

WHAT'S ON GUIDE

JANUARY – APRIL 2019



LOTTERY FUNDED



Welcome to the winter/spring '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.

This spring should see the completion of ground repairs to the silt drying lagoons and haulage routes - bringing the majority of the physical works in the park to a close. Temporary chestnut fencing will remain in place whilst the grass re-establishes. We hope that this spring will see many of the areas, planted and restored last year, really begin to bloom.

Whilst the physical works may be drawing to a close there continues to be a range of activities and events being delivered. There are always ways to continue improvements to the park, which you can assist with, by taking part in some of the many volunteering opportunities. See more information at the back of this booklet.

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.

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.

Saturdays 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.

JANUARY



Tuesday 8th

Grange Gardening Club

FREE • 10.30am

New year, new you! Keep active and get outdoors by taking part in the monthly gardening club in The Grange Garden, helping to maintain and improve the flower beds. This year the group will be putting new planting into the rose garden.

Saturday 19th

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 2-3hrs.

Saturday 26th

Winter Tree Identification - A guided walk

FREE • 10am

Booking required – 020 8770 6060

Join the London Borough of Sutton's Tree Officer on this walk around Beddington Park to identify common and specimen trees in their winter, dormancy stage. Learn tips for winter tree identification and discover some of the beautiful trees in the Park.

Activity bookings and queries

For more information and 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 or check the noticeboards on site.

FEBRUARY



Tuesday 12th

Grange Gardening Club

FREE • 10.30am

Help tend the flower beds in the Grange Garden with this monthly volunteer gardening group. Great for physical and mental wellbeing. New members welcome. Support and training opportunities for regular members. Equipment provided.

Wednesday 20th

Xplorer

FREE • DROP-IN • 1-3pm Starting by the Pavilion Café

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

Thursday 21st

Nature Scavenger Hunt

FREE • DROP-IN • 1-3pm Starting by the Pavilion Café

Get hands on with nature this half-term with this self-led family fun scavenger hunt. Grab a starting pack from scavenger "HQ" outside the Pavilion Café between 11am and 1pm and get hunting!

Sunday 24th

Community Clean-up

11am-3pm Meeting point beside the Pavilion Café

The Rotary Club return for their February clean-up event, part of the Great British Spring Clean 2019. 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 weeds and planting, there's something for all! Equipment, gloves and refreshments are provided.

Monday 25th

Lecture Series Talk – Wandle Wildlife

FREE • 7.30pm St. Mary's Church Centre, SM6 7NJ

Booking required – 020 8770 6060

Derek Coleman, volunteer warden for the London Wildlife Trust, delivers a fascinating look at the local wildlife that can be found along the Wandle. Learn more about the birds, bugs and plants that can be found here, including the invasive species competing with them!

MARCH



Tuesday 12th

Grange Gardening Club

FREE • 10.30am

Help tend the flower beds in the Grange Garden with this monthly volunteer gardening group. Great for physical and mental wellbeing. New members welcome. Support and training opportunities for regular members. Equipment provided.

Saturday 16th

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 2-3hrs.

Monday 25th

Lecture Series Talk – Breweries along the Wandle

FREE • 7.30PM

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

While Young's was the best known name associated with the Wandle area, there were many other brewers including one just outside Beddington Park. Discover more in this unusual talk by Alison Cousins, from the Wandle Industrial Museum.

Saturday 30th

Beddington Park Historical Features - A guided heritage walk

FREE • 2pm

Booking required – 020 8770 6060

Council Officer, Sarah Price, will lead a walk around Beddington Park identifying historical features of interest including buildings, bridges, trees and landscape features. Discover more about the park's history and what the park tells us about its past. Approx 1.5 - 2 miles. Walking shoes required.

APRIL



Tuesday 9th

Grange Gardening Club

FREE • 10.30am

Help tend the flower beds in the Grange Garden with this monthly volunteer gardening group. Great for physical and mental wellbeing. New members welcome. Support and training opportunities for regular members. Equipment provided.

Tuesday 9th

Spring Flower Craft

*FREE • DROP-IN • 11-1pm
Outside the Pavilion Café*

As the flowers spring to life in the park, have fun creating colourful paper flowers of your own. Please note children must remain accompanied by an adult. Ideal for 6-11 year olds, but all ages are welcome.

Wednesday 17th

Xplorer

*FREE • DROP-IN • 1-3pm
Starting by the Pavilion Café*

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

Thursday 18th

Easter Egg Hunt

*FREE • DROP-IN • 11-1pm
In the Grange Garden*

Can you find all the hidden images of eggs in The Grange Garden? Work out what message they spell and claim your chocolatey prize! Ideal for 5-12 year olds but all ages welcome.

Friday 19th

Dovecote open morning

FREE ADMISSION • 10am-1pm

Ever wondered about this brick octagonal building in Beddington Park? Now's your chance to see inside this 18th century architectural gem complete with original pigeon nest boxes and revolving ladder used for raiding them. Trail sheets for children are available inside.

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 2-3hrs.

Monday 29th

Lecture Series talk – Carew Manor Park and Gardens from Tudor to Georgian

*FREE • 7.30pm
St. Mary's Church Centre, SM6 7NJ
Booking required - 020 8770 6060*

Local Historian John Phillips presents a detailed look at the history of the gardens and parkland for Carew Manor from Tudor times through to the Georgian era, including details discovered through recent archaeological excavations.

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

Every second Tuesday, 10.30am in The Grange Garden.

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. No experience necessary!

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 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.

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 building 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

February 24th, 11am – 3pm.

Join Carshalton Park Rotary Club's bi-annual big clean-up. Tasks for all ages from litter picking to cutting back overgrowth and planting. A fun community event improving our park. See main February page for more details.

Friends of Beddington Park

If you're interested in more involvement 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.



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