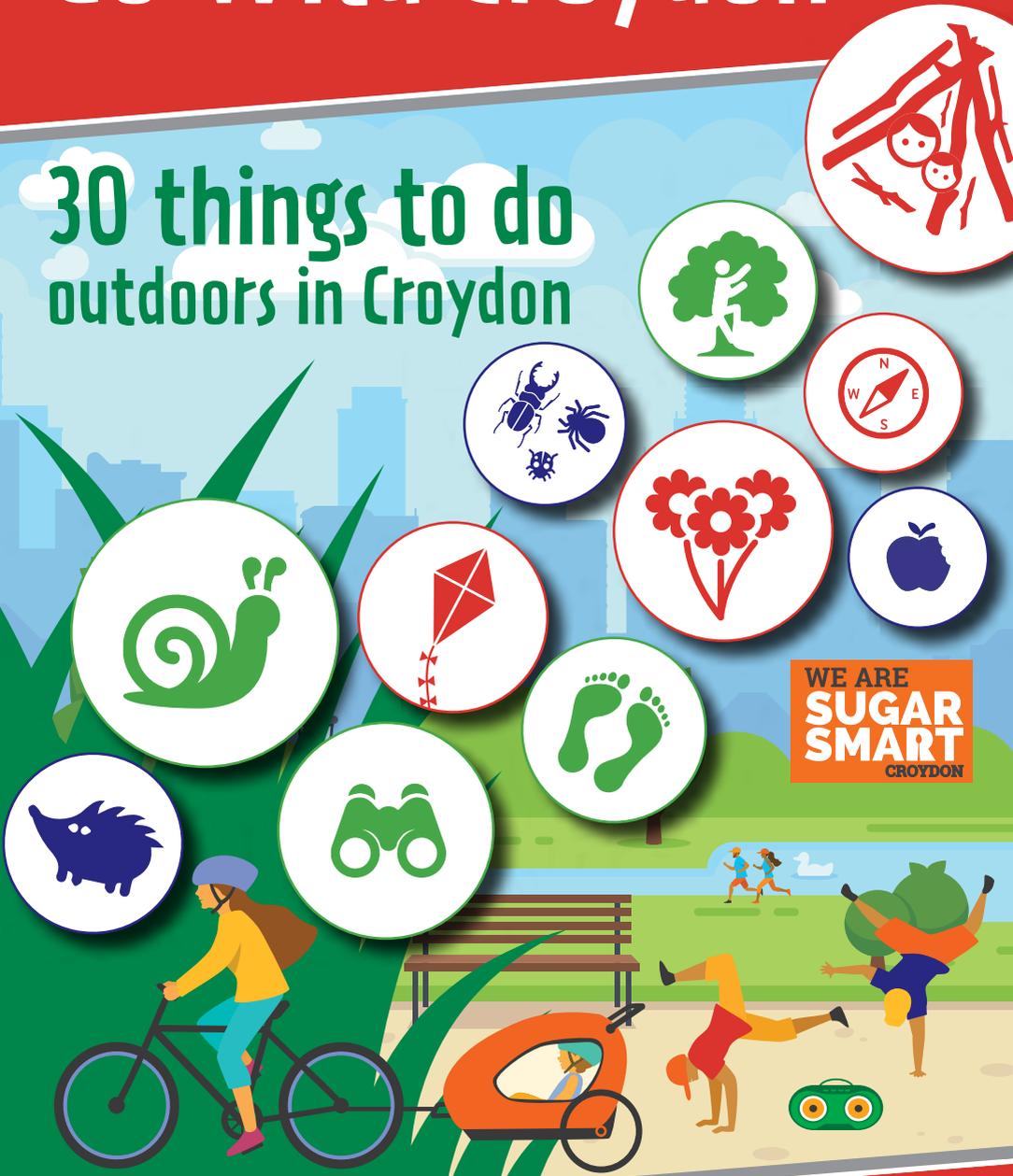


Go Wild Croydon

30 things to do outdoors in Croydon



WE ARE
**SUGAR
SMART**
CROYDON

Delivering for Croydon

CROYDON
www.croydon.gov.uk

London National Park City Week

London is to become the first National Park City in the world in 2019. Find out more about the National Park City at <http://www.nationalparkcity.london/>

From 21-29 July, London will host the first ever London National Park City Week. There will be lots of fantastic events and activities all week long to celebrate London's unique green spaces, trees, waterways and natural environment.

For details of events and activities visit www.london.gov.uk/events/2018-07-21/london-national-park-city-week-events-2018



Croydon boasts 127 parks and open spaces with heathland, lakes, chalk meadows and ancient woodland, home to wildlife, trees and flowers. This summer we want to encourage every child and every family to go outdoors to explore the wild and green side of Croydon.

We are setting you **30 unique challenges** to complete in Croydon over the summer. Complete as many challenges as you can, tell us about it and become an official Croydon Outdoor Explorer and receive a certificate.

Things to consider before you go out:

- Take a responsible adult with you at all times
- Check the weather forecast, take some water, sun-cream
- Check the tree before you climb it and be kind to the tree
- Keep your dog under control and pick up after it
- Leave no trace - take your litter home
- Be mindful when picking wild flowers or fruit
- Fires are not allowed in parks or woodland



Events details

SATURDAY 21 JULY

Family orienteering event Lloyd Park

Learn to read a map and use a compass with Croydon Scouting. Meet in the car park, register between 2-5pm, pick up a map and details – help is at hand from experienced scouts and Explorer Scouts who are fundraising for their partner scout group in The Gambia, £5/family.

 crystalpalacetigertroop@gmail.com



SUNDAY 22 JULY

If you go down Stambourne Woods today

Join the friends of Stambourne Wood, off Church Road, Upper Norwood, for a bare foot walk, climb a tree and discover what lives and grows in the wood. Meet at 10am by the log seating in the wood.

TUESDAY 26 JULY

Family gardening at Park Hill Park in the Walled Garden

Learn to grow your own food with the Friends of Park Hill Park

 Friendsofparkhillpark@outlook.com



THURSDAY 26 JULY

Family Wild Time in Addiscombe Railway Park

Join the Community Partnership Officer for an afternoon of outdoor

fun, with mini beast hunting, making leaf crowns, getting to know your trees and maybe some friction fire lighting, free event for all the family with children 5+

 biodiversity@croydon.gov.uk

THURSDAY 9 AUGUST

Family Park to Park saunter

Meet the Community Partnership Officer at 10am in Coombe Wood and explore a circular route through Addington Hills, Heathfield and back to Coombe Wood, 2 hours, suitable for families with children 6+

 biodiversity@croydon.gov.uk

WEDNESDAY 15 AUGUST

King's Wood Family Activity afternoon

Join the Friends of King's Wood and the Community Partnership Officer from 2-4pm for a scavenger hunt, friction fire lighting, wildlife tracking, pond dipping or mini beasting. For more information please email

 biodiversity@croydon.gov.uk

WEDNESDAY 15 AUGUST

Mini-Beast Hunt in Selsdon Wood

Meet with Roger Hawkins, at 2pm by the wooden bear for this family event in conjunction with the Friends of Selsdon Wood

 www.friendsofselsdonwood.co.uk

Complete as many of the 30 challenges as you can.

Let us know how many challenges you have ticked off by completing our feedback survey

www.croydon.gov.uk/gowildcroydon

For completing 1-10 challenges you will receive a **Bronze certificate**, 11-20 for a **Silver certificate** and 21-30 for a **Gold certificate**.

Complete all 30 challenges and we will send you a **small prize**.

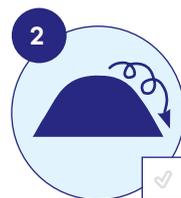
To help you tick off some of the challenges there are **EVENTS** you can join in over the summer on pages 3 & 6.

Places for things to do

- 2 *Some great slopes in Duppas Hill, Selsdon Wood, Beaulieu Heights & South Norwood Country Park*
- 5 *Lloyd Park or Purley Way West, the old Croydon Airfield are ideal sites*
- 11 *There are bridges over water in Wandle Park and Waddon Pond*
- 17 *The Waterlink Way and Wandle Trail are great off road cycle routes*
- 25 *Be safe and join an event or do it at home*
- 28 *Visit a community garden, Wandle Park, Park Hill, Thornton Heath Rec, Addiscombe Railway Park, Westow Park*
- 29 *London Loop, Vanguard Way or the orienteering trail in Lloyd Park*



Climb a tree



 Roll down a hill



Make a daisy chain



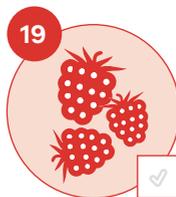
Run a Snail race



Go on a bare foot walk



Make a mud pie



Pick blackberries



Go stargazing



 Cook over a fire



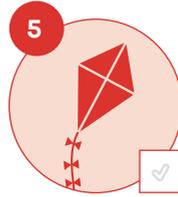
Find a geocache



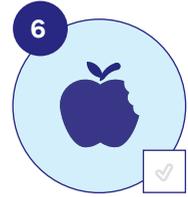
Build a den



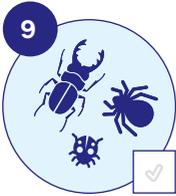
Run in the rain



🚩 Fly a kite



Eat an apple straight from the tree



Go mini beasting and hold a scary beast



Make some Wild Art



🚩 Play pool sticks



Make a grass trumpet



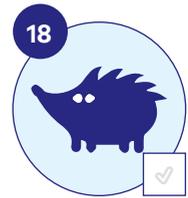
Lay a trail for your friends with sticks



Go on a long hike



🚩 Go on a long bike ride



Find a hedgehog
London Hedgehog Project



Go pond dipping



Make a wildlife home



Go on a night time wildlife walk



Go bird watching



Track a wild animal and make a plaster cast of a footprint



🚩 Plant it, grow it, eat it



🚩 Find your way with map and compass



Visit Croydon's only windmill – Shirley Windmill

SATURDAY 15 SEPTEMBER

Community Apple Day in Addiscombe Railway Park

A family celebration of the orchard's fruit harvest, 2-5pm, with children's outdoor games, apple cake and apple tasting. Free event for all the family. For more details email

📧 parkfriends@addiscombe.net

SATURDAY 15 SEPTEMBER

Make yourself a wooden Spoon

Spoon Carving workshop in Beaulieu Heights, part of the Great North Wood project run by the London Wildlife Trust. For more info and to book email

📧 sbtoon@wildlondon.org.uk

FRIDAY 21 SEPTEMBER

Bats over South Norwood Lake

To close the bat season for this year join us again to watch the masters of the night sky, as they hunt for insects over the lake. Meet at 7pm by the main entrance to the park, next to the Waterside Centre, off Woodvale Avenue.

More events and activities over the summer or all year round which help you to explore the wild side of Croydon and complete some of the challenges:

- Croydon Walks programme – free events and guided wildlife walks www.croydon.gov.uk/leisure/parksandopenspaces/walks
- National disc golf day – 4 August Discover a new sport and play it

yourself at London's only disc golf course in Lloyd Park www.croydondiscgolf.com or call Richard Wood **07881585379**

- Croydon Ramblers www.ramblers.org.uk
- Shirley Windmill, open every first Sunday of every month
- Go Wild with us UK family outdoor events www.gowildwithusuk.com
- Wild in the City, bush craft and well-being for all the family www.wildinthecity.org.uk
- Kenley Observatory – Open to the public on Saturday evenings from September to May. www.croydonastro.org.uk
- Croydon Petanque Club – Taster Sessions in Ashburton Park Wednesday 18 July & Saturday 21 July, 📧 croydonpetanqueclub@hotmail.com
- Community Gardening – weekly meetings during the growing season Park Hill, Thornton Heath Recreation Ground, Wandle Park, Westow Park, Addiscombe Railway Park

And don't forget to check out the official London National Park City Week webpage for events across London, www.london.gov.uk/events/2018-07-21/london-national-park-city-week-events-2018



The **Croydon Outdoor Explorer Network** unites groups, organisations and individuals that strive to reconnect children, young people, families and local communities with the nature that is on their doorstep in Croydon. Croydon council is keen to inspire greater numbers of people, give confidence and guidance to anyone who wants to embark on exploring the wild side of Croydon, or who wants to inspire those in their care with the wonders of nature.

To those ends, the council is promoting the following initiatives: Forest School, The John Muir Family Awards Scheme, workshops and training. For more information visit www.croydon.gov.uk/leisure/parksandopenspaces/croydon-outdoor-explorer-network or e-mail biodiversity@croydon.gov.uk

Thanks for taking part, we'd love to hear from you

We hope the challenges will help you to find your wild side and you discover some wild places in Croydon in the process.

We would love to hear from you and how you got on with your challenges over the summer holidays.

To receive your Croydon Outdoor Explorer **Bronze certificate** complete 1-10 challenges. For **Silver** complete 11-20 challenges and 21-30 challenges for **Gold**.

Let us know how many challenges you have ticked off by completing the short feedback survey www.croydon.gov.uk/gowildcroydon

If you managed to complete all 30 challenges over the summer then you are awesome! Please do let us know by using the same link so we can say – Well done! and send you your gold certificate, the official Croydon Outdoor Explorer badge and a **small prize**.

The online survey link will stay open until 15 October, any entries submitted after this date will no longer qualify for certificates or prizes.

Have a healthy, wild and happy summer in Croydon's parks and open space!



Smart Kids are SUGAR SMART

Being busy outdoors can make you hungry and thirsty, but are you SUGAR SMART enough to choose healthy foods and drinks?

WE ARE
**SUGAR
SMART**
CROYDON

Take our quiz to find out!

1. What's the maximum daily amount of sugar recommended for kids aged 7-10 years?
2. How much sugar is there in a can of cola?
3. How about a carton of fruit juice?
4. Which of the following is FALSE?
 - a. Sugar can rot your teeth
 - b. Too much sugar can cause an illness called diabetes
 - c. It's hard to find tasty food and drinks that aren't sugary



Stay SUGAR SMART while you're out and about this summer - join our campaign!

www.croydon.gov.uk/sugarsmart [#sugarsmartcroydon](https://twitter.com/sugarsmartcroydon)

And find out more about sugar at www.nhs.uk/change4life/food-facts/sugar

Answers 1. 6 teaspoons (24g) per day 2. 9 teaspoons (35g) 3. 4 teaspoons (16g) 4. C - it's easy to find tasty alternatives to sugar!



Visit your local library and sign up for the Summer Reading Challenge 2018! Read 6 books between **14th July and 15th September** to collect stickers and prizes.

Explore your map of Beanotown to find clues and watch out for Dennis the Menace making mischief! When you finish all 6 books you will be awarded a medal and certificate. For more information about events and activities in libraries visit: www.croydon.gov.uk/leisure/libraries/SRC

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