

# Beddington Park

SUMMER 2017

## WHAT'S ON GUIDE

MAY – AUGUST 2017



# Welcome to the first summer “What’s On” Guide for Beddington Park

All the information on activities and events supported by  
Sutton Council and the Heritage Lottery Fund project.

There’s something for all this summer, with weekly exercise opportunities, kid’s holiday activities, community events, volunteer opportunities and more.

This summer also sees work commencing on site to deliver the capital works for the HLF project. Keep an eye online and onsite for regular updates to understand how your use of the park may be affected.

## Contact details

 [www.sutton.gov.uk](http://www.sutton.gov.uk)  
 [@beddington\\_park](https://twitter.com/beddington_park)  
 020 8770 6060  
 [sarah.price@sutton.gov.uk](mailto:sarah.price@sutton.gov.uk)

Beddington Park is  
maintained by Idverde UK  
on behalf of Sutton Council.

Beddington Park  
Church Road  
Wallington  
SM6 7NN

# Regular weekly activity

## Fridays 10am

### △ Sutton Health Walks

A 60 minute walk in and around Beddington Park.

FREE

Meet outside St. Mary's Church, Church Road at 10am.

## Fridays 10am

### △ Nature Play

Child-led play using the natural surroundings, supported by our nature play facilitator.

FREE

Meet the facilitator outside the Pavilion Café at 10am.

Visit

[www.nature-play.co.uk](http://www.nature-play.co.uk) for more information.

## Fridays 1pm

### △ Nordic Walking

A fantastic full body work out, Nordic Walking uses specifically designed poles that assist you in walking faster with better posture whilst taking the strain off of your joints.

A SMALL FEE APPLIES

To participate call 020 8770

6953 or email

[communityhelpers@ageuksutton.org.uk](mailto:communityhelpers@ageuksutton.org.uk)

## Saturday 9am

### △ Bootcamp

Get your weekend off to an active start with these boot camp sessions from Our Parks.

FREE

To book a class visit [www.ourparks.org.uk](http://www.ourparks.org.uk) and select classes in Beddington Park.

## Saturday 10am

### △ Yoga

Release the stress of the week with these yoga sessions from Our Parks.

FREE

To book a class visit [www.ourparks.org.uk](http://www.ourparks.org.uk) and select classes in Beddington Park.

## Saturday 10am

### △ Community Golf

Community Golf run these great Golf in the Park sessions on a Saturday Morning for 2hrs. Just drop in and give it a go!

Find them by the Pavilion Café from 10am.

Visit [www.communitygolf.co.uk](http://www.communitygolf.co.uk) for more information.



## Monday 1st

### May Fayre

*FREE ENTRY • 11am - 5pm*

The Rotary Club return with the annual Beddington Park May Fayre. There will be plenty of entertainment on hand with duck races, Birds of Prey displays, .... and of course the crowning of the May Queen. Plus a range of stalls to visit for shopping, refreshments and fun activities. Don't miss out on this great annual family event.

## Wednesday 3rd

### Spring Bird Song and Migration – a guided walk

*FREE • 7pm*

*Booking required 020 8770 6060*

Discover the vast array of bird song to be heard in Beddington Park and look out for migrating birds on this relaxed walk around Beddington Park, guided by international ecologist Marcus Kohler. Book early to avoid disappointment!

## Monday 15th

### Lecture series talk – The HLF Project

*FREE • 7.30pm*

*St. Mary's Church Centre,  
Church Road, SM6 7NJ*

*Booking required 020 8770 6060*

The Beddington Park Spring Lecture Series continues with an opportunity to hear from the design team for the Heritage Lottery Funded project. Learn all about what will be changing in the park, from the playground extension and improvements to lake dredging and the arrival of a new orchard!

## Saturday 20th

### CTC beginners cycle ride

*FREE • 2pm*

*Meet outside the café at 1.45pm  
for a 2pm departure.*

Join Sutton CTC on this beginners cycle ride. An easy cycle ride starting from Beddington Park and exploring the surrounding area. Rides last 2-3hrs and are FREE. Meet outside the café for 1.45pm for a 2pm departure.

# JUNE



## Thursday 1st

### Xplorer

*FREE • DROP-IN • 11am – 1pm*

Explore the park, find the markers, complete the challenge, have fun together. A great event for children & families. Start point by the Pavilion Café.

## Sunday 4th

### The Big Picnic Lunch

*11am – 4pm*

Take part in a traditional park favourite in this big community picnic event in celebration of the national Big Lunch! Be entertained by 5 unique characters in an immersive theatrical experience. Enjoy classic park fun with group games, crafts, art and other fun activities delivered by our local community partners! Fun for all the family!

## Monday 12th

### Lecture Series talk - Roses Grow on You!

*7.30pm*

*St. Mary's Church Centre,  
Church Road, SM6 7NJ*

An opportunity to learn more about that quintessentially English flower – the rose. Delivered by Ian Hudson, formally Garden Manager for the Royal National Rose Society and Parks Supervisor for Beddington Park.

## Saturday 17th

### CTC cycle ride

*FREE • 2pm*

*Meet outside the café at 1.45pm  
for a 2pm departure.*

Join Sutton CTC on this beginners cycle ride. An easy cycle ride starting from Beddington Park and exploring the surrounding area. Rides last 2-3hrs and are FREE.

# LONDON TREE WEEK • 27th May - 4th June



*Activity sheets available from café all week*

## Saturday 27th May

### Guided Walk

*FREE • 2pm • Booking required 020 8770 6060*

Discover some of the more unusual specimen trees in the beautiful Grange Garden, from the ancient species, ginkgo, to our giant redwood.

## Friday 2nd June

### Mini Trees!

*FREE • DROP-IN • 11am – 2pm • By the Pavilion Café*

Create your own mini trees using bark rubbings and leaves.

# JULY



## Sunday 16th

### Grange Garden Walk

FREE • 2pm

Booking required 020 8770 6060

Be guided around the Grange Garden by local historian John Phillips and learn all about its history as Alfred Smee's elaborate 19th century garden with fern glens, orchards, glass houses, brooks, streams and more!

## Tuesday 25th

### Drop-in Kids Club

FREE • 11am - 2pm

Find us by the Pavilion Café.

Please note children must remain accompanied by an adult.

In our first weekly Kids Club drop-in get involved in the Big Butterfly Count! Make a butterfly mask or a caterpillar chain and then take an ID sheet out into the park and see how many Butterflies you can count!

## Wednesday 26th

### Xplorer

FREE • DROP-IN • 11am - 1pm

Start point by the Pavilion Café.

Explore the park, find the markers, complete the challenge, have fun together. A great event for children & families.

# LONDON RIVERS WEEK • 26th June – 2nd July



## Saturday 1st July

### Himalayan Balsam - invasive species management

10am • Contact [sarah.price@sutton.gov.uk](mailto:sarah.price@sutton.gov.uk) to take part.

Learn all about this pesky invasive species and how it is affecting our waterways, then set off on a balsam hunt to identify where this plant is growing.

## Saturday 1st July

### Guided Walk – Sources of the River Wandle

Time TBC • Email [information@wandletrust.org](mailto:information@wandletrust.org) to book.

This informative walk, led by David Gill from the Wandle Trust, will pass along the Wandle between Carshalton and Croydon, passing through Beddington Park, to discover the sources of the River Wandle.



## Tuesday 1st

### Drop-in Kids Club

*FREE • 11am - 2pm*

Pick up an insect activity sheet from the Pavilion Café and set off on a self-led bug hunt! Lift some logs, search in the trees and check in the grass and see how many you can find!

## Tuesday 8th

### Drop-in Kids Club

*FREE • 11am - 2pm*

This week's Kids Club takes place in the Grange Garden. With its historical links to material bleaching and printing, step back in time and have a go at printing designs on calico fabric! Please note children must remain accompanied by an adult.

## Friday 11th

### Xplorer

*FREE • DROP-IN • 2 - 4pm*

Explore the park, find the markers, complete the challenge, have fun together. A great event for children & families. Start point by the Pavilion Café.

## Tuesday 15th

### Drop-in Kids Club

*FREE • 11am - 2pm*

*Find us by the Pavilion Café.*

*Please note children must remain accompanied by an adult.*

Make a Leaf crown then set off with our ID sheets and see how many trees you can identify from their leaves!

## Saturday 19th

### Bat Walk

*TICKETS COST £5.50 - 8.20pm*

*To book visit [www.sncv.org.uk](http://www.sncv.org.uk)*

*and visit the events page or contact [biodiversity@sutton.gov.uk](mailto:biodiversity@sutton.gov.uk) for more info.*

Join this guided walk with the Sutton Biodiversity Officer to discover more about the bats in Beddington Park and see if you can spot some!

## Tuesday 22nd

### Drop-in Kids Club

*FREE • 11am - 2pm*

*Please note children must remain accompanied by an adult.*

Make a pecking pigeon then set off for a bit of self-led bird watching using our bird ID packs. You can even hire some binoculars (deposit required) to

spy up into the trees!

## Thursday 24th

### Xplorer

*FREE • DROP-IN • 11am - 1pm*

*Start point by the Pavilion Café.*

Explore the park, find the markers, complete the challenge, have fun together. A great event for children & families.

## Date to be confirmed

### Mini Archaeologists!

Come along and see what's being discovered on this year's archaeological excavation in Beddington Park. Watch the archaeologists at work and take part in a range of drop-in activities including digging in our excavation crates. Keep an eye out on site and on line for more details on date and location.

## Volunteer

For more information or to get involved contact [sarah.price@sutton.gov.uk](mailto:sarah.price@sutton.gov.uk)

### Wandle-Trust Community Clean Up

Join the Wandle Trust to help clean up the River Wandle in Beddington Park and remove invasive Himalayan Balsam. Equipment is provided but be sure to wear old clothes and sturdy shoes. Registration and safety talk begins promptly at **11am**. For more info, and where to meet, visit [www.wandletrust.org](http://www.wandletrust.org) or contact [cleanups@wandletrust.org](mailto:cleanups@wandletrust.org)

### Monday Menders

Our weekly Monday morning litter picking group returns on **Monday 22nd May**. If you want to help keep our park tidy meet outside the **Pavilion Café** at **9am**, Mondays. Tea and coffee available in the café afterwards. Equipment provided but wear comfortable shoes and waterproofs if necessary!

### Tree Wardens

Love trees? Want to learn more and get involved in monitoring, maintenance and tree planting events? Why not join the Beddington Park Tree Wardens? With regular activities and learning events you can develop new skills and help protect and support our great trees!

### Observation Surveys

Help monitor the impact of the HLF Project on the usage of Beddington Park. We need volunteers to complete observation surveys. Surveys involve walking around Beddington Park and noting who is using the park where, and how. Initial training takes place on **Thursday 11th May at 2.30pm**, but volunteers may still join after this date.

### Archaeological Excavation

The Carshalton and District History and Archaeology Society are carrying out another excavation in Beddington Park this August and are looking for new volunteers to take part. If you have an interest in archaeology and the park's past then get in touch today.

### Beddington Park Walking Buddies

We are recruiting volunteers for a new "buddy walks" scheme. Assist local care homes to bring their residents to enjoy this wonderful park by offering an arm to lean on or pushing a wheelchair and providing some social conversation! No special skills necessary, just a patient and caring attitude. If you like being outdoors and helping people this is perfect for you.

## Acknowledgements

With thanks to the Heritage Lottery Fund, our volunteers and our many community partners who make these activities and event possible.



LOTTERY FUNDED



Sutton