

Once Round the Park and Back

Photographs taken during
essential lockdown exercise,
April 15, 2020

Beowulf “Wulfie” Mayfield



01/04/2020

31.03.2020

Using parks safely

Parks are safe places and play an important role in keeping people physically and mentally healthy, more so now than ever. There are no current plans to close the park, however the play areas are closed. Please follow the below advice to ensure that you, your family and the community stay as safe and healthy as possible.



Wash your hands! Prevent infection, especially when you get back home.



Cover your cough with tissue and dispose of it in bins provided.



Keep a safe distance from other people – at least 2 metres away (3 steps).



Keep your dogs under close control, use leads if necessary. Make sure your dogs avoid physical contact with other non-household members

Follow advice available by visiting nhs.uk/coronavirus or gov.uk/coronavirus
To report a problem, please contact Lewisham Council on:
020 8314 6000







Area closed until further notice

Our public parks remain open

Please maintain your distance from each other,
of at least 2 meters.

Avoid gathering in groups.

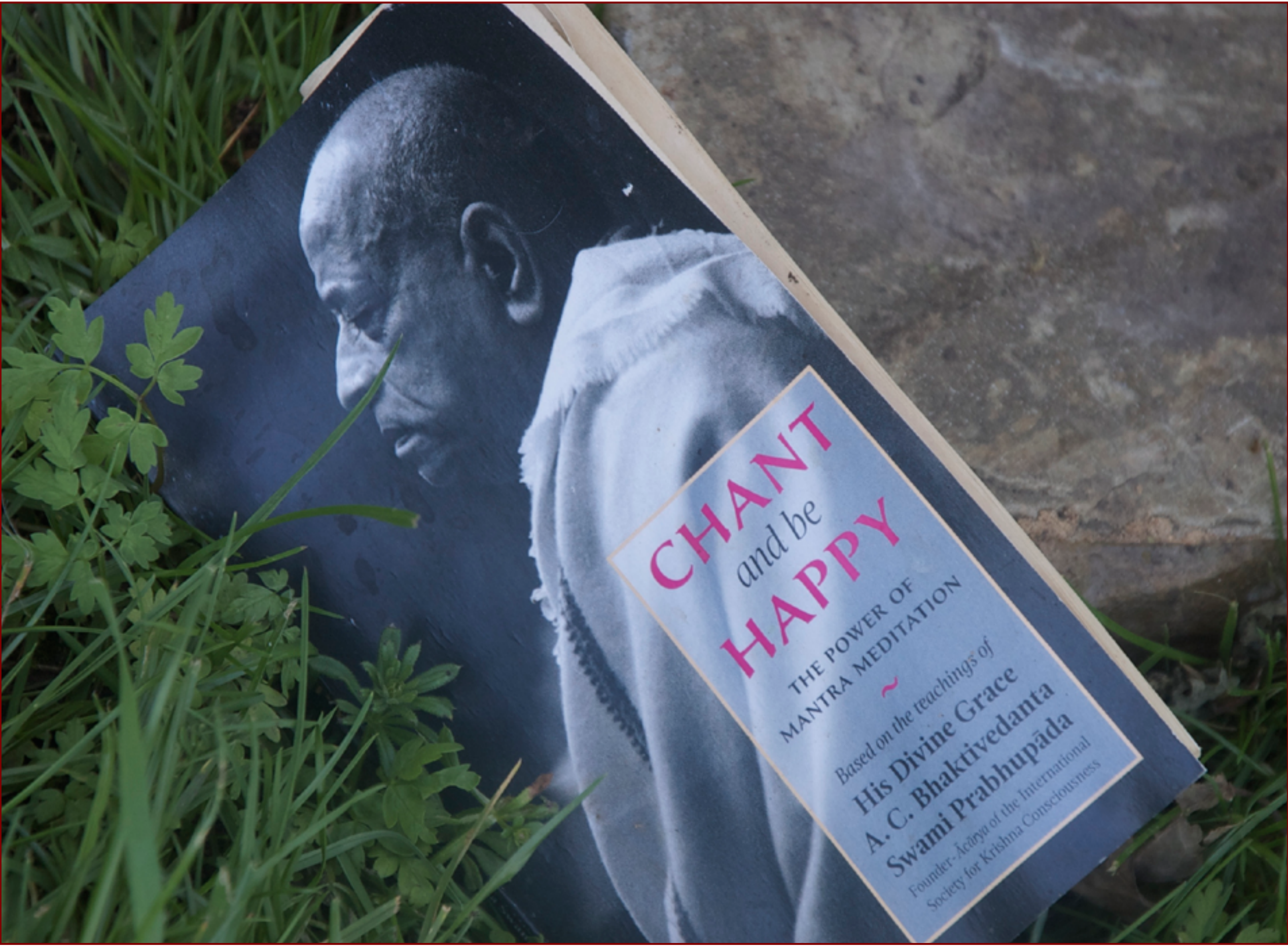










The image shows the front cover of a book titled 'CHANT and be HAPPY'. The cover has a dark blue background. On the left side, there is a black and white profile photograph of an elderly man with a shaved head, wearing a light-colored shawl. The title 'CHANT and be HAPPY' is printed in large, pink, serif capital letters, with 'and be' in a smaller font between 'CHANT' and 'HAPPY'. Below the title, the subtitle 'THE POWER OF MANTRA MEDITATION' is written in white, sans-serif capital letters. A small pink tilde symbol is positioned below the subtitle. The author's name, 'A. C. Bhaktivedanta Swami Prabhupada', is printed in white, serif capital letters. Below the author's name, the text 'Based on the teachings of His Divine Grace' is written in a smaller, white, sans-serif font. At the bottom of the cover, the text 'Founder-Acarya of the International Society for Krishna Consciousness' is written in a small, white, sans-serif font. The book is resting on a surface of green grass and a grey stone wall.

CHANT and be HAPPY

THE POWER OF
MANTRA MEDITATION

Based on the teachings of
His Divine Grace
A. C. Bhaktivedanta
Swami Prabhupada
Founder-Acarya of the International
Society for Krishna Consciousness







STREET TREE

Requested and cared for by local residents

SPECIES

Robin Hill

Amelanchier Arborea

SPONSORED BY

Local Residents

DATE PLANTED

Winter 2018/19

Stay safe, stay well...

Wulfie xxxxxxxx

www.wulfie.co.uk