

Appendices

Friends Reference	A	B	C	D	E	F	G	H	I	J	K	L	M
Friends of Groups	Hollydale	High Broom Wood	Chislehurst Commons	Kelsey Park	Hobling well	Bromley Town Parks	Biggin Hill	Whitehall	Well Wood	Warren Road	St Georges Church yard	Scadbury Park	Royston Field
Number of Committee/ Active members		4/10	15	97		8	15	7	8	10	2	4/16	20
Number of members (excluding committee/ active)		20 households	450	449		56	86	100	5	20	18	37	59
Volunteer hours - workday (people x time)	225	216	1240	145	245	57	912.25	50	181	84	165	596	50
Volunteer hours - events and/or activities (people x time)	153	280	512	3774	90	300	938.5	100	8	36	136	316	40

Friends of Groups	Hollydale	High Broom Wood	Chislehurst Commons	Kelsey Park	Hobling well	Bromley Town Parks	Biggin Hill	Whitehall	Well Wood	Warren Road	St Georges Church yard	Scadbury Park	Royston Field
Have you applied for a grant funding?		£55,000 TFL funding.	Forestry Commision, DEFRA	Yes		Concertina Trust - £50	Yes Grassroots - installation of 5 benches in church road rec. Biggin Hill residents association - plants in sensory garden	No	No	N/A	No	Yes £3,893 grassroot funding for 2 Flail mower attachments . £100 P4P prize	No
Do you charge an annual Subscription(s)?	No	No	No	£5 = £5k a year		£5 = £250 a year	No	No	No	no not yet constituted	No	member (not all volunteers are	No
Do you have any other funding source, such as - e.g. cards, or fundraising events, e.g quiz's		No	£59k	Sale of goods, Donation £3,000 for childrens nature trail	Raised £165.00	Members make a small donation	Biggin Hill Festival	Small income from events#	No	No	No, £680 for church funds	No	No
Does you group have a local sponsor? Who?	No	No		Yes		No	No	No	No	No	The Church	Chislehurst Society	
How do they assist?				Local businesses advertise in magazine							Advertising the group	£560 For benches	

Friends of Groups	Hollydale	High Broom Wood	Chislehurst Commons	Kelsey Park	Hobling well	Bromley Town Parks	Biggin Hill	Whitehall	Well Wood	Warren Road	St Georges Church yard	Scadbury Park	Royston Field
Do you participate in the Friends Forum? How?	Yes	Yes attend meetings	Yes	No		Yes	Yes attend meetings	Yes attendance in meetings	Yes	Yes attend meetings	Occasionally attend meetings	Yes	Some members do
Do you use the Friends Forum services?	Yes	Yes	Yes	Yes		Yes	Yes	Yes	N/A	Yes	No	Yes	Yes
What? How?	Info on own noticeboard	attend meetings, gather information	Advertising via Newsletter	Weekly bulletin		Forum bulletins passed onto members	Bulletin information and "what to look for"	Insurance & general communication		Use websie for information		Sharing ideas and opinions. Knowing what is going on in other open	Circulate Information
How do you communicate with the membership and/or public? E.g. Flyers, posters, newsletters or Notice board	Newsletter, Notice board	Flyers, posters, notice board		Information centre, magazine, posters, website		Quarterly newsletters, emails	newsletter, noticeboard, occasional articles in church magazine	Flyers, Notice boards, Emails	Email, Notice Boards	Door to door fliers and email	Notice board in church and church magazine	Email and notice boards	Email, flyers
Do you have a website?	No	http://www.friendsforum/highbroomwood		http://www.fokp.org		http://www.bromleytownparks.org.uk	No	http://www.whitehallrec.co.uk	No	No	No	No	No

Friends of Groups	Hollydale	High Broom Wood	Chislehurst Commons	Kelsey Park	Hobling well	Bromley Town Parks	Biggin Hill	Whitehall	Well Wood	Warren Road	St Georges Church yard	Scadbury Park	Royston Field
Did you enter People for Parks?	Yes	Yes		Yes		Yes	No	Yes	No	No	No	Yes	No
Which campaigns do you participate in that are promoted by the Parks Dept e.g. Love Parks week, Love Dogs Day	Family Days	Hand out dog bags / put up notice		N/A		Outdoor Bromley event	Dog Day	None		No	None		Bulb Planting
Do you hold a public eventts and/or Activities? What?	Bat Walks, Book & Plant fair	bat walk, wildlife walk		Easter Egg Hunt, Heron Watch, Bat Walks		Fortnightly walks	No	End of term fun day, Autumn apple harvest festival	No	No	Annual plant sale, Stall at Autumn fair	10 Guided walks for public	No

Friends of Groups	Hollydale	High Broom Wood	Chislehurst Commons	Kelsey Park	Hobling well	Bromley Town Parks	Biggin Hill	Whitehall	Well Wood	Warren Road	St Georges Church yard	Scadbury Park	Royston Field
Have you made and/or influenced the sites biodiversity? How?	Bat & Bird boxes installed, Composting	Log piles, dead wood, opening forest floor to light, removing overgrown bramble and holly, sycamore, increacing woodland edge, bat and bird boxes		Childrens nature trail		Glebe wood path & rubbish removed	Yes removal of fly tipping, clearance of plateau, thining of ash and creation of insect habitats	Yes added features to improve biodiversity	Thinning/ Clearing	Woodland improvements at workdays	Planting wild flower seeds	Removing scrub and thinning invasive species, pond clearance, veteran tree maintenance, post and rail repair, bramble and scrub clearance, wildlife surveys	No
Have you made and/or influenced horticultural improvements?	Garden Area settled down	Improving woodland health		Planting holly whips/bulbs, fence making		Planted 1,000 bluebells and 750 snow drops	Yes design and planting of two flower beds and planting of spring bulbs and flowers (daffodils, bluebells, and primroses)	Yes Planting	Planted hedgerow whips		Weeding graves, Pruning shrubs, Removing ash and sycamore saplings, Stripping ivy from gravestones , Planting	Planted trees and hedgerows	Bulb plating, weeding, cutting back
Do you remove graffiti litter and/or other detritus? How?	Daily litter picks, dog mess clearance	yes ad-hoc		Collect litter informally		No issues yet	removed by scrubbing or painting over. Litter removed	Removed litter	Yes	Quarterly litter picks	Litter picking by hand (wearing gloves)	Yes with kit provided by LBB	Litter collecting

Friends of Groups	Hollydale	High Broom Wood	Chislehurst Commons	Kelsey Park	Hobling well	Bromley Town Parks	Biggin Hill	Whitehall	Well Wood	Warren Road	St Georges Church yard	Scadbury Park	Royston Field
Have you worked with other Organisations? How?	Branching Out	Local schools - delivering woodland workshops as well as teacher training workshop to encourage teacher to use the wood as an educational resource		RSPB, Branching Out		Age Concern, English Heritage	Yes Horticultural society, Dovetail disabled group, blind group, residents association, Met Police, WI, local churches	Branching Out on work days	No	Local primary school, Local PCSOs	No	Yes - My-Time and Redhill Primary school	Church in past
Have you worked with young People? E.g. Schools,	Ravenswood School	Oak Lodge school and St David's College		Brownies, Local schools		Thyme Out	Spinnery youth Centre, Charles Darwin	Raglan School, Youth advisory panel	No	As above	No	Yes	Scouts in past
youth clubs etc. How?		woodland workshops, teacher training, and design competition for trail markers		Introducing them to plants & wildlife		Maintenance & Development of council ground						tours with school, had 2 youths for 6 months D of E award, have 2 teenagers doing	
What was the highlight of the year for the Group?	Opening of Family Play Area	IFL funding used for improvements. Being recognised by Forestry Commission and GLA for		Award of Honorary Life Membership to Nic Martin		Summer event in Church House Gardens	Regeneration of Kings road rec and positive reaction to work done on sensory garden in	End of term fun day	N/A	Recruitment	Four new enthusiastic members and raising £680 from our plant sale for church	Meet up each month	People commenting on how the field looks

Friends Reference	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
Friends of Groups	Penge Parks	Mottingham Woods	Keston Common	Hayes Commons	Darrick and Newstead Woods	Croydon Road	Priory Gardens	Coney Hall	Cator Alex Rec	Hayes Parks	Cray Valley	Richmal Crompton	Southill Woods
Number of Committee/ Active members	4	8	26	6	32	7		8	11	9			8
Number of members (excluding committee/ active)	35		20	35	38	70		Fluctuating	107	62			50
Volunteer hours - workday (people x time)		108	2000	765	1728	150		256	268	208			195
Volunteer hours - events and/or activities (people x time)	324	160		76		64		120	1816	46			120

Friends of Groups	Penge Parks	Mottingham Woods	Keston Common	Hayes Commons	Darrick and Newstead Woods	Croydon Road	Priory Gardens	Coney Hall	Cator Alex Rec	Hayes Parks	Cray Valley	Richmal Crompton	Southill Woods
Have you applied for a grant funding?	No	No	Yes Capital Community Fund - £4,768	No	Grassroots £5000 Bromley Bio diversity training £1000 People for parks award £100	No		Yes Grassroots	Yes Grassroots Grant hope to have £4,000	No			Community spaces - £50,000. Peoples Millions - £60,000
Do you charge an annual Subscription(s)?	£3	No	£5	No	£1	Hoseholds £10 for Organisation = £500		No		No			No
Do you have any other funding source, such as - e.g. cards, or fundraising events, e.g. quiz's	Yes Merchandise available through Café Press website	No	Yes	No	No			No	Carols Event made £180	No			No
Does your group have a local sponsor? Who?	Local public house	No	Keston Primary	Hayes Village Association	No	Seymour Villas FC		Local shopkeeper - raffle prizes advertising	No	No			No
How do they assist?	Use of rooms for meetings		Support/promote activities and help with grant applications	Annual donation		Willing to paint pavillion							

Friends of Groups	Penge Parks	Mottingham Woods	Keston Common	Hayes Commons	Darrick and Newstead Woods	Croydon Road	Priory Gardens	Coney Hall	Cator Alex Rec	Hayes Parks	Cray Valley	Richmal Crompton	Southill Woods
Do you participate in the Friends Forum? How?	Yes have attended receptions	No	Yes regular meetings	No	Yes send 2 members	Yes attend meetings and receptions		Yes information	Yes	Yes			Attend meetings and receptions
Do you use the Friends Forum services?	Yes	No	Not aware of any	No	Yes	Yes		As above	Yes	Yes			No
What? How?	Attend meetings				Receive weekly bulletin	Public liability insurance				As a source of info			
How do you communicate with the membership and/or public? E.g. Flyers, posters, newsletters or Notice board	Notice board, emails and word of mouth	Posters, fliers - Notice Board	Email, Flyers, News reports	Newsletter, Letters, Emails	Newsletter, Posters, Notice board	Notice board, posters, email and website		telephone, flyers, posters, noticeboard and church newsletter	Email, Posters, Flyers, Magazine, Internet	Newsletter, Notice board			posters, email
Do you have a website?	Under construction	No	http://www.friendsofkestoncommon.btck.co.uk	No	No	http://www.becrec.net		No	Yes	No			Not yet

Friends of Groups	Penge Parks	Mottingham Woods	Keston Common	Hayes Commons	Darrick and Newstead Woods	Croydon Road	Priory Gardens	Coney Hall	Cator Alex Rec	Hayes Parks	Cray Valley	Richmal Crompton	Southill Woods
Did you enter People for Parks?	No	Yes	Yes	No	Yes	Yes		Yes	Yes	Yes			Yes
Which campaigns do you participate in that are promoted by the Parks Dept e.g. Love Parks week, Love Dogs Day	No	Regular litter and rubbish clearance	Green muscle days	None	Worked with Branching out				Dog Days, Bulb Planting, Walk	Composting event at Hayes Library			No
Do you hold a public eventts and/or Activities? What?	No working towards a regular calendar of events	Several community events and bi-annual fete	Nature Reserve launch, Beeche open day	Stand at Hayes Village fete yearly	3 open meetings a year, Weekly walks	Concerts, members social		ally themed holiday activities for children, picnic in the park and	Music in Park, Carols in Park, Park Walks, Bulb Planting	No			Regular litter picks and conservation days

Friends of Groups	Penge Parks	Mottingham Woods	Keston Common	Hayes Commons	Darrick and Newstead Woods	Croydon Road	Priory Gardens	Coney Hall	Cator Alex Rec	Hayes Parks	Cray Valley	Richmal Crompton	Southill Woods
Have you made and/or influenced the sites biodiversity? How?		Habitat piles, tree thinning and removing holly to allow ground flora to come through. Planting native wild plant plugs and tree whips	Pond management, restoration of heathland	Removed thick dense stands of holly,	Weekly work days with countryside officer	No		Yes planted 1000 daffodils, wild flower plugs and willow tunnel	Maintenance Planting, Shrub/ old rose created	No			Cutting back overgrown vegetation, habitat piles, collating bird surveys
Have you made and/or influenced horticultural improvements?		Bulb planting at woodland entrances	Removal of Cherry laurel	N/A	N/A	No		See above	Yes, Bourbon style roses, new trees	Maintenance of dry beds & new bed in Forge Close			Bulb planting, working with GM to reinstate shrub bed
Do you remove graffiti litter and/or other detritus? How?	Ad-hoc litter collections	take place and removing graffiti with wipes	Litter pick weekly, graffiti removal	Litter removal individually	Weekly litter picks, graffiti painted over or removed	Not on a regular basis		Yes as necessary	Yes with a working party	Yes, work parties			litter regularly, graffiti not really a problem

Friends of Groups	Penge Parks	Mottingham Woods	Keston Common	Hayes Commons	Darrick and Newstead Woods	Croydon Road	Priory Gardens	Coney Hall	Cator Alex Rec	Hayes Parks	Cray Valley	Richmal Crompton	Southill Woods
Have you worked with other Organisations? How?	Park ranger, local councillors and streetwise	Green chain walk, trees for cities, RSPD, bat society	Safer Neighbourhood, Keston residents association	No	Health Walk set up with friends of tugmutton, Friends of Keston Meetings	Football and Bowls club Café owner, scouts and Round Table.		Parklands Nursery and Safer Neighbourhood Police	Yes, SE20 Magazine in advertising events, partnership with Crystal Palace Brass Band	No			Highfields Infants school, Bowling club, Tennis Club, Safer neighbourhood team, residents association, round table
Have you worked with young People? E.g. Schools,	Crystal Palace Community Trust	local schools	Keston Primary School	No	Darrick Wood Junior, Tugmutton Primary	Football club and scouts		Yes Brownies, church & school	New signs made by a primary school,	No			Highfields Infants school
youth clubs etc. How?		Inviting them to events eg Easter Egg Hunt	Litter picking, hedge planting, working on play area		Young people on work experience or workplace attachment			Gardening, Carols in the park and seeking grants	Bulb Planting, creating of a ceramic mural				
What was the highlight of the year for the Group?	The Consultation Process	New wood sculptures	Getting a grass roots grant & gaining LNR status	Celebrated 10 year anniversary	Launch of the local nature reserve	Bandstand Concert		Picnic in the Park & Carols in the Park	Park Walks, Bat Walk, Music in the park, Carols in the park				Successfully community meeting, conservation days, school involvement and school designing

AA	Friends Reference	BB	CC	DD	EE	FF	GG	HH	II	JJ	KK	LL	MM
Grass mead	Friends of Groups	Jubilee Coutry Park	Bromley Field Studies Centre	Bromley Youth Advisory Panel	Chislehurst and Walden Rec	Edgebury Open Space	Friends Forum	Glenn trammon	Godding ton	Harvington Estate	High Elms Volunteer Rangers	Norman Park	Poverest Park and Covet wood
	Number of Committee/ Active members	33		9	8			12					
	Number of members (excluding committee/ active)	370		15	150			50					
	Volunteer hours - workday (people x time)	2632		26				37.5					
	Volunteer hours - events and/or activities (people x time)	Same as last year		105				15					

Grass mead	Friends of Groups	Jubilee Coutry Park	Bromley Field Studies Centre	Bromley Youth Advisory Panel	Chislehurst and Walden Rec	Edgebury Open Space	Friends Forum	Glenn trammon	Godding ton	Harvington Estate	High Elms Volunteer Rangers	Norman Park	Poverest Park and Covet wood
	Have you applied for a grant funding?	Grassroots Capital Community		£2000 with youth opportunities fund (turned down). Applied for £5000 Grassroots awarded £3000 for training	£42,000 (Chislehurst Society) - for funding new playground. £500 (Biodiversity Grant) Unsuccessful £5,000 Grassroots			Community spaces application submitted Jan 2011 £50,000					
	Do you charge an annual Subscription(s)?	£5		No	No			No					
	Do you have any other funding source, such as - e.g. cards, or fundraising events, e.g. quiz's	Merchandise		No				No					
	Does your group have a local sponsor? Who?	Same as last year		BCEF, Young Advisor Organisation				No					
	How do they assist?			Training and facilitating meetings									

Grass mead	Friends of Groups	Jubilee Coutry Park	Bromley Field Studies Centre	Bromley Youth Advisory Panel	Chislehurst and Walden Rec	Edgebury Open Space	Friends Forum	Glenn trammon	Godding ton	Harvington Estate	High Elms Volunteer Rangers	Norman Park	Poverest Park and Covet wood
	Do you participate in the Friends Forum? How?	Sometimes		Yes attend meetings	Attend meetings			will be invited in march					
	Do you use the Friends Forum services?	Yes		Yes	Yes			Yes					
	What? How?	Circulate info on display boards, bulletins		Networking and bulletin	Consulted Chairman and Secretary regarding the writing of groups			Have used website					
	How do you communicate with the membership and/or public? E.g. Flyers, posters, newsletters or Notice board	Newsletters every 6 months, Pub night, website		E-mail, facebook, text, telephone, flyers, posters	Facebook page, Email, Posters in park and 2 noticeboards in park			Door to door fliers and email					
	Do you have a website?	http://www.jubileecountrypark.btk.com		No	www.focrg.org.uk			No					

Grass mead	Friends of Groups	Jubilee Coutry Park	Bromley Field Studies Centre	Bromley Youth Advisory Panel	Chislehurst and Walden Rec	Edgebury Open Space	Friends Forum	Glenn trammon	Godding ton	Harvington Estate	High Elms Volunteer Rangers	Norman Park	Poverest Park and Covet wood
	Did you enter People for Parks?	No		Yes	No			No					
	Which campaigns do you participate in that are promoted by the Parks Dept e.g. Love Parks week, Love Dogs Day	Responsible dog owner campaign		Supported local friends group with 'responsible dog owners'	None			No					
	Do you hold a public eventts and/or Activities? What?	History walks, butterfly walks		planting event, public meeting - consultation with local residents	planting sessions, workdays, woodland tidy ups, litter picking,			No					

Grass mead	Friends of Groups	Jubilee Coutry Park	Bromley Field Studies Centre	Bromley Youth Advisory Panel	Chislehurst and Walden Rec	Edgebury Open Space	Friends Forum	Glenn trammon	Godding ton	Harvington Estate	High Elms Volunteer Rangers	Norman Park	Poverest Park and Covet wood
	Have you made and/or influenced the sites biodiversity? How?	scrubland management, tree thinning		planting community orchard and some native hedging	piles in woods, litter picking to protect wildlife, Drafted Woodland management plan, Japanese knotweed identified LBB comenced eradication programme			No					
	Have you made and/or influenced horticultural improvements?	N/A		N/A	Extensive bulb planting, identified trees and shrubs in need of work, cleared some cross paths, tidied and felled			Bulb planting Nov/Dec 2010					
	Do you remove graffiti litter and/or other detritus? How?	Small team do litter picks, graffiti removal		Yes litter pick during planting session	Yes regular litter picks LBB notified if graffiti found			Litter pick Nov/Dec 2010					

Grass mead	Friends of Groups	Jubilee Country Park	Bromley Field Studies Centre	Bromley Youth Advisory Panel	Chislehurst and Walden Rec	Edgebury Open Space	Friends Forum	Glenn trammon	Godding ton	Harvington Estate	High Elms Volunteer Rangers	Norman Park	Poverest Park and Covet wood
	Have you worked with other Organisations? How?	Petts Wood residents association fund radar gate		BCEF young advisor liason. Young Advisors National. LBB & Woodside Ave residents. - Planting day & public consultation	Chislehurst Society - securing generous donation towards new playground and improving facilities for local youths. Chislehurst Scouts - participated in events. Elmstead Football			Made contact with Green Street, Green P.S.					
	Have you worked with young People? E.g. Schools,	Bromley High School		Yes	Red Hill School - bulb planting			As above					
	youth clubs etc. How?	N/A											
	What was the highlight of the year for the Group?	N/A		Community orchard planting and BYAP member got runner up prize in Green		Good turnout at launch meeting, securing planning permission for		Set up or group, initial 60 people at public meeting & grant application submission					

NN	OO	Friends Reference	PP	QQ	RR	SS	TT
Sparrow Wood	Tugmutton and Farn borough Rec	Friends of Groups	Volunteer Country side Rangers	Willett Rec	Thyme Out	Beeche	Crystal Palace Park
	72	Number of Committee/ Active members		6			8
	65	Number of members (excluding committee/ active)					50
	482	Volunteer hours - workday (people x time)					216
		Volunteer hours - events and/or activities (people x time)					20

Sparrow Wood	Tugmutton and Farnborough Rec	Friends of Groups	Volunteer Country side Rangers	Willett Rec	Thyme Out	Beeche	Crystal Palace Park
		Have you applied for a grant funding?		No			Yes community spaces £50,000
	£1	Do you charge an annual Subscription(s)?		No			No
	Donations	Do you have any other funding source, such as - e.g. cards, or fundraising events, e.g quiz's		No			Occasional funding from fun fair that visits the park
	Local Organisations	Does your group have a local sponsor? Who?		No			No
		How do they assist?					

Sparrow Wood	Tugmutton and Farn borough Rec	Friends of Groups	Volunteer Country side Rangers	Willett Rec	Thyme Out	Beeche	Crystal Palace Park
	Comitee members attend	Do you participate in the Friends Forum? How?		Yes			Yes attended receptions
	Yes	Do you use the Friends Forum services?		Yes			No
	Networking & sharing expenses	What? How?		Two members attend regurley			
	Flyers, Newsletters, Noticeboards, Email	How do you communicate with the membership and/or		Notice board, information sheet			Email, website, posters and flyers
		public? E.g. Flyers, posters, newsletters or Notice board					
	Under Construction	Do you have a website?		No			http://focpp.blogspot.com/

Sparrow Wood	Tugmutton and Farn borough Rec	Friends of Groups	Volunteer Country side Rangers	Willett Rec	Thyme Out	Beeche	Crystal Palace Park
	Yes	Did you enter People for Parks?		Yes			No
	Dog Day	Which campaigns do you participate in that are promoted by the Parks Dept e.g. Love Parks week, Love Dogs Day		No			No
	Work days, bulb planting	Do you hold a public events and/or Activities? What?		Support events			Volunteering sessions

Sparrow Wood	Tugmutton and Farn borough Rec	Friends of Groups	Volunteer Country side Rangers	Willett Rec	Thyme Out	Beeche	Crystal Palace Park
	develop adjoining grazing land into biodiversity	Have you made and/or influenced the sites biodiversity? How?		planted bulbs, cut hedges			Yes cleared, dug, cut and planted in the vale area
	Bulb planting, tidying	Have you made and/or influenced horticultural improvements?		Weed reduction			As above
	Twice monthly litter picks & graffiti removal	Do you remove graffiti litter and/or other detritus? How?		Yes with LBB Kit			Yes Ad-hoc clearance

Sparrow Wood	Tugmutton and Farnborough Rec	Friends of Groups	Volunteer Country side Rangers	Willett Rec	Thyme Out	Beeche	Crystal Palace Park
	Crofton Residents association, Locksbottom cricket club	Have you worked with other Organisations? How?		No			Crystal Palace Community Association, the Joseph Paxton Society and the Crystal Palace Foundation
	Visited local schools to encourage	Have you worked with young People? E.g. Schools, youth clubs etc. How?		No			No
	Spring flowers as a result of previous planting	What was the highlight of the year for the Group?		Seeing spring result of bulb planting & receiving award from London in Bloom			Getting the valed site to a state that almost 1000 bulbs were planted

Project title	Lead	Ward	Amount applied for	Amount received	Category	For what?	Funding stream
Pilot voucher scheme in Crays	LBB	Cray Valley West	£2,127.22	£2,150.00	Diversionary activities	Providing diversionary activities for 10 to 11 year olds in Cray Valley East	Safer Neighbourhood Development Grant
Capital Growth - Horsell Road	LBB	Cray Valley West	£880.00	£880.00	Healthy lifestyles	Community growing project	Capital Growth, Sustain
Capital Growth - Poverest Allotments	LBB	Cray Valley East	£900.00	£900.00	Healthy lifestyles	Community growing project	Capital Growth, Sustain
Capital Growth - St Mary's Primary School	LBB	Cray Valley East	£750.00	£750.00	Healthy lifestyles	Installation of a school growing area designed by pupils	Capital Growth, Sustain
Hollydale play equipment	Friends of Hollydale	Bromley Common and Keston	£10,000.00	£10,000.00	Play	New playground equipment	Awards for All
The Cray Trail – 'Walking the Crays'	LBB	Cray Valley East	£59,020.90	Funding stream withdrawn	Feasibility studies	Audience Development Plan and River Restoration Strategy for the River Cray	East London Green Grid
Kids and 2 Veg	Give2Give	Various	£174,617.00	Applicant organisation decided not to progress to second stage application submission due to change in governance	Healthy lifestyles	Setting up 15 school growing projects	Local Food Fund, Big Lottery Fund
Playbuilder (11 sites Yr1) includes revenue.	LBB	Various	£555,051.00	£555,051.00	Play	Series of playground improvement schemes	Playbuilder
Section 106 - Priory Gardens	LBB	Orpington	£30,000.00	£30,000.00	Play	New playground equipment	S106
Local Implementation Plan 2010-11 Cycle Parking	LBB	Various	£5,000.00	£5,000.00	Infrastructure	Cycle Parking	Local Implementation Plan 2010-11
Local Implementation Plan 2010-11 Croydon Road Recreation Ground	LBB	Kelsey and Eden Park	£25,000.00	£25,000.00	Infrastructure	Walking/cycling improvements	Local Implementation Plan 2010-11
Local Implementation Plan 2010-11 Pickhurst Recreation Ground	LBB	Hayes and Coney Hall	£15,000.00	£15,000.00	Infrastructure	Walking/cycling improvements	Local Implementation Plan 2010-11
Local Implementation Plan 2010-11 Harvington	LBB	Kelsey and Eden Park	£25,000.00	£25,000.00	Infrastructure	Walking/cycling improvements	Local Implementation Plan 2010-11
Grassroots Grants - January 2010	Friends of Cray Valley	Cray Valley East and West	£5,000.00	£5,000.00	Community event	Festival of Art & Culture that strengthens the community and celebrates its identity.	Grassroots
Grassroots Grants - January 2010	St Pauls URC	Cray Valley West	£5,000.00	£5,000.00	Healthy lifestyles	To create six growing spaces for local residents to encourage community cohesion and healthy lifestyles.	Grassroots
Grassroots Grants - January 2010	Friends of Darrick and Newstead Woods and Common	Farnborough and Crofton	£5,000.00	£5,000.00	Signage/interpretation	To create a self-guided natural history/historical trail around the woods and meadows of Darrick & Newstead Woods & Common.	Grassroots
Grassroots Grants - January 2010	Friends of Jubilee Country Park	Bickley and Petts Wood and Knoll	£3,268.00	£3,268.00	Signage/interpretation	Design & installation of an interpretation board about the importance of wetland habitats.	Grassroots
Grassroots Grants - January 2010	Friends of Scadbury Park	Chislehurst	£3,893.00	£3,893.00	Equipment	Provision of a Flail Mower to control the spread of Bramble and Weeds into meadows.	Grassroots
Grassroots Grants - January 2010	FC Elmstead Football Club	Chislehurst	£2,817.45	£2,817.45	Sports provision	To enable them to hire a football coach and hall to provide the facilities to run their soccer school.	Grassroots
Grassroots Grants - April 2010	Friends of Biggin Hill	Biggin Hill	£3,160.00	£3,160.00	Infrastructure	Purchase and installation of five park benches in the recreation ground	Grassroots
Grassroots Grants - April 2010	South Hill Wood Bowling Club	Shortlands	£3,184.00	£3,184.00	Infrastructure	Replace flimsy wooden equipment shed with a concrete vandal proof shed in a new position	Grassroots
Grassroots Grants - April 2010	Beckenham Town JFC	Penge and Cator	£4,983.47	£4,983.47	Sports provision/Infrastructure	Promote/increase participation and provide more appropriate equipment and changing room facilities for the players.	Grassroots
Grassroots Grants - April 2010	West Beckenham Bowling Club	Penge and Cator	£5,000.00	£5,000.00	Infrastructure	Installation of new changing lockers and seating	Grassroots
Grassroots Grants - April 2010	Kent House Allotments	Penge and Cator	£5,000.00	£5,000.00	Equipment	Purchase of a dumper truck to facilitate movements and clearance on site, for health, expediency and safety for all.	Grassroots
Grassroots Grants - April 2010	Bourne Vale Allotments - funds re-turned by group	Hayes and Coney Hall	£5,000.00	£5,000.00	Toilets	Purchase and installation of a compost toilet	Grassroots
Grassroots Grants - April 2010	Friends of Keston Common	Bromley Common and Keston	£4,768.00	£4,768.00	Not confirmed	Not confirmed	Grassroots
Beautiful Bromley sponsorship	LBB	All wards	£400.00	£400.00	Awards	Awards ceremony sponsorship	Various
Concertina Charitable Trust	Bromley Town Parks and Gardens Association	Bromley Town	£50.00	£50.00	Community event	Contribution towards running an outdoor music event Church House Gardens amphitheatre	Concertina Charitable Trust
St Mary Cray recreation ground Pavilion refurbishment	LBB	Cray Valley East and West	£20,000.00	£20,000.00	Infrastructure	Pavilion refurbishment for sport and the wider community use	Connecting Communities fund
Grassroots Grants - August 2010	Friends of Chislehurst and Walden Recreation Grounds	Chislehurst	£5,000.00	Rejected	Infrastructure	Purchase and installation of park benches and picnic tables	Grassroots
Grassroots Grants - August 2010	Roslin Way Leisure Garden & Allotments Association	Plaistow and Sundridge	£5,000.00	£5,000.00	Toilets	Purchase and installation of a compost toilet	Grassroots
Grassroots Grants - August 2010	Bromley Common Allotment Leisure Garden Association - Hook Farm Allotments	Bromley Common and Keston	£5,000.00	£5,000.00	Toilets	Purchase and installation of toilets	Grassroots
Grassroots Grants - August 2010	Queens Mead Bowling Club	Bromley Town	£5,000.00	Rejected	Not confirmed	Not confirmed	Grassroots
Grassroots Grants - August 2010	Willow Grove Allotments	Chislehurst	£2,450.00	£2,450.00	Infrastructure	Purchase and installation of new water tanks and pipework	Grassroots
Grassroots Grants - August 2010	A Forum of Friends Groups in the London Borough of Bromley	All wards	£2,283.00	Rejected	Promotional	Promotional items to raise awareness of BYAP	Grassroots
Friends of Cray Valley - Bat and Ball zone for the Cray Festival	Friends of Cray Valley	Cray Valley East and West	£3,000.00	£3,000.00	Healthy lifestyles	Purchase of sports equipment to be used by families at the event and in the future	Staying Healthy Partnership, Bromley PCT
Star Lane vegetable beds	LBB	Cray Valley East	£600.00	£600.00	Healthy lifestyles	Installation of raised growing beds on Gypsy Traveller site	Give2Give
People for Parks awards	LBB	All wards	£3,000.00	£3,000.00	Awards	Series of practical improvement prizes for entrants	Give2Give
Darwin wildlife training	Friends	Farnborough and Crofton; Bickley and Petts Wood and Knoll; Bromley Common and Keston; Kelsey and Eden Park; Chislehurst; and Crystal Palace	£6,000.00	£6,000.00	Training	Wildlife training for the following Friends groups: Darrick & Newstead Woods; Jubilee Country Park; Hollydale Open Space; Kelsey Park; Chislehurst & Walden Recreation Ground; Crystal Palace Park.	Heritage Lottery Fund
London tree and woodland grants scheme- the Mayor's street tree programme	LBB	Various	£75,519.00	£75,519.00	Trees	Additional 207 trees to be planted in the Boroughs streets	GLA
Tree planting in Betts Park	LBB	Crystal Palace	£3,500.00	£3,500.00	Trees	Tree planting alongside the Friends of the Park group	London Trees and Woodlands Grant Scheme
Forestry Commission Annual Management Grant	LBB	Various	£8,000.00	£8,000.00	Trees	Annual Management Grant	Forestry Commission
Forestry Commission Woodland Improvement Grant	LBB	Various	£6,000.00	£6,000.00	Trees	Improvement Grant	Forestry Commission
Friends of Chislehurst and Walden Recreation Grounds	Friends of Chislehurst and Walden Recreation Grounds	Chislehurst	£42,000.00	£42,000.00	Play	Relocation of existing playground and provision of new equipment	Chislehurst Society
Grassroots Grants - October 2010	Cudham Wyse Cricket Club	Darwin	£5,000.00	Rejected	Infrastructure	Provision of a base and playing surface to allow the installation of a cricket practice/training net so the club can expand and encourage new membership.	Grassroots
Grassroots Grants - October 2010	Beckenham and District Allotment Society (BDAS) (Barnmead Allotments)	Penge and Cator	£4,777.13	Rejected	Toilets	Provide an environmentally friendly and sustainable toilet for Barnmead allotments to address ploholders and all site visitors' needs.	Grassroots
Grassroots Grants - October 2010	Ravensbourne Allotments Association	Bromley Town	£2,490.00	Rejected	Infrastructure	Installation of 3 new/additional water tanks to ease the pressure of walking long distances especially for older ploholders.	Grassroots

Grassroots Grants - October 2010	Bromley Parks Sports Federation	All wards	£4,800.00	Rejected	Promotional	To create a website and forum for members and the general public so that they can engage in discussions, put forward ideas and network around community sports in Bromley.	Grassroots
Grassroots Grants - October 2010	Queens Mead Bowling Club	Bromley Town	£5,000.00	£3,830.00	Infrastructure	Funding is requested to refurbish the clubhouse kitchen which is currently in a poor condition. This has health and safety implications and also impedes other community groups and visitors to the club.	Grassroots
Grassroots Grants - October 2010	Orpington Excelsior Bowling Club	Cray Valley East	£1,624.00	Rejected	Infrastructure	Provide club members with individual lockers for storing bowls, equipment and personal items, and also to be used for community groups who use the club.	Grassroots
Grassroots Grants - October 2010	Friends of Cator Park and Alexandra Recreation Ground	Penge and Cator	£4,313.00	£3,973.00	Infrastructure	To purchase seating and picnic benches, bat detectors and a p.a system to encourage use of the parks and support future events.	Grassroots
Grassroots Grants - October 2010	Southlands Road Allotment and Garden Association	Bromley Town and Bickley	£5,000.00	Rejected		To build a toilet block of 2 WCs, including one to meet disability requirements.	Grassroots
Grassroots Grants - October 2010	Friends of Coney Hall Park	Hayes and Coney Hall	£4,711.00	Rejected	Play	The installation of an embankment slide and safety surfacing within the park to create a play feature for young people to enjoy.	Grassroots
Grassroots Grants - October 2010	Bromley Youth Advisory Panel (BYAP)	All wards	£5,000.00	£3,050.00	Promotional/Equipment	Request for training and items to help promote the work of BYAP and to encourage more members to join the group.	Grassroots
Grassroots Grants - October 2010	Friends of Bromley Town Parks and Gardens	Bromley Town	£4,800.00	Rejected	Signage/interpretation	To purchase and install a notice board with public information on all of the parks, and three interpretation boards for College Green, Martin's Hill and Glassmill Reservoir.	Grassroots
Grassroots Grants - October 2010	Friends of Tugmutton Common	Farnborough and Crofton	£3,939.98	Rejected	Infrastructure	To erect 3 picnic benches, 2 park benches and 2 cigarette stubbers around the park for public use.	Grassroots
Friends of the Park gala performance - Lark rise to Candleford, September	Friends Forum	All wards		£182.00	Community event	Friends of the Parks charity gala performance in partnership with the Churchill Theatre	Churchill Theatre
Glades Centre Management	LBB	Penge and Cator	£15,000.00	£15,000.00	Healthy lifestyles	Creation of a new community growing scheme	Glades Centre Management
Greater London Authority conference	LBB	All wards	£2,100.00	£2,100.00	Promotional	Conference to promote the work of LBB's Parks and Greenspace division to other London boroughs	Wards Security, Gristwood and Toms, SafePlay and English Landscapes
St Paul's Cray Primary School	LBB	Cray Valley West	£500.00	£500.00	Healthy lifestyles	Additional funding to complete school growing project	Give2Give
Friends of Biggin Hill	Friends of Biggin Hill	Biggin Hill	£49,825.52	£49,825.52	Variety	Creation of a community wildlife and sensory garden in Biggin Hill Recreation Ground	Community Spaces, Big Lottery
Goddard Road allotments	Centrepont Community Interest Company	Kelsey and Eden Park	£5,000.00	£5,000.00	Healthy lifestyles	Planting of edible hedges as part of wider community growing project	Forestry Commission
Goddard Road allotments	Centrepont Community Interest Company	Kelsey and Eden Park	£5,300.00	£5,300.00	Healthy lifestyles	Vegetation clearance work to enable volunteer tree planting	Access to Volunteering
St Pauls URC	St Pauls URC	Cray Valley West	£9,967.00	Application pending	Healthy lifestyles	Expansion of existing community growing project	Awards for All
Community Wildlife -Hollydale Park	Friends of Hollydale	Bromley Common and Keston	£4,530.00	Application pending	Biodiversity	Improved 'duck habitat'; planting of appropriate butterfly friendly plants and provision of appropriate plant plugs and seeds as prizes for 'Family Games' to encourage families to improve biodiversity in their own gardens.	Community Wildlife, Big Lottery Fund
Friends of Crystal Palace Park	Friends of Crystal Palace Park	Crystal Palace	£49,917.00	Application pending	Variety	Provide an accessible sensory garden, tools and work space for disabled groups to enhance their wildlife and horticultural skills. Improve the area for the local wildlife, by providing a restored fountain basin, with fountain, a waterfowl island, bridge and appropriate plants and shrubs to sustain wildlife habitats	Community Spaces, Big Lottery
Friends of Glentrammon Recreation Ground and Foxbury Wood	Friends of Glentrammon Recreation Ground and Foxbury Wood	Chelsfield and Pratts Bottom	£49,934.40	Application pending	Play/Infrastructure	Provide new play equipment for 7 to 13-year-olds and a new family picnic area	Community Spaces, Big Lottery
Friends of South Hill Woods and Kings Glenn	Friends of South Hill Woods and Kings Glenn	Shortlands	£44,947.35	Application pending	Variety	Open-up previously fenced-off area, create a new series of pathways, seating, interpretation panels and welcome signs and biodiversity improvements in South Hill Woods	Community Spaces, Big Lottery
Friends of South Hill Woods and Kings Glenn	Friends of South Hill Woods and Kings Glenn	Shortlands	£60,000.00	Application pending	Variety	Natural play	People's Jubilee millions, Big Lottery
Local Implementation Plan 2011-12- South Hill Woods	LBB	Shortlands	£40,000.00	Application pending	Variety	Entrance improvements	Local Implementation Plan 2011-12
Local Implementation Plan 2011-12-Penge Park	LBB	Penge and Cator	£33,000.00	Application pending	Infrastructure	Provision of lighting to increase safety and reduce fear of crime	Local Implementation Plan 2011-12
Local Implementation Plan 2011-12 Court Road Cycling and Walking scheme	LBB	Orpington and Chelsfield and Pratts Bottom	£135,000.00	Application pending	Infrastructure	Court Road Cycling and Walking scheme	Local Implementation Plan 2011-12
Local Implementation Plan 2011-12 Cray Valley Cycling and Walking scheme	LBB	Cray Valley East and West	£65,000.00	Application pending	Infrastructure	Cray Valley Cycling and Walking scheme	Local Implementation Plan 2011-12
Local Implementation Plan 2011-12 Cycle Parking	LBB	Various	£25,000.00	Application pending	Infrastructure	Cycle Parking	Local Implementation Plan 2011-12
Local Implementation Plan 2011-12 Wayfinding in Parks	LBB	Various	£10,000.00	Application pending	Infrastructure	Wayfinding in Parks	Local Implementation Plan 2011-12
Friends of Tugmutton Common/allotment	Friends of Tugmutton Common/allotment	Farnborough and Crofton	£10,000.00	Application pending	Variety	Raised beds and other infrastructure measures to improve access on allotments site	Awards for All
Friends of Tugmutton Common/allotment	Friends of Tugmutton Common/allotment	Farnborough and Crofton	£28,000.00	Application pending	Variety	Biodiversity area creation	Veolia Environmental Trust
GrowTime and ParkTime	LBB	Cray Valley East and West	£50,000.00	Application pending	Healthy lifestyles	Continuation and expansion of existing growing and conservation projects	Staying Healthy Partnership, Bromley PCT
Chislehurst Conservators	Chislehurst Conservators	Chislehurst	£57,000.00	£57,000.00	Variety	Fundraising to maintain commons	Variety of sponsors
Work and reward' voucher scheme project	LBB	Cray Valley East and West	£5,740.00	£5,740.00	Diversionsary activities	Continuation of pilot scheme	Affinity Sutton
Friends of the Park gala performance - Aladdin pantomime January 2011	Friends Forum	All wards		£35.00	Community event	Friends of the Parks charity gala performance in partnership with the Churchill Theatre	Churchill Theatre
Bandstand restoration	Friends of Croydon Road Recreation Ground	Kelsey and Eden Park	£50,000.00	Application pending	Infrastructure/heritage	Restoration of the Croydon Road Recreation Ground Bandstand and the production of educational material to show how it related to Beckenham in Victorian times	Heritage Lottery Fund
Community minibus	Give2Give and LBB	All wards	£20,000.00	Application pending	Community development	Minibus available for community group use including Friends groups	Give2Give
Friends of Kelsey Park	Friends of Kelsey Park	Kelsey and Eden Park	£4,865.46	£4,865.46	Variety	Subscriptions/fundraising/donations/sales etc	Variety of sponsors
Friends of Priory Gardens	Friends of Priory Gardens	Orpington	£1,200.00	£1,200.00	Variety	Subscriptions/fundraising/donations/sales etc	Variety of sponsors
Friends of Cray Valley	Friends of Cray Valley	Cray Valley East and West	£1,864.07	£1,864.07	Variety	Subscriptions/fundraising/donations/sales etc	Variety of sponsors
Friends of Hoblingwell	Friends of Hoblingwell	Cray Valley West and Chislehurst	£165.00	£165.00	Variety	Subscriptions/fundraising/donations/sales etc	Variety of sponsors
Friends of Chislehurst and Walden Recreation Grounds	Friends of Chislehurst and Walden Recreation Grounds	Chislehurst	£16,000.00	Application pending	Infrastructure	Outdoor gym	Community Spaces, Big Lottery
			£2,053,532.95	£1,065,953.97			

STAYING HEALTHY PARTNERSHIP

GROW TIME and PARK TIME UPDATE SUMMARY

Grow Time and *Park Time* were started in March 2010 as part of the Staying Healthy Partnership between the London Borough of Bromley and, what was at the time, the Bromley PCT.

The Parks and Greenspace team at the London Borough of Bromley, were commissioned to deliver healthy lifestyle courses using the green spaces in the borough.

Based on the BTCV Green Gym model, we developed two different types of sessions to include skills training alongside physical activity. Nearly 800 client sessions have been run since the programme started and we have 17 registered clients (figures to end December 2010).

Grow Time was specifically started to enable people to learn how to develop food growing spaces, in an environment that promoted integration by working with other local residents whilst being 'led' by experienced horticulturalists. This, in turn would improve their health and mental well-being and take some strain off the local health service.

Each member of the group was encouraged to participate in all of the tasks, even if this was only in a minimal way. Group members have naturally worked together to support the less able members of the team.

We have successfully recruited participants from across the agreed target groups. We revised the way we recruited clients by looking for those who were not already supported by similar schemes. We have had one gentleman who is recovering from a stroke and another lady who is recovering from a fatigue syndrome. A really active member has Gulf War Syndrome and one younger lady joins us because she wants to learn how to feed her family healthily and within a budget. Further in-depth case studies can be found in the attached promotional brochure. We also worked with members of the Gypsy Traveller community to install vegetable beds for them to maintain.

We have been working alongside London Borough of Bromley's Occupational Health Nurse, who has been running on-site sessions looking at different nutrition areas, full example how to read label and balanced meal planning. We found that it was more constructive to carry out cooking demonstrations and healthy living advice on-site.

5 of our group have created their own progression route and joined forces and taken on two more allotment plots and are clearing and building their own vegetable beds.

Some clients have also moved on to other volunteering opportunities.

We will continue to work alongside the group to encourage autonomy and self-funding over time.

Many of the group have expressed an interest in mentoring other new groups that may start around the Borough

Grow Time have been involved in exhibition days promoting healthy lifestyles at events.

They have co-ordinated events for the Poverest Allotment site and are helping to develop the community shed and plant an orchard to include a chicken run for new community chickens.

Outside of the sessions people have joined gyms and badminton groups, one man is now designing gardens for neighbours and one young man has now become less confrontational at home, his mother and grandparents have both reported that their lives have also been improved and less stressful.

Our *Park Time* project enables people to become more aware of the environment, as well as encouraging people to become more active and take regular exercise.

A work group go out every week to work on a park project that could have been requested by a local Friends group or the Parks and Greenspace team.

Projects undertaken have involved, crown raising on trees, river clearance and surveys, overgrown path clearance, maintenance of the Darwin bed in Queens Garden, Central Bromley, clearing local residential areas from overgrown vegetation and reinstating a damaged green.

Visits to Kew Gardens, Lullingstone lavender farm and Hall Place to look at vegetable garden design, have helped the group to bring back ideas to the project.

Partnerships have been forged with Lullingstone Castle World Garden, the Friends of Cray Valley and 2 local primary schools where the 'Park Time' group have helped build new vegetable gardens. They are also developing the garden at the Gypsy Travellers project in partnership with Capital Growths Sustain funding.

After running this project for the last year it is evident from case studies and testimonies, that the concept of people working together alongside good strong leadership and experience, can enable them to learn about, and be encouraged to lead, a much healthier life. Fun, mixed with achieving goals, can lead to improved self worth, which in turn leads to a healthier mind and body.

We have used the experience from the Cray Valley pilot project to shape our proposals for expansion into other strategically important geographical areas across the borough, in line with priorities highlighted in the Bromley Joint Strategic Needs Assessment 2009

Caroll Long
Parks Partnership Officer,
London Borough of Bromley

GROW TIME 2010 / 2011



A PARTNERSHIP BETWEEN THE PCT AND
THE LONDON BOROUGH OF BROMLEY.

TO IMPROVE PHYSICAL HEALTH AND
MENTAL WELL BEING
At Poverest allotments.

How the project began.

Early in 2010 a project running in the borough called Greening The Grey was successfully setting up new growing areas around the Borough.

Because there were so many new people learning to grow, we set up a training area at Poverest Allotments, this proved so successful that we decided to use the site to its full potential.

As we had already seen the health benefits from our Greening they Grey initiative, we held talks with the PCT to find out if we could enable people to come along to a course specifically designed to learn about health matters and to improve mental wellbeing.

The PCT were delighted to work in partnership as they were already trying to target healthy lifestyles in the area.

The PCT imposed some criteria to the project to meet set targets. These were;

- Over 60's
- Mental health problems
- Learning disabilities
- Gypsy Traveller community



How we found our workers.

We really wanted to target people who were not already 'in the system' as we felt that to really improve the health of people in the Cray Valley then we needed to find individuals that really needed our help.

We put out flyers in local shops, including the charity shops, we also had a good working relationship with chemists who gave out our flyers in the medication bags and also recommended us to people they thought would benefit.

We visited sheltered housing and, a very early volunteer spoke to the local churches.

People began to filter onto the course, liaising with the adult day service helped us contact adults with learning disabilities who wanted to move out of the day service and join more community based groups.

We did manage to recruit people through the charity shop flyers and two came from the church talks.

It did give us an insight into how to get a message out into the community, this is not an easy task, especially if you do not want to use people who are already signed up to courses and 'on the radar'

I do feel that this has been a wonderful benefit to both us and the people attending the course as it has improved peoples lives way beyond anything we could imagine.



Structure

This course ran alongside another healthy lifestyle course called 'Park Time'

People were invited to sign up for both courses with the Tuesday 'Grow Time' being all about learning to grow fruit and veg and the Thursday 'Park Time' working on conservation projects in the parks.

Our 'Grow Time' group was set up specifically to teach people how to set up and run growing areas.

As we had such a diverse set of individuals we worked very hard on making sure we gelled as a group, as that way people would naturally help each other and friendships and companionships were formed.

Emphasis was on building and running the allotment but, just as importantly, we had fun, made new friends, gained confidence and drank lots of tea!

That may sound a bit flip but the social side was as important to some of our workers who had been isolated or suffering from depression.

We always tried to have at least one structured teaching session throughout the day, depending on jobs that needed doing for the time of year. The group are learning about propagation, soil preparation, composting, building raised beds, crop rotation, weed identification, insect habitats and many more.

All of this is done with a very low key, hands on approach and people probably didn't know how much knowledge they had really gained.



Healthy Eating

The group have worked alongside our LBB Occupational health nurse, Nicole who has visited the group to talk about nutrition and healthy cooking, how to read labels, meal portions and the importance of Fruit and Veg in the diet.

She also tested everyone's blood pressure and Cholesterol and declared that we had a very healthy group! That really was something to keep us happy.

Most weeks we cook something that we have grown, some of the best and most memorable were the days we ate the first new potatoes, picked and steamed the sweet corn (with a bit of butter and black pepper), Pumpkin soup was a surprise hit and stir fry's and salads were quick and easy.

Many of the group have begun to grow things at home and cooking with us has given them the courage to try things at home that they would never usually eat or cook, spinach is a prime example, also courgettes were prolific so everyone took some home.



Profiles.

Everyone on the course has given permission for us to tell their 'story' as to why they are on the course and how they feel it has helped them towards a healthier lifestyle.

As a group they have already run a healthy green marquee at a health day the the civic centre were everyone chatted about what we were doing and how gardening has improved their lives.

John.



John has had a stroke, John found the group through the local church talks.

When John first joined the group he had a lot of trouble even walking onto the site and spent most of the time sitting and trying to work from a bench or table. We encouraged John to join in every task and as the weeks progressed John was able to talk more to us about how the stroke was affecting him and the treatment he had been receiving. He said that he had felt that people had been treating him as if he was a child and that he felt that things were out of

his control. Well lucky for him that we had no intention of treating him any different to the rest of the group and we found ways for John to join in every task we undertook. At the same time everyone looked out for him so he felt safe and secure. Meeting up with John's wife a few weeks later she revealed, almost tearfully, that we had given John back the hope and will to carry on and to push himself to get better by the week. John is now looking to start some part time work and has helped out by giving a talk to the local action group about his journey.

Joan.



Everyone's favourite, Joan would never have believed that at one time!

She found us through the flyer in the charity shop and, after calling once and not getting through, was going to give up straight away until her son made her call again. She was delighted, we were delighted and we have never looked back since.

However things were not happy before, Joan was sinking into depression and had many days when she wouldn't or couldn't even be bothered to get up, let

alone leave the house. As she said, she had nothing to get up for. Now she never stops chatting about how brilliant the days she has with us are, she is the mum of the group always making sure everyone is ok, always has a laugh and sees the happy side of things and other people, but don't think she is not one of the hardest workers on the course.

Joan has now had the courage to give up her weekend job, where she was very unhappy to 'get on with her life' and she is going to move on to become a volunteer and mentor for new groups once the course is finished.

Tony



We met Tony when we visited Mind in Orpington, he was trying to learn about gardening and was becoming a bit frustrated as there was no one to help or guide him. When we discussed the new project with him he signed up straight away and has been with us from day 1.

Tony' story cuts deep into your heart. Tony spent his life as a sergeant in the armed forces, after years of serving abroad unfortunate circumstances left Tony with chemical Gulf war syndrome. This affected Tony in many ways and he was homeless for three years. A group called the Warrior project helped Tony to begin to tackle his demons but joining the 'Grow Time' family has resulted in Tony finding his true self by working with nature and the land. He learns new things every week and is moving towards making gardening his life, already winning a best front Garden category resulting in his neighbours asking him to help design their front gardens. Tony has bad days but where as before he would hide away he now makes every possible effort to get to the course. He says himself, we've changed his life.

Matt.



Matt Joined the group in June
After becoming involved with the
Friends of Hoblingwell.
Matt lives at home with his
Grandparents and was working
As a volunteer in a local charity
Shop, feeling very under valued,
becoming angry and frustrated.

Quite a loud young man with ADHD he met a few barriers with inappropriate language, Matt was informed, by the other members, that it was not acceptable and if he wanted to join the group and wanted others help, then he would have to become less aggressive and respect other people. The transformation was immediate, Matt is now, not only a polite valued member on the course but, along with another worker, has taken on an allotment plot much to the delight of his grandparents.

Maxine.



Maxine has a mild learning disability but had chosen to leave the LD Day service, this had resulted in her staying at home all week with maybe just a shopping trip out with her friends on a Saturday. Maxine was becoming very depressed, and a chance meeting at a night out, encouraged her to join 'Grow Time' Maxine has lost 8 pounds! and she never stops talking about it! She is delighted, she has a new set of friends, has learnt new skills and to top it all has had the confidence to join the local gym. She is working hard on improving her diet and is always telling the whole group what they are doing wrong.

Nayomi

This is a wonderful story because Nayomi come along with a lady called Janet as her 1 to 1 support worker. Nayomi lives in St Mary Cray with Janet and gives her 24 hour support. It soon emerged that Nayomi was getting as much from the course as Janet because she had become very isolated and was losing some of her own identity.

Originally from South Africa Nayomi has made new friends, become a lot fitter and finds the time with us a time when she can



relax and indulge in some gardening for herself, which she has found that she loves. As Janet is now such big part of the group she is happy working with our support and Nayomi can enjoy her work and a chat.

Other members of the group include

Michael, A 40 year old man who lives at home with his Mum and Sister. With a mild learning disability, his mother's health problems had affected him badly and he was very withdrawn and had been losing his independence skills, The group has taken him to their hearts and the smile is back and bigger than ever, always at the head of the queue when there is work to be done.

Jaquie, With the group from the start, Jaquie is a full time carer for her mother, a pensioner herself she love the time that she is with the course. This isn't as often as she would like because of her mothers condition but the respite she gets when she is able to attend gives her the energy to run her

home as well as help her mother. The best times are when she manages to bring Pat, her mum, along as well as we all adore her and she gets totally spoilt.

Mike, A pensioner who needs to be with other people. We are very lucky that Mike has some amazing woodworking skills and has built us benches and tables from scrap wood. What he gets from the group is companionship and the chance to learn new skills. He has become a mentor for some of the younger people in the group and, like most of us, likes a good chat.

Michael and Colin. Michael is a young man with a severe learning disability and is supported by Colin. Michael use to have a lot of difficulty working around other people because he is so active and becomes very excited. Since working with Colin on the allotments, Michael is a very valued member of the group and is everyone's favourite. All of our workers are really patient with Michael and he is relaxing into just another team member, which for Michael is a wonderful achievement.

Tim, Tim has been with us for just a few weeks, he came along for a trail day and hasn't missed a Tuesday or Thursday since. He has joined up with the younger guys and has helped Matt taking on the new Allotment plot. We are still getting to know Tim but a very hard worker and valued member of the team.



Pat, A single mum who wanted to learn how to grow veg to improve her children's diet, Pat cannot always make the course but comes along when she has the time and this has also encouraged her to take on her own half Plot at the Allotment site, and with our help, she has grown veg for the first time this year.

Ian, Ian has severe clinical depression and it has taken us months to encourage Ian to join the group. He already had a plot on the site but hadn't worked it for a long time because he had been in and out of hospital so much. Fingers crossed he is now attending regularly and members of the group are also working to help him get his own plot ship shape. A great achievement is that he had to go early last week because he had a tennis game straight after, and he hadn't played for a long time. Great to see a smile.

Alison. Alison is also new and phoned up to apply to be a volunteer. Alison is just recovering from a fatigue syndrome and wanted to ease her way back into work. She is an experienced gardener and has been helping with the new plots and getting fitter every day.



One of the highlights for the group was to all turn up on a Sunday morning to help Poverest Allotments on their Big Clear Up Day. The group invited the whole allotment onto our plot and supplied the hot drinks and BBQ as well as joining in the clear up. The allotment site loves having the group on the site on Tuesdays and, more often than not, we have a few extras at tea time.



Gypsy Travellers

Part of the remit of the partnership was to work with Gypsy Traveller families. It became apparent that this was going to be very difficult for a few reasons. Mainly because the large population of Gypsy Travellers were not registered in the Cray Valley so it was always difficult to ascertain who and where they were, the problem was also made more difficult because no body was coming forward to sign up for the group so we began to think 'out side the box'. The main criteria was to improve people's health and well being by learning to

grow produce so we decided that we may need to go to them. This was achieved by working alongside Affinity Sutton and approaching three young families on the traveller site off Star Lane. We have already put one raised bed in and within the next few weeks will have worked with all three families. The children have been helping to build the raised beds and all the family will plant herbs and strawberries this year and then learn how to sow seeds next year. It is delightful to see how interested the families are and I'm certain that they will continue to grow fresh food.

Caroll Long, Parks Partnership officer.

Paul Haxel, Conservation and Horticultural expert.

October 2010

'PARK TIME'



Alongside the 'Grow Time' Project Bromley Parks and Greenspaces in Partnership with the PCT have run a 'Park Time' course.

This course is more physical than the 'Grow Time' and is designed to improve fitness whilst enabling people to become aware of conservation issues.

All but one of the 'Grow Time' family has joined this group and with the addition of two other workers we have a steady stream of people accessing the course.

Course aims.

- **To improve Physical fitness.**

The nature of the jobs undertaken in this course naturally lead to a more physical involvement for the group, however each session will have different levels of tasks so that all people can participate, whatever their ability. An example would be clearing an over grown path, more mobile workers cleared the path using slashers and shears whilst less mobile people raked and gathered the excess scrub.



- **To improve mental wellbeing**

Being with a group of likeminded people who are enjoying their day is always a great way to improve your own outlook on life but to achieve something by improving a green space for others to enjoy always gives an element of pride which, in turn improves your self esteem. Trips out to learn about conservation or country heritage or crafts, is an ideal way to bond as a group, walk a long way without realising how much you are improving your health and also to gain knowledge.

An example of a project.

The 'Park Time' group linked up with Sustain (Capital Growth) to provide a school garden at St Mary Cray Primary School. They cleared the existing raised beds and worked alongside the Park Services department, to chip up the existing shrubs to use as a mulch in the new nature area.



9 tons of soil and manure was then hand filled into the raised beds and new Veg Trug creating a whole new garden which the school has already planted and sent the group a photograph of the students working as a thanks.

The group have many Park work days and have also helped with St Paul's Primary School Garden and building a new garden for the Travellers project flat.

A Healthy Lifestyles display

The team ran a display at the Civic Centre Healthy Lifestyles Day. They set up a marquee and showed different ways to grow vegetables in pots and how to incorporate them into a planting scheme in the garden. They also spoke to people about their experiences since joining the Healthy Lifestyle course and told how it had improved their lives, they not only had a great day but people were genuinely moved by their enthusiasm.



Improving estates.

The local PCSO approached the group because there was a communal space in one of the local estates that had an area of dead and bramble filled bushes that was attracting unsocial behaviour. The elderly residents were becoming distressed so the group happily came to their rescue. The job was well done and the group met lots of new, and grateful, friends who all come out to chat and help.



Trips out



A visit to the Lavender Farm in Lullingstone helped the group understand the benefits of essential oils and introduced them to BeeKeeping.

Lunch out, a river walk and a great view over a managed golf course showed a really diverse range of landscapes along with the all important gradient ramble.

Always time for a little sleep as well!



People 4 Parks Award



The 'Grow Time' team joined the Cray Valley Friends to raise the well-deserved **People 4 Parks** flag which the 'Park Time' team helped win by keeping the parks in Cray Valley East clean and well managed.



Thank you.

Caroll Long, Parks Project Officer LBB

Paul Haxell, Conservation expert ACH.

WOULD YOU LIKE TO BE A



RIVER



VOLUNTEER.

Join our new

River Keeper

on the River Cray.

Every Tuesday, Starting Feb1st

from 10am til 1pm (just turn up)

Meet in Kent road, next to Riverside Gardens.

Learn river keeping skills,

River conservation,

River Management,

Restoration projects.

For more information call the landscape

help desk on 0208 3134471



Grounds Maintenance 2010

This last year the GM Team has successfully delivered a number for parks improvement projects not that were beyond the routine programme of works and have involved both engaging our contractors and community groups alike. These include:

- Path improvements in St Mary Cray Cemetery, Biggin Hill Cemetery and Riverside Gardens, St Mary Cray.
- Improvement works to Priory walled garden, including complete regeneration of the rose beds with new standard roses and also a new enhanced path/surface around the library building
- Repaired and replace over 100 lin metres of new knee-rail fencing in Kelsey Park
- Shrub regeneration schemes using over 5000 plants/shrubs and covering not only our parks but extending to high visibility highway sites
- Liaising with allotment plot holders in 32 allotments borough wide to deliver a boundary fencing project in order to improve security after a number of complaints and break-ins with over 426 Hawthorne plants, 805 Pyracantha plants and 250 holly plants. This enabled us to not only create an instant (prickly) boundary to improve security on the sites but the mix of plants used also improves the biodiversity at the sites.
- We worked closely, consulting with plot holders and allotments association at Farnborough Hill Allotments, to deliver an extension project providing an additional 28 half plots whilst also improve their boundary security with a new fence and access gate.
- The team have also attended at least 14 Friends Work Days contributing over 28 hours to support community groups across the borough.

Our routine maintenance and beyond in 2010...

- We have made an estimated 31200 parks and greenspace monitoring visits in 2010 (52 weeks x 5 days x 40 visits / observations a day x 3 officers)
- We have cut over 10million m2 highway grass verges
- We have provided over 150000 plants in our bedding plants across the borough delivered through our GM contractor English Landscapes. We are seeking in the coming years to start introducing more permanent plants which not only would be more sustainable and more cost effective, but also will still provide continued colour and also architectural displays. The GM team are working alongside TfL to prioritise key Highway sites for maximum impact.
- We ensure that over 65 playgrounds are inspected and checked on a daily basis approximately 23,725 yearly checks
- Officers in the GM team have been heavily involved with putting together management plans for our parks, working closely with respective friends groups and interested community groups to achieve better understanding of the GM

service delivery and to work with them to get the most out of the service. So far we have drafted plans for Kelsey Park, Farnborough Recreation Ground, Watermeadows

Floral displays

We have had 640 hanging baskets on display from 1 June to 30 Sept. not only in Bromley's major town centres like Bromley and Orpington, but also we installed hanging baskets in some of our smaller shopping parades like Burnt Ash Lane and Green Street Green (liaising with the local businesses and ward members) and Downe Village (working in consultation with Downe Village Resident Association)

We re-tendered this contract at the beginning of the year and by adopting a matrix with various awarding options, we let the contract to two different contractors, one to deliver the floral displays (i.e. barrier baskets, towers and cubes) and a different one for the delivery of the hanging baskets. In recent years this has been delivered by just one contractor, but by awarding the contract to two contractors we were able to bring down the total cost of the contract which meant we were able to extend the service to sites that previously did not have floral displays like Green Street Green parade and Sundridge Park shops, both locations received very positive feedback from residents associations and ward members respectively.

The rest of our floral displays that we have installed across the borough have been 76 barrier baskets and 49 single cubes.

In addition we have also had 41 flower towers which again have enhanced and boosted local economy in times of recession in some of our smaller shopping parades, like Chatterton Parade and Keston Village shops. New in 2010 we consulted with the village society in Green Street Green and ward members in Sundridge Park to install three planter towers at each location.

London in Bloom

With previous successes in the Urban Community Category of the London in Bloom Campaign for Beckenham, it was decided to give another area the opportunity to enter this award and recognition scheme for 2010. The GM team took the lead on this project and we entered Petts Wood. As part of the entry a large number of very positive community engagement events, activities and projects were completed, including a community tree pit planting event both in May and November, a green information day was held in the centre of Petts Wood which was supported by the Mayor and where he recognised the achievement of a local cub pack for their efforts with environmental issues. Also achieved as part of the campaign was the renovation of the pavilion in Petts Wood Recreation Ground, with new windows, doors and shutters. This legacy project of the campaign has not only improved a council asset, but has enhanced the usability of part of the building

As part of the campaign, GM officers managed to secure a number of small external funds from Resident Associations, businesses, schools and sponsors all of which supplemented the work that could be achieved throughout the campaign.

Mapping Projects

GM have recognised that one of the best ways to improve communication not only with our contractors, but also and most importantly with our customers, whether they are local ward councillors, internal officers or local residents, is the supply of reliable, relevant information on what we do. Over the last 12 months GM have really pushed

the updating of our contract maps for every area that we cover including routine GM works, floral displays, grass cutting on rural sites, and cleansing operations like dog waste bins and litter bins. This has led to ward councillors being better informed to make key decisions, officers are in a better position to respond to customer queries and also to supply information when going for external grant funding and also customers have received clearer answers when contacting the landscape helpdesk who use our map layers on MAVIS to respond to customer enquiries, for example.

Parks Services Activity for Period November 2009- October 2010:

NEW FOR 2010:

- **Joint-winners of London Borough of Bromley's 'Top Team Award' 2010**
- **Since February 2010, we have taken on five 'Future Jobs Fund' staff. Three have completed their six-month contract & we are now working with two new staff.**
- **Along with Dave Smith, we now have a new volunteer, Tony Holt. He worked with us on a four-week work-placement sent from the BFSC. Upon completion of his contract there, he asked if he could join us as he enjoyed his time with us so much. We are very grateful to both Tony & Dave for their continued enthusiasm & support.**
- **Parks Services have procured two new road-gritters in order to assist in clearing the roads during icy periods. These can be attached to our Landrovers thus allowing us to reach areas where Bromley's road-gritters would have difficulty due to lack of traction.**

Parks/BFSC Construction & Repairs: 75 parks tasks carried out (mainly gate/fence construction/repair & installation) instead of contractor response, 12 BFSC Work Placement individuals received.

Maintenance & Repairs: 761 sites, 3170 man/hrs due to FJF & volunteer support. (Previous year: 760 sites, 1984.1 man/hrs).

Graffiti Removal: 175 incidences, 324.75 man/hrs, £1,320 contractual fees spent on one site, one incident, Biggin Hill skater park, due to sheer amount of graffiti. (Previous year: 397 incidences, 472.75 man/hrs, £513 spent on contractual fees).

Site Checks: 1053 site visits, 999.5 man/hrs. (Previous year: 1347 checks for fly-tipping, task or damage assessments, work request surveys, abandoned vehicle searches etc, totalling 1010 man/hrs).

Fly-tip Collection: 360 incidences, 527.5 man/hrs, 82,780Kg fly-tipped waste collected. (Previous Year: 470 incidents, 398.5 man/hrs, removed & disposed of 108,920Kg fly-tipped waste).

Vehicle Recoveries: 41 burnt-out/abandoned vehicles, 20 cars, 42 motorcycles recovered. (Previous year: 102 burnt-out or abandoned vehicles removed from various parks: 60 cars, 42 motorcycles).

Parks & 'Payback' Community Service: 78 Payback groups, 209 site visits. Supplied tools/equipment to 101 Payback groups co-ordinated by Jackie Baxter. (Previous year 233 groups: reduction of parks-directed groups due to new group delegation structure). Payback teams have assisted Parks Services in the maintenance & repair of certain parks infrastructure, such as fence repairs & stub-post insertion, collection of litter & removal of graffiti from various targeted parks within the borough on a weekly basis (usually 3 teams per week). Parks Services provide all tools, materials & personal protective clothing for such tasks. Sunday Payback teams remove graffiti from pre-specified urban areas, as directed by Street Services. All tools, materials & equipment supplied by ourselves.

Friends of Parks: Parks Services have attended or supplied equipment for **128 organised Friends Group events (318.75 man/hrs)**, providing staff, vehicles, trailers, tools, equipment, materials & personal protective clothing for volunteers. We ensure Health & Safety is adhered to & staff can provide additional services such as tree felling or vegetation management using tools such as chainsaws, industrial scrub-cutters & so on. We also remove & dispose of any fly-tipped waste or litter collected following such an event.

Furthermore, upon request, staff will deliver, set-up & collect the Friends of Parks display caravan to & from organised events. **(Previous year: 110 FG assists as above).**

Community Projects & Events: On occasion, Parks Services staff assist community groups that do not fall within the parks maintenance remit. We are happy to help those who want to help themselves & make a difference to their local surrounding. The Blenheim Estate Residents Association (BERA) receive the same service as the 'Friends of Parks' groups, as do volunteers of the St. George's (Beckenham Green), St. John's (Penge) & Coney Hall Church Groups upon request. We have responded to such requests on **41 occasions this period, 210 man/hrs.** **(Previous year, 31 assists).**

Formal Borough Parks Events: Parks Services received & processed **251 formal applications** for events such as firework displays, pageants, fetes, fairs & so on that took place at various parks within the borough following approval. **Parks staff contributed 192.5 man/hrs** in assisting, delivering equipment, safety equipment or granting security staff presence upon request. **(Previous year: 210 events, 146 man/hrs contributed).**

Junior Citizens Presentations: **Parks Services staff attended 34 days (236 man/hrs)** this period, delivering presentations to Year 6 children regarding the hazards of illegal motorcycling **& now includes the effects of vandalism & anti-social behaviour.** At the end of each event, approximately 500 children are seen. Staff delivered safety presentations to around **3,180 children** before making their transition into Secondary School.

Careworker Transportation: During the early 2009 snow storms, Parks Services volunteered the use of our crew-cab 4x4 vehicles & provided Parks staff to drive Homecare & Carelink staff to their otherwise inaccessible patients on an essential round-the-clock basis. Once again, during the recent December 2009-January 2010 snow storms, our team provided the same service to Careworkers **(9 days, 311 man/hrs)** between the hours of 08:30 to 00:00 & beyond. After this time, a member of staff from the Transport Team continued the service through to 08:30, using a Landrover supplied by ourselves, where we would then take over again through to midnight. We intend to continue to provide this emergency service on a more formal & permanent basis & we are already making preparations for next winter. **We will be providing the same service this winter if necessary.**

Street Friends Update

01 January 2010 - 31 December 2010

What Street Friends is all about

Street Friends encourages residents to:

- take more responsibility for their own environment
- report problems within their streets such as tripping hazards on the footways or abandoned vehicles
- consider volunteering to clean graffiti or litter-pick themselves
- arrange community cleanups
- make suggestions for improvements to the existing street scene

There are currently over 760 Street Friends who look after nearly 700 streets throughout the borough. Some Street Friends look after more than one road and some roads have more than one Street Friend. Our ultimate aim is to try to recruit at least one Street Friend for each of the 3000 or so roads in the borough.

What we provide

Each Street Friend is provided with a handy credit card sized plastic information card that can be kept in their purse or wallet. The card lists useful telephone numbers for reporting various problems that they may find on the street.

For many years now we have provided residents with graffiti removal kits and paint to cover graffiti. Since the launch of Street Friends we have been supplying increasing numbers of litter-pickers and bags. We are also able to consider any reasonable request for other items such as high visibility vests, protective goggles and gloves, disposable overalls and so on.

During 2010 our Street Friends received two newsletters which informed them of the various ways they could contribute to improving their environment, such as:

- joining in "The Big Bromley Brush Up", an eleven day campaign from 21 to 31 August where individuals or group undertook a whole range of activities such as litter picking and graffiti clearance.
- removing leaves from drain covers.
- planting bulbs supplied by us around tree pits along their streets, to make their roads even more attractive the following spring and for many years to come.

Other articles feedback on various other things such as:

- the planting of geraniums in tree pits along Queensway in Petts Wood and litter picking the surrounding roads as part of the Petts Wood Street friends' contribution to making the area an even more attractive place to live, visit and work. During July judges inspected all their hard work and subsequently we received a silver award for our entry into the London in Bloom competition this year,
- the first Friends Conference that took place in the Civic Centre during September, attended by scores of volunteers who heard presentations about current environmental issues and campaigns and were given the chance to answer questions and then network with other volunteers and council Officers,
- the two Street Friends who were awarded an NVQ level 2 in Cleaning and Support Service after attending a free training course during October with several Council Officers.

One of the newsletter articles publicised the annual winter service parade at the Central Depot. As a result, during November six Street Friends were able to inspect the fleet used to clear our street of snow and ask officers questions about our winter maintenance programme.

Street Friends were also invited to become Snow Friends and receive a snow scoop and 25kg bag of salt to help clear the pavements in their streets of snow and ice. The campaign proved extremely popular resulting in numerous existing Street Friends registering to the scheme along with hundreds of new volunteers bringing the total number of people willing to help clear snow from the highway to over 1000!

Future plans

During 2011 we will continue to invest in the recruitment of Street Friends and undertake exciting new challenges including:

- encouraging Street Friends to form a committee similar to the friends of Parks forum that will be able to apply for funding for specific projects to enhance the street scene
- setting up a dedicated Friends collection point at the Churchfields and Central Depot for plastic bags full of green waste to be left, such as weeds removed from public rights of way, basal growth removed from trees, leaves collected from public areas or vegetation removed that was overhanging the highway
- setting up a dedicated Friends collection point at the Central Depot for plastic bags full of mixed recyclables collected from public areas
- developing a junior Street Friends scheme aimed at school aged young people