

Beddington Park

SUMMER 2019

WHAT'S ON GUIDE

MAY – AUGUST 2019



Welcome to the summer “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.

As we head out of spring the final silt movements should soon be completed. The areas where the silt was dried will be re-seeded and returned to parkland. The compound area where the silt has been spread will be planted with trees this autumn, to integrate this area as part of the woodland.

We have a jam-packed summer of activities planned so read on for what’s happening in the park over the coming four months, and keep an eye out on site for additional activities taking place!

Contact details

-  www.sutton.gov.uk
-  [@beddington_park](https://twitter.com/beddington_park)
-  020 8770 5000
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Beddington Park
Church Road
Wallington
SM6 7NN

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

Regular health and fitness activities

Mondays 10am

- △ **Health Walk**
A healthy walk aimed at those aged 50+.

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FREE
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Meet outside the Pavilion Café.

Fridays 10am

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

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

Fridays 1pm

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

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£3 per session – led by Sutton Age UK
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To participate call 020 8770 4090 or email info@ageuksutton.org.uk.

Saturdays 9.30am and 10.30am

- △ **Adult Cycling Lessons**
Learn to ride a bike or improve your skills in an off-road environment with Sutton Council's cycling instructors. Bikes and helmets are provided.

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FREE
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Based at the tennis courts. To book a session please visit sutton.gov.uk and search for 'cycle skills'.

Monthly activity

Every Third Saturday, 2pm

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.

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



Sunday 5th

Spring Bird Walk

FREE • 8am • Booking required

Join Sutton's Biodiversity Officer on a guided walk around the park listening to the early morning birdsong. Learn different bird calls and see how many different birds you can spot in a park that is rich in bird life.

Monday 6th

May Fayre

FREE ADMISSION • 11am – 4pm

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

Monday 13th

Lecture Series Talk – Wonderful Weeds

FREE • 7.30pm

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

Botanist Roy Vickery delivers a fascinating talk on 'Wonderful Weeds'. Roy has been collecting information on the folklore and uses of plants for over 40 years, and has a special interest in plants which are commonly called 'weeds'. His book 'Vickery's Folk Flora' was published in April.

Saturday 25th May

Bat Walk

FREE • 8.45pm • Booking required

Back by popular demand! This fun walk, led by Sutton's Biodiversity Officer will teach you all about bats. Bat detectors are provided in this hunt for our beautiful flying mammals. Hopefully you'll hear them, but will you be lucky enough to see them?

Wednesday 29th

Xplorer

FREE • 1 – 3pm

Starting by the Pavilion Café

Half-term Xplorer challenge - 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 30th

Earth Dance Line Draw - Art Workshop

FREE • 2 – 4pm

*By the Pavilion Café/Children's
playground*

Connect with nature and your inner self as dance and art collide in this fun workshop combining Biodanza with large scale drawings on the ground. Please help us by registering to attend, although drop-ins will be accommodated where possible. Email sarah.wheelton@sutton.gov.uk to register.



Saturday 15th

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 22nd

Summer Trees – Guided Walk

FREE • 10am – Booking required – 020 8770 6060

Council Tree Officer, Keri Hargest, will lead a walk through Beddington Park looking at our magnificent trees in their summer glory. A fun, relaxed walk packed with info, including ID tips. Please wear comfortable walking shoes. Walk will last approximately 1.5 hours.

Skoot ramp events

Summer holiday sessions

Did you miss out on the Easter ramp events? Riverside Centre's Skoot returns – with sessions during the summer holidays. Free skateboarding group sessions with a professional tutor. Keep an eye out both on site and online on www.sutton.gov.uk/parks for the published dates.

Activity bookings and queries

To book for walks and talks please email sarah.wheeldon@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.



Tuesday 2nd

Orienteering Competition

£5 • 6.15 – 7.30pm

The Mole Valley Orienteering Club's popular Orienteering Park Race returns to Beddington Park offering two course options. Register at the Volunteer Room (located at the side of the café building). Visit www.mvoc.org for further details.

Sunday 14th

Bird Collages - Art Workshop

FREE • 10am – 12pm and 1 – 3pm
By the children's playground

A creative nature filled art workshop creating beautiful bird themed collages, led by Tamsin Lucy Art. Drop-in to our morning or afternoon workshop to take part.

Monday 22nd

Lecture Series talk – Birdwatching London

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

We welcome Ornithologist, David Darrell-Lambert, author of Birdwatching London, who will be sharing insight on why London is such a great place for birdwatching! Discover some of the best places nearby and across London to see some amazing birds.

Wednesday 24th

Drop-in Kids' Club

FREE • 11am – 2pm
By the Children's Playground

The first of our weekly children's craft and trail activities. Keep an eye out both online and on site for each week's theme and

activity. Please note children must remain accompanied by an adult. Ideal for 5-11 year olds, but all ages are welcome.

Wednesday 31st

Drop-in Kids' Club

FREE • 11am – 2pm
By the Children's Playground

Weekly children's craft and trail activities. Keep an eye out online and on site for each week's theme and activity. Please note children must remain accompanied by an adult. Ideal for 5-11 year olds, but all ages are welcome.

Golf in the Park

Weekend and holiday programme

The popular Golf in the Park sessions return to the park this summer. Introductory golfing fun for all the family. Suitable for all ages; fun skills games and more. Look out for Saturday sessions starting soon, plus a summer holiday weekday programme.

AUGUST



Friday 2nd

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.

Sunday 18th

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 31st

Bat Walk

FREE • 8pm

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

Drop-in Kid's Club

11am – 2pm each Wednesday, July 24th - August 28th

Free, weekly children's craft and trail activities. Keep an eye out online and on site for each week's theme and activity. Please note children must remain accompanied by an adult. Ideal for 5-11 year olds, but all ages welcome.

Activities take place outside the Pavilion Café

Volunteer

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

Tree Wardens

Love trees? Want to learn more and get involved in tree monitoring, maintenance and 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! Regular sessions take place on **Tuesday afternoons and every other Saturday**, but participation is flexible.

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.

Wandle Trust Clean Up event

The Wandle Trust will once again be running their invaluable annual clean-up of the River Wandle, combined with removal of invasive Himalayan Balsam. Please visit www.wandletrust.org for confirmed dates of the clean up and for more information.

Lake planting sessions

Join in planting improvements to the Grange Lake as we add floating and submerged aquatics to improve habitat and water quality. Look out for planting dates this summer. Suitable for all the family!

Friends of Beddington Park

If you're interested in being 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.fobp@gmail.com** 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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