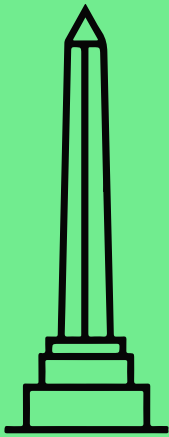


PENGE & ANERLEY

GRASSROOTS NETWORK

SUMMER
2026

COMMUNITY EVENTS & ACTIVITIES



FRIENDS OF BETTS PARK

 Betts Park , SE20 8TQ




Betts Park Open Day @ Noon 16/5/26

We'll be unveiling the new plaque for the Heart of Anerley obelisk, followed by a tour and explanation of projects happening around the park. There will also be music, a plant sale and ice-cream.

*Join Friends of Betts Park SE20 on facebook or email
bettparkse20@gmail.com*

BECKENHAM & PENGE REPAIR CAFE

 Christ Central Church, SE20 7JA

 Every 2 months, 10am -1pm

We fix things!

Bring your broken furniture, small electricals, textiles, computers or bikes and our volunteers will try to fix it for free or a small donation

[facebook.com/groups/beckenhampengerepaircafe](https://www.facebook.com/groups/beckenhampengerepaircafe)



We're a fun, friendly bunch, if you have some skills or would like to learn then come on down and join us :)

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

New members and helpers
are always welcome!

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

LIVING WELL BROMLEY

 Holy Trinity Church, SE20 7LX

 Plant Sale 09/05/26

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, warm 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

BROMLEY & DISTRICT PARKINSON'S UK

 Penge East Community Centre, SE20 7BE

 Tuesday 17th June 10.30-12.30

Get together for people with Parkinson's, their families, friends and carers. Drop-in coffee morning with cakes. Please join us!

*bromleyparkinsonsbranch@gmail.com or
phone 07553 082148*

WANT TO START A COMMUNITY GROUP?

Email:
GDO@communitylinksbromley.org.uk

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.org](https://www.instagram.com/ittakesavillagecp.org) for all the latest.*

PENGE CLIMATE COLLECTIVE

 Southey Brewing, SE20 7JD  Ad hoc meetings

Free film nights, discussions and a WhatsApp community. Taking steps towards a more sustainable future for Penge

Find out more via www.linktr.ee/pengeclimatecollective



PARKBATHE MINDFUL WALKS CIC

 Various parks in Croydon and Bromley

 1st Sunday: Crystal Palace park

2nd Sunday: Cator park

3rd Sunday: South Norwood country park

Last Sunday: South Norwood Lake women only.

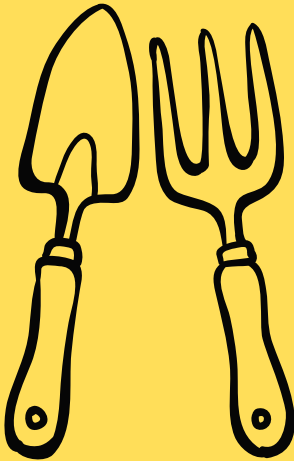
From 23rd May: West Norwood Cemetery

Free 1hr accessible, peer-led forest bathing walks in local parks every week to help people slow down, lower stress and see their parks with new eyes. Forest bathing is a sensory, relaxing stroll, no water involved.

Book via www.linktr.ee/parkbathe



BLENHEIM-ARPLEY ESTATE RESIDENTS' ASSOCIATION



 Behind Blenheim Shopping Centre in Penge, SE20 8RW

 Saturday Gardening Club 16/05 and 20/06 10-12

Help us weed, tidy, litter pick and plant to make the estate a better place to live!

Come for as long as you can - no obligation to stay for 2 hours!

Please bring gloves. Tools provided.

Find us on Facebook or email

blenheim_arpleyera@yahoo.com

WANT TO GET INTO VOLUNTEERING?

All of the groups 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?

Get in touch with the group directly or **email**

GDO@communitylinksbromley.org.uk about volunteering opportunities in Penge and Anerley.

