

WHAT'S ON GUIDE

SEPTEMBER – NOVEMBER 2018



Welcome to the autumn 'What's On' Guide for Beddington Park

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

September sees the exciting return of the Beddington Park Big Bicycle Cinema. Throughout autumn there is the usual mix of children's activities, walks and talks. Read on for more information on all the upcoming activities and keep an eye out on-site for posters and flyers for these, and more.

Contact details

 www.sutton.gov.uk
 [@beddington_park](https://twitter.com/beddington_park)
 020 8770 5000
 sarah.price@sutton.gov.uk

Beddington Park
Church Road
Wallington
SM6 7NN

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

Cover photo credit: Electric Pedals

Regular weekly activity

Mondays 10am

- △ **Forever Fit Walk**
A healthy walk aimed at those aged 50+. Part of the Get Active Wandle Valley Programme.

FREE

Meet outside the Pavilion Café.

Mondays 11.15am

- △ **Forever Fit Gym session**
Gentle, low impact exercise class to improve strength and mobility. Aimed at those aged 50+. Part of the Get Active Wandle Valley Programme.

FREE

Meet outside the Pavilion Café at 11.15am.

Fridays 10am

- △ **Melanie's Walks**
A 60 minute walk in and around Beddington Park, with the option of tea in the church hall afterwards. Part of the Get Active Wandle Valley Programme

FREE

Meet outside St. Mary's Church, Church Road.

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.

£3 per session

To participate call 020 8770 4090 or email info@ageuksutton.org.uk.

Saturday 9am

- △ **Bootcamp**
Get your weekend off to an active start with these bootcamp sessions from Our Parks.

FREE

To book a class visit www.ourparks.org.uk and select classes in Beddington Park.



Saturday 1st

Bat Walk

FREE • 8pm

Booking required – 020 8770 6060

Join the London Borough of Sutton's Biodiversity team in this walk around Beddington Park to detect bats and to find out more about these fascinating nocturnal creatures. Booking essential.

Saturday 15th

Wandle Valley Regional Park Consultation Session

12pm – 4pm

Come and speak to the Wandle Valley Regional Park Trust team during Wandle Fortnight. They will be running consultation and engagement exercises to shape the development of a plan for the Regional Park. Hear about their work and ideas. More information at www.wandlevalleypark.co.uk

Saturday 15th

CTC cycle ride

FREE

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

Join Sutton CTC on their beginners cycle ride. An easy cycle ride starting from Beddington Park and exploring the surrounding area. Rides last 2 – 3 hours.

Saturday 22nd

Orienteering Taster session

£2 • Drop-in at 1pm – 3.30pm

Get off the beaten track in Beddington Park and learn a new skill with this orienteering taster session, delivered by Mole Valley Orienteering Club. A great way to keep fit and explore the park. Collect a map and electronic dibber from The Pavilion Café side room and see how quickly you can complete the course. Suitable for all ages. Please wear suitable clothes for exploring cross-country!

Saturday 22nd

Carew Manor Great Hall and Dovecote tours

FREE • Tours at 10am, 12pm and 1pm
Booking required – 020 8770 6060

See inside the Great Hall of Carew Manor – the only Grade I listed structure in the borough – and discover more about the Carew family. Plus see inside the Grade II* listed 18th century dovecote. Tours are FREE but must be booked in advance.

Monday 24th

Lecture Series talk – Mills of the River Wandle

FREE • 7.30pm

St. Mary's Church Centre, SM6 7NJ
Booking required – 020 8770 6060

We welcome back Mick Taylor of the Wandle Industrial Museum, to deliver a talk that spans 400 years of history and a wealth of industries along the River Wandle including around Beddington.

ALSO IN SEPTEMBER...



Saturday 22nd

The Beddington Park Big Bicycle Cinema

FREE ADMISSION • 7.30pm

Following last year's successful screening of Grease, the Beddington Park Big Bicycle Cinema is back!

Chosen by the people and now powered by the people – get your legs ready for a spot of cycling to pedal your way through the 'The Greatest Showman' (PG).

Take it in turns racing on the bikes to keep the film running. Or bring a picnic blanket and some snacks and sit back, relax and enjoy the film.

Please note that parking is very limited. You are encouraged to arrive by public transport, bicycle or on foot. Remember, you are outdoors, so please bring warm (and waterproof) clothes – the evening could be cold! **'Gates' open at 6.30pm, film starts at 7.30pm.**

Location: Opposite Carew Manor Academy, Church Road.





Saturday 20th

CTC cycle ride

FREE

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

Join Sutton CTC on their beginners cycle ride. An easy cycle ride starting from Beddington Park and exploring the surrounding area. Rides last 2 – 3 hours.

Sunday 21st

Autumn Leaves Workshop

FREE • 11am – 2pm

By the children's playground

We're teaming up with staff from Big Bang: Music and More – where science, nature and music collide – for an autumn leaves workshop, with mini-activities all themed around autumn leaves. Drop-in to take part.

Tuesday 23rd

Habitat box half-term Workshop

FREE • 2PM

*Booking required – 020 8770 6060
For ages 9+ (must be accompanied by an adult)*

Build and personalise a wooden bird box for our northern woodland belt. Assembly requires use of a hammer, as such children must be accompanied by an adult (a maximum of two children and one adult can work on one habitat box). Please note, you will be building these for the wildlife in the park, not to take home! Places must be booked. Email sarah.price@sutton.gov.uk or call **020 8770 6060**.

Thursday 25th

Halloween Xplorer

FREE • Drop-in at 11am – 1pm

Starting by the Pavilion Café

Explore the park and hunt for the spooky Halloween themed markers. Collect a map and complete the challenge as fast as you can! A great event for children & families.

Sunday 28th

Community Clean-up

11am – 3pm

The Rotary Club return for their October clean-up event. All hands to the deck for this fun community task day tidying up Beddington Park. Whether you want to help clear litter or get more physical, cutting back brambles and weeds, there's something for all! Equipment, gloves and refreshments are provided. Meeting point TBC (check on-site and on

www.sutton.gov.uk/parks)

NOVEMBER



Saturday 3rd

The Grange Garden Autumn Specimen Tree walk

FREE • 2pm

Booking required - 020 8770 6060

Council Officer Sarah Price will lead a walk through the Grange Garden identifying some of the more unusual trees in the park and checking out their beautiful autumnal colours! Please call or email to book your place.

Saturday 17th

CTC cycle ride

FREE

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

Join Sutton CTC on their beginners cycle ride. An easy cycle ride starting from Beddington Park and exploring the surrounding area. Rides last 2 – 3 hours.

Saturday 24th

Community Tree Planting

FREE

*Meet outside the Pavilion Café
at 10.30am*

Grab a spade and help us plant the trees for our future! All ages are welcome. Plant one or as many as you'd like and watch them grow! Equipment and gloves are provided. Please wear sturdy shoes and weather appropriate clothing.

Activity bookings

To book for walks and talks please email sarah.price@sutton.gov.uk or call **020 8770 6060**, unless otherwise stated.

Additional walks and talks may be added to the programme. For the most up to date information visit www.sutton.gov.uk/parks and view the Beddington Park What's On page.

Volunteer

For more information or to get involved contact sarah.price@sutton.gov.uk

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!

Grange Garden Gardening Group

We're looking for keen, green fingered volunteers to assist with looking after the new flower beds – weeding, watering, pruning, planting etc. There will be training opportunities (internal and external), and support from staff. Having only just started now is a great time to join and learn with the group – no experience necessary! **Every second Tuesday, 10.30am** in The Grange Garden.

Beddington Park Walking Buddies

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 conversation! No special skills necessary, just a patient and caring attitude. If you like being outdoors and helping people this is perfect for you.

Dovecote Volunteers

We are seeking volunteers with a passion for heritage to help with future openings of the Dovecote in Beddington Park. The Dovecote is an amazing Grade II listed structure in fantastic condition internally. We know that the community would love more opportunities to see inside and with your help, we hope to be able to continue opening this magnificent building. Get in touch today for more information.

Rotary Clean-up

Join Carshalton Park Rotary Club's bi-annual big clean-up. Tasks for all ages from litter picking to cutting back overgrowth. This is a fun community event that helps improve our park. See the main October page for more details. **October 28th, 11am – 3pm.**

Friends of Beddington Park

If you're interested in getting more involved in the park then why not join the Friends of Beddington Park. For just £5 a year per household you can help contribute towards supporting and protecting the park, by attending Friends' meetings and getting involved in volunteering activities in the park. Contact **chairman@friendsofbeddingtonpark.co.uk** today to join!

Acknowledgements

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



LOTTERY FUNDED



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