

Hello everyone!

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.

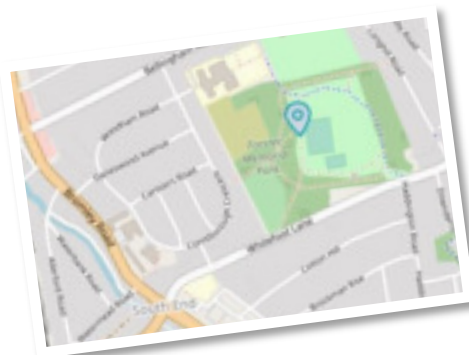
We hope that you enjoy visiting them and it would be great if you could share a photo of you and your family enjoying your visit at the hashtag #lcfchiddenlewisham.



Forster Memorial Park

About the park

Tucked away between Whitefoot Lane and Bellingham Road, Forster Memorial Park is a real hidden treasure. It is unusual in that the central area of grassland is surrounded by a ring of ancient woodland, which provides peace and tranquillity. This park was originally part woodland, part fields. It was owned by the Forster family. In 1919 Lord Forster, a local resident (and governor general of Australia between 1920 and 1925), made a gift of part of his estate as a memorial to his two sons, Alfred and John, who were both killed during the First World War.



What can I see

The park has an inner flat park perfect for a game of football or a picnic with a path around it for walking, jogging or cycling. This is surrounded by ancient woodland and there is a large field for dog walkers. There is also a playground. The ancient woodland makes for a wonderful walk to spot nature and feel like you are a long way from the busy roads of the borough.



How do I get there

Buses: 336 from Catford, Ladywell & Brockley

On Foot: Walk from Bromley Road to the top of Bellingham Road or Whitefoot Lane.



SEE OUR NATURE
TREASURE HUNT
OVERLEAF

(can you see what we did there?)



How many can you find?

Ladybird



Bumblebee



Wood Louse



oak



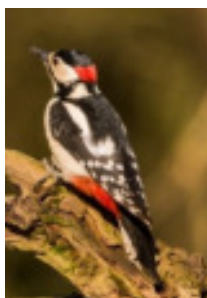
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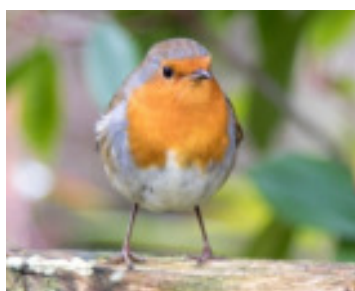
holly



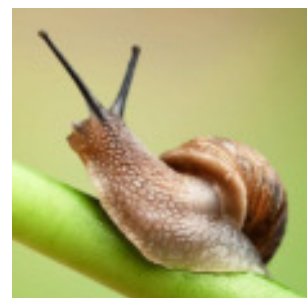
Woodpecker



Robin



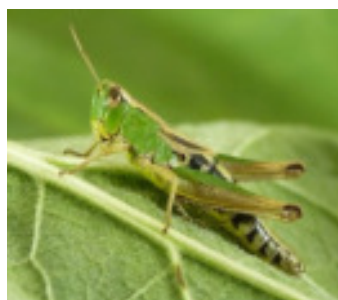
Snail



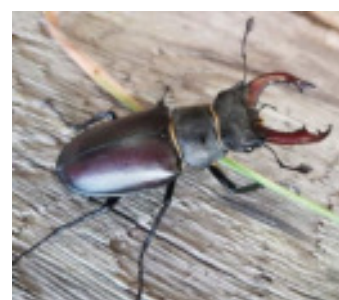
Squirrel



Grasshopper



Stag Beetle



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



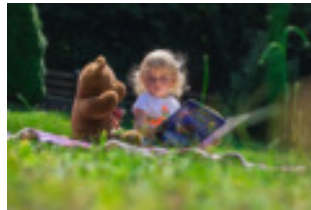
Find a quiet spot and listen to the birds how many are different songs can you hear? Which bird is singing?

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 #lcfchildrentreasures

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>



Forster Memorial Park in Lewisham Get Moving

How many can you do?

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?

Other activities

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

