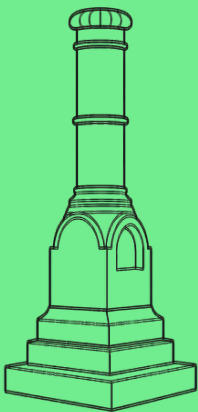


PENGE & ANERLEY

GRASSROOTS NETWORK

JUL/AUG
2026

COMMUNITY EVENTS & ACTIVITIES



FRIENDS OF PENGE RECREATION GROUND



Penge Recreation Ground, SE20 8QX

First Sunday of the month at 11am for an hour

A meet up to enjoy our park over a chat and a coffee. Doing some light weeding or clearing as we talk.

Join our *Friends of Penge Recreation Ground* FB page or email pengerecreationgroundfriends@gmail.com

**NO GARDENING EXPERIENCE REQUIRED!
WE LEARN TOGETHER. OPEN TO ALL.**

PENGE MUSIC



Penge Congregational Church, SE20 7JD

Open Mondays - once a month on Mondays 7:30pm

An open stage event for local musicians



Coffee concerts - once a month on Saturdays 1pm

Professional musicians of varying styles and instruments performing a 50 minute concert

Find us at www.pengemusic.co.uk, pengemusic@gmail.com, on facebook or Instagram. No events in August.



PENGE LUNCH CLUB



St John's Church, Penge, SE20 7EQ



Thursdays 11-1

A welcoming atmosphere, with free tea, coffee, warm lunch and entertainment every Thursday. Penge Lunch Club is run entirely by volunteers with donations from the community.

To find out more or contribute contact Karen: 07947 664265



VOLUNTEERING OPPORTUNITY

CAREDOGS



Across the borough



Flexible on dates

Volunteer opportunities for dog owners and their friendly dogs. Regular walks and conversation with a local resident age 55+ . DBS check and safeguarding training provided.

email [hello@caredogs.org.uk](mailto:hello@ caredogs.org.uk) for more info or take a look at our website caredogs.org.uk

PENGE CLIMATE COLLECTIVE



Southey Brewing, SE20 7JD



Ad hoc meetings

Free film nights, discussions and a WhatsApp community with a focus on community and sustainability.

Find out more via

www.linktr.ee/pengeclimatecollective



WANT TO START A COMMUNITY GROUP?

Get free support by emailing GDO@communitylinksbromley.org.uk

LIVING WELL BROMLEY



Holy Trinity Church, SE20 7LX



Foodbank Tuesdays 2-3:30

Art Cafe Tuesdays 2-3:30

Foodbank Fridays 1-2:30

Free hot meals Fridays 1-2:30

Foodbank Saturdays 10:30-12:00

Foodbank, free hot meals, cool space, art cafe, clothes bank and advice services. For people struggling with the cost of living, poverty or loneliness.

visit www.livingwell.life or email hello@livingwell.life



LOOKING TO VOLUNTEER?

All of the organisations listed here are looking for volunteers.

Do you have a couple of spare hours each month?

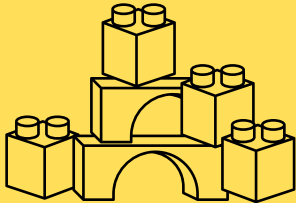
Do you have skills you can offer or do you want to learn something new?

Contact the group directly or visit communitylinksbromley.org.uk/volunteer to find out about local volunteering opportunities

PENGE & ANERLEY GRASSROOTS NETWORK

COMMUNITY EVENTS & ACTIVITIES

IT TAKES A VILLAGE CRYSTAL PALACE CIC



 **St Hugh's Community Centre, SE20 8PL**

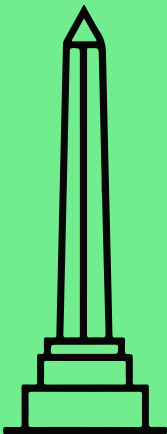
 **Tuesdays 10-12**

Welcoming, inclusive community group for local mums & babies providing peer support, mindfulness, breast/chest/bottle feeding advice and guest speaker sessions. Tea and chats for you, toys and mats for the babies!

Visit www.happity.co.uk/it-takes-a-village-crystal-palace

We also meet outdoors in Crystal Palace Park during the summer months! Follow us on instagram @ittakesavillagecp for all the latest.

FRIENDS OF BETTS PARK



 **Betts Park , SE20 8TQ**

 **Tai Chi session in Betts Park on Sat 4th July at 11am**

The Friends of Betts Park with Kevin Moloney will once again host a FREE Tai Chi session in Betts Park. ALL WELCOME!

 **Betts Park Fun Day Saturday 15th August 11am - 3pm**

Family Fun including a bouncy castle, sandpit, face painting, lots of games, and a fab DJ! Snacks & drinks and portaloos too.

Join Friends of Betts Park SE20 on facebook or email

BettsParkSE20@gmail.com

BECKENHAM & PENGE REPAIR CAFE

 **Christ Central Church, SE20 7JA**


 **Last Saturday: Jan/Mar/May/Jul/Sep/Nov, 10am - 1pm**

Volunteer repairers help you fix your broken electricals, clothes, toys, furniture and more - for free or a small donation. We bring together the local community for a positive day of human connections, and repairing beloved items whilst saving items from landfill.

Search 'beckenham and penges repair cafe' on Facebook for event info and to contact us.



PARKBATHE MINDFUL WALKS CIC

  **Upcoming sessions: July 11th at Betts Park, 11am and Grangewood Park 4th July at 11am + more parks!**

Free guided forest bathing walks in local parks for anyone experiencing stress or anxiety. Walks are slow and silent and suit low mobility. Connect with others and relax.

Visit www.linktr.ee/ParkBathe to book free or email vanessa@parkbathe.co.uk for volunteer info pack.



**NEW MEMBERS AND HELPERS
ARE ALWAYS WELCOME!**

BECKENHAM & PENGE GATEWAY CLUB

 **Christ Church Anerley (rear door on Maple Road), SE20 8ER**
 **Thursday evenings 7pm to 9pm**

A social club for adults with Learning Disabilities.

We offer a welcoming, friendly space to meet with friends

email: bpgc1965@virginmedia.com or telephone: 020 8777 0306



GOODGYM CRYSTAL PALACE

 **The Bridge House, SE20 8RZ**
 **Monday evenings at 7pm**

A running club with a social purpose - jogging to help out community projects with practical tasks. Think tin sorting at a foodbank or shovelling compost for a community garden.

Find out more at goodgym.org



WHAT IS THE PENGE & ANERLEY GRASSROOTS NETWORK?

The network is made up of 30+ local groups that are run as non-profit organisations by and for the local community.

For more information, email:

GDO@CommunityLinksBromley.org.uk



**COMMUNITY
LINKS BROMLEY**