

PENGE & ANERLEY

GRASSROOTS NETWORK

COMMUNITY EVENTS & ACTIVITIES

SEP/OCT
2026



PENGE LUNCH CLUB



St John's Church, Penge, SE20 7EQ



Thursdays 11-1

A welcoming atmosphere with free tea, coffee, warm lunch & entertainment every Thursday.

To find out more contact Karen: 07947 664265

FRIENDS OF PENGE RECREATION GROUND



Penge Recreation Ground, SE20 7HQ



First Sunday of the month at 11am for 1 hour

Walk, talk and do some light gardening in the park.

Join Friends of Penge Recreation Ground on FB or NEYA



Saturday mornings 9:30-10:30 from 12/09/2026

Free multi sport sessions for children age 6-12. Get outside, play, gain new skills and make new friends.

WhatsApp Nick on 07974 945566

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 speakers.

Tea and chats for you, toys and mats for the babies!

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

FRIENDS OF BETTS PARK



Betts Park, SE20 8TQ



Free Tai Chi Saturday 24th October

Kevin Moloney will host another free Tai Chi session in Betts Park. Suitable for ages and abilities.

Join Friends of Betts Park SE20 on facebook or email BettsParkSE20@gmail.com

BECKENHAM & PENGES REPAIR CAFE



Christ Central Church, SE20 7JA



Saturday 26th September 10am - 1pm



Volunteer repairers help you fix your broken electricals, clothes, toys, furniture and more, for free or small donation.

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

PENGE & BECKENHAM DEMENTIA CAFE



Avenue Baptist Church, BR3 4SA



First Wednesday of every month 10.30-12.00

For people living with Dementia/Alzheimers and their loved ones/carers. Coming together for support and laughs

Call Claire 07872302907

PENGE MUSIC

Two relaxed musical events each month with ticket prices starting at £5. Under 16s go free.



Open Mondays - once a month on Mondays 8pm.

An open stage event for local musicians



Holy Trinity Church, SE20 7LX



Coffee Concerts - once a month on Saturdays 1pm

Professional musicians perform varying styles



St John's Church, SE20 7EQ

***More information: www.pengemusic.co.uk,
pengemusic@gmail.com, on facebook or Instagram.***

VOLUNTEER IN PENGE & ANERLEY

Most of the community groups listed here are actively looking for volunteers!

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



CAREDOGS

**VOLUNTEERING
OPPORTUNITY**



**Across the borough
Flexible on dates**

Volunteer opportunities for owners and their friendly dogs.
Regular walks and chats with a local resident age 55+
email hello@caredogs.org.uk or visit 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

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

PARKBATHE MINDFUL WALKS CIC

 Various parks around Penge and Anerley



Mostly Sunday mornings

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.

BECKENHAM & PENGES GATEWAY CLUB

 Christ Church Anerley (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: bpge1965@virginmedia.com

or telephone: 020 8777 0306

BROMLEY & DISTRICT PARKINSON'S

 Penge East Community Centre, SE20 7BE



Wednesday 16 September & 21 October 10.30-12.30

Coffee morning for people with Parkinson's and their loved ones. Join us for a cuppa and a chat!

Call us on 07553 082148 or email on

bromleyparkinsonsbranch@gmail.com

GOODGYM CRYSTAL PALACE



Various venues and dates

Giving exercise a social purpose - we do practical tasks for community projects. Think tin sorting at a foodbank or shovelling compost for a community garden.

Find out more at goodgym.org

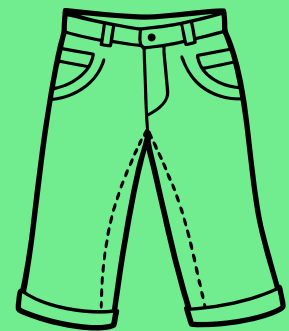
SUSTAINABLE FASHION WEEK CRYSTAL PALACE HUB



Various venues



From 3rd to 17th October



Sustainable Fashion Week Crystal Palace Hub is back for its third year with a jam-packed programme of workshops, panel events and a fashion show.

Follow us on Instagram [@sustainablefashionweekcp](https://www.instagram.com/sustainablefashionweekcp)

WHAT IS THE PENGGE & 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**