harrow Manor Way), SE2 9BS  
Nearest train station: Abbey Wood  
For 11-19 year olds

Pedal on down and learn the art of cycle mechanics in these weekly workshop sessions which will also give you the chance to stay fit on cycle riding trips and catch a movie. For more information please call 02083101805 or send an email to john.milton@archwayproject.org.

**Walk from Beckenham Place Park to Chinbrook Meadows**  
Wednesday 19 March 10am  
Meet on the steps to the Mansion  
Nearest train Station: Beckenham Hill

A moderate 8 miles walk from Beckenham Place Park to Chinbrook Meadows. See www.beckenhamplaceparkfriends.org.uk for more information.

**Weekly Health Walks and Runs**

Walking is a great way to keep active, manage your weight, reduce stress and protect your health. It is also great fun and an opportunity to meet people. Do not worry about the pace, there will always be someone walking at your speed. Walks are led by qualified walk leaders and provide a friendly and sociable atmosphere in which to enjoy some of the most beautiful places and spaces along the Green Chain. There is no need to book, simply turn up and enjoy!

**Franks Park, Belvedere**  
Mondays at 10.30am, meet in Fox House Road (off Erith Road, near the fire station) for a walk around the park on grass, gravel and trodden mud paths. For enquiries please call Charlene on 02082986276 or email charlene.williams@bexley.nhs.uk.

**Sundridge and Bromley North**  
Mondays at 10am and Wednesdays at 9.30am, meet outside the Prince Frederick Pub, 31 Nichol Lane. For enquiries please call the walk leader, Ashlee, on 02083231718 or email Tanya at Tanya.Mead@bromleypct.nhs.uk.

**Beckenham Place Park**  
Tuesdays at 9.45am, meet at Mansion House Car Park. For enquiries please call the walk leader, Ashlee, on 02083231718 or email Tanya at Tanya.Mead@bromleypct.nhs.uk.

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**South East London Green Chain:** The London Boroughs of Bexley, Bromley, Greenwich, Lewisham and Southwark working in partnership to safeguard, enhance and promote the Green Chain open spaces for the enjoyment of all.
Crystal Palace Parkrun
Saturdays at 9am, meet outside the café at the Thicket Road entrance. A weekly FREE 5km timed event. Please register at www.parkrun.org.uk/crystalpalace/home.

Dulwich Park
Wednesdays at 10am, meet at College Gate entrance. The walk starts with a five minute warm up walk and then at least 20 minutes of brisk walking. This is followed by a cool down walk of about five minutes. Led by Frank. For enquiries please call 02075255000 or email sports@southwark.gov.uk.

Sydenham Wells Park
Tuesdays at 11am, meet by the benches near the pond. For more information please call the walk leader, Iris, on 02086939525 or email Jenny at Jenny.budd@nhs.net.

Bostall Woods
Tuesdays at 10.30am, meet by Bostall Heath Car Park/ Bowling Green, Longleigh Lane for a 45-60 minutes walk through ancient woodland. Sturdy footwear recommended. For enquiries please call Charlene on 02082986276 or email charlene.williams@bexley.nhs.uk.

Crystal Palace Park
Fridays at 9.45am, meet outside Crystal Palace Information Centre. For enquiries please call the walk leader, Ashlee, on 02083231718 or email Tanya at Tanya.Mead@bromleypct.nhs.uk.

Eltham Park South
Mondays at 9.45am, meet in Eltham Park Café, Gienesk Road, SE9 1AG. For more information please call Freephone 08005875833 or email Louise at Louise.Barnett@greenwichPCT.nhs.uk.

Grove Park Circular Walks
Wednesdays at 10.30am, meet at Ringway Centre, Baring Road. Choice of routes, through woodland and parks, some with rough ground or slopes. For more information please call the walk leader, Sonja, on 07836548870 or email Jenny at Jenny.budd@nhs.net.

Horniman Gardens
Thursdays at 11am, meet inside the main gates. Some slopes but you can choose more level route. For more information please call the walk leader, Lucreta, on 07951241017 or email Jenny at Jenny.budd@nhs.net.

Woolwich Arsenal
Tuesdays at 10.15am, meet at Woolwich Market, end of Powis Street, SE18 6LE. For more information please call Freephone 08005875833 or email Louise at Louise.Barnett@greenwichPCT.nhs.uk.

Avery Hill Park
Wednesdays at 9.30am, meet outside Anstidge Hall, Anstridge Road, SE9 2LL. For more information please call Freephone 08005875833 or email Louise at Louise.Barnett@greenwichPCT.nhs.uk.

Nordic Walking in Charlton Park
Wednesdays at 12pm, meet in front of Charlton House, Charlton Road, SE7 8RE. For more information please call Freephone 08005875833 or email Louise at Louise.Barnett@greenwichPCT.nhs.uk.

Peckham Rye Park Buggy Walk
Tuesdays 10-11am, meet at Rye Oak Children’s Centre, Whorlton Road, SE15 3PD. Take a walk on our buggy-friendly routes and meet other parents and carers. Walks include toning exercises and, if you want to, a gentle jog! Led by Marian and Elizabeth. For enquiries please call 02075255000 or email sports@southwark.gov.uk.

Nordic Walking in Thamesmead North
Fridays at 9.15am, meet at Gallions Reach Health Centre, Bentham Road, SE28 8BE. For more information please call Freephone 08005875833 or email Louise at Louise.Barnett@greenwichPCT.nhs.uk.

Elmstead Woods/ Mottingham
Mondays at 11.30am, meet in Coldharbour Community Centre car park, William Barefoot Drive, SE9 3AY. For more information please call Freephone 08005875833 or email Louise at Louise.Barnett@greenwichPCT.nhs.uk.

Dulwich Parkrun
Saturdays at 9am, meet at Queen Mary’s gate on the south side of the park. This free activity sees well over 100 people of all abilities taking part and completing their 5km challenge every week. Advance registration required at www.parkrun.org.uk/register.

Regular Rambles
The Greenwich Council Park Rangers Service organises regular park tours and nature rambles. All walks will finish at the starting point. For more information please call 02089212937 or send an email to john.beckham@greenwich.gov.uk.

Maryon Wilson Animal Park
Wednesdays at 1.30pm. Meet at the deer pen and help feed the residents of the Park. Extra sessions during school holidays: Mondays and Fridays at 1.30pm.

Oxleas Wood
Every Thursday and on the second Sunday of every month at 10am. Meet by the cafe on the meadow at the end of Crown Woods Lane.

Bostall Heath
Fridays at 10am. Meet by Bostall Heath Car Park/ Bowling Green, Longleigh Lane.

Well Hall Pleasaunce Tour
First Wednesday of each month at 10.30am, and second Sunday of each month at 2pm. Meet at the main gate opposite the co-op and learn about the landmarks of Well Hall Pleasaunce. Duration: 60 minutes.

Charlton Park
Tuesdays at 10am. Meet at the green behind Charlton House and join the park rangers on a brisk walk. Refreshments may be purchased at the Charlton House Tea Rooms. Duration: 90 minutes.