

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 #lcfhiddenlewisham.



Cornmill Gardens and River Mill Park

About the park

Situated just off Loampit Vale, and across the road from the back of Lewisham Shopping Centre, this is the first of three new open spaces planned for Lewisham Town Centre. Since it opened, Cornmill Gardens has been recognised in a number of national design and landscaping awards. If you are on your way to somewhere else in the borough from Lewisham it is a handy little park to while away a little time.



What can I see

The park is flat with nicely maintained paths and the River Pool runs through it. And here is a small playground. It forms part of the Waterlink Way which leads from Sydenham to the River Thames. There are lots of native plants and trees.



How do I get there

Buses: 21, 47, 199, 136, 185, 75, 122, 182, 202, from Catford, Ladywell & Brockley, Greenwich

Stay & Play
activities to try @the park

**SEE OUR NATURE
TREASURE HUNT
OVERLEAF**

(can you see what we did there?)



How many can you find?

Ladybird



Bumblebee



Wood Louse



oak



ash



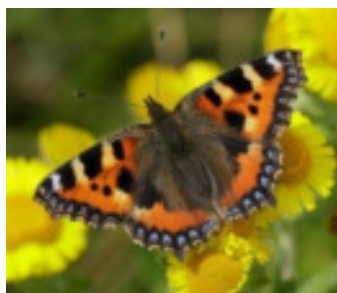
sycamore



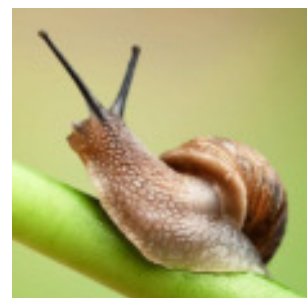
Common Blue



Small Tortoiseshell



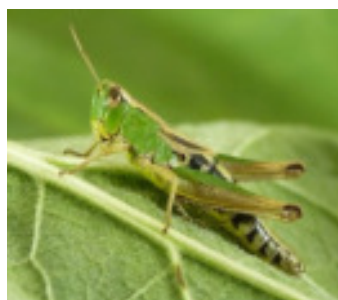
Snail



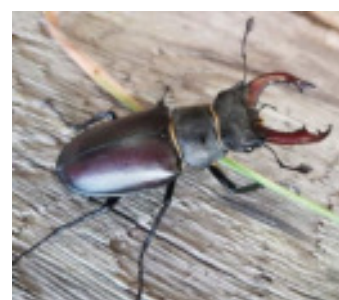
Squirrel



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



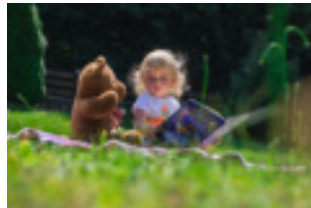
Find a quiet spot and listen to the birds how many are different songs can you hear? Which bird is singing?

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>



Cornmill Gardens & River Mill 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>

