

Welcome to our new series: Hidden Lewisham.

Our borough has some real treasures including ancient woodlands, streams and rivers. As lockdown measures ease some of us are finding ourselves a bit bored with our local area so we wanted to share some of our favourite hidden spots across the borough with you. We've also made a fun nature treasure hunt for each place so you and your children can look for the treasures of nature.

All of our Hidden Lewisham sites are free to visit and close to transport links and make a great day or few hours out with your family. We hope that you enjoy visiting them and it would be great if you could share a photo of you and your family enjoying your visit at the hashtag #lcfchiddenlewisham

Downham Woodland Walk

History of the park

The part of the woodland between Donderry and Moorside Roads is regarded as ancient and has been in existence since at least 1600. It is a beautiful, peaceful place in which to walk and enjoy the sights, sounds and smells of nature. The Woodland Walk is classified as a Local Nature Reserve.

What can I see

The trees in the woodland are mainly oak, ash, hornbeam and field maple, with a few rare wild service trees found only in ancient woodland, cow parsley and woodland flowers are abundant in Summer. A wide variety of birds can be seen and heard, including woodpecker, tree creeper, bull finch and flocks of long-tailed tits. There are also grey wagtails by the stream in the section nearest to Bromley Road. A survey revealed a huge diversity of insects, including some classified as 'nationally scarce'. Stag beetles are often seen in early summer. There's also a stream at the Bromley Road end.



How do I get there

Buses

Bromley Road near entrance 1: 54 / 208,
Grove Park near entrances 6,7,8: 136 / 181

SEE OUR NATURE TREASURE HUNT
OVERLEAF
(can you see what we did there?)

How many can you find?

Ladybird



Bumblebee



Wood Louse



Oak Leaf



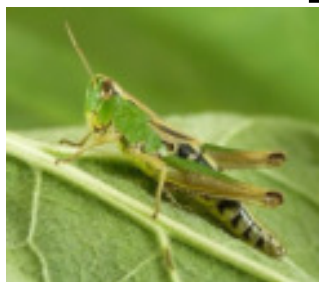
Ash Leaf



Hornbeam Leaf



Grasshopper



Snail



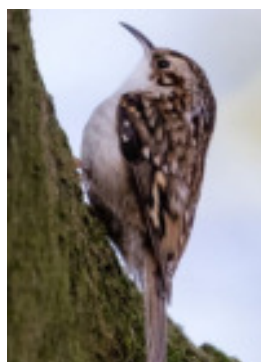
Stag Beetle



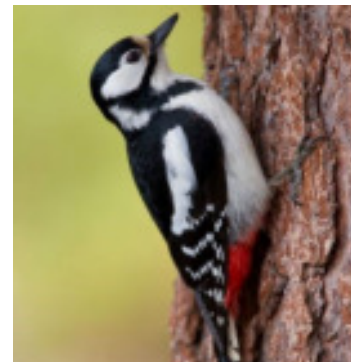
Bullfinch



Tree Creeper



Woodpecker



How many will you try?

Leaf Rubbing



Collect some leaves and bring them home. Use paper, crayons see their different patterns.

Go on a bug hunt



Lift small stones and logs, to see who's living there. Remember to put them back gently and wash your hands,

Listen to the birds



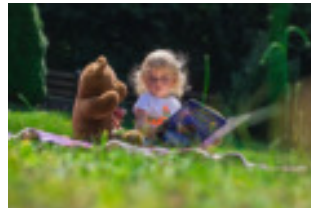
Find a quiet spot and listen to the birds how many are different songs can you hear? Which bird is singing?

Nature smells?



What can you smell in different areas of the park? Smell the trees, flowers and see if they are different.

Teddy bears picnic



It's well known fact that teddy bears love the park. Bring them with you and a snack and a drink and show them what you can see.

Make daisy Chains



Daisy chains are easy and fun to make. Ask your grown-up – I bet they still remember how to make one!

Bring a ball



A ball is a great way to have fun at the park. Bring a big ball for football or a small one for practicing catch or playing cricket.

Make a picture



Bring some paper and pencils and draw a picture of a flower or something that you like. Or make one at home.

Take some photos



Taking photos of your trips are a great way to remember what you've seen that day. Remember to tag us at #lcfchiddentreasures

Other places to look for activities

https://www.youtube.com/watch?v=k-Ax5KWcw0k&feature=emb_title

https://www.youtube.com/watch?time_continue=2&v=Ccc79C8gW8M&feature=emb_title

<https://www.youtube.com/watch?v=0mG1NM-il4g>

<https://www.woodlandtrust.org.uk/blog/2020/06/nature-activities-for-kids-to-do-at-home-part-8/>

How many will you try?

How many steps
did you do today?

How many hops?

How many skips?

How many jumps?

How many throws?

How many catches?

How many star
jumps?

How many
bunnyhops?

How many
kicks?

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https://www.youtube.com/watch?v=k-Ax5KWcw0k&feature=emb_title

https://www.youtube.com/watch?time_continue=2&v=Ccc79C8gW8M&feature=emb_title

<https://www.youtube.com/watch?v=0mG1NM-iI4g>

<https://www.woodlandtrust.org.uk/blog/2020/06/nature-activities-for-kids-to-do-at-home-part-8/>

You can also find more Hidden Lewisham Activity Sheets on our website and Facebook page during the summer.

www.lewishamcfc.org.uk

 @lewishamchildrencentres

Stay & Play
activities to try @the park