



1st Lewisham Park Scouts' First Bike Ride!

Three Scouts from 1st Lewisham Park took part in the group's first ever bike ride on Saturday 11th March, cycling 11 miles in under 2 hours.

The route started near South Norwood Country Park, then snaked through Cator Park, Linear Park and Ladywell Fields. Then it was onto the roads of Lewisham and onwards to Cutty Sark!

It was a perfect day to be out and about in Greenwich, but the children were eager to get back on their bikes and cycle back to Lewisham Islamic Centre.

It is important to note that Islam encourages a healthy body, mind and soul. In fact Prophet Muhammad (saw) stated: "***A Strong Believer is Better than a Weak Believer***". Thus, Lewisham Islamic Centre encourages physical activity.

Alhamdulillah, the children took up the challenge, had a lot of fun, and did a great job representing our Muslim community and Mosque.

The Scouts group accepts children aged 6-14, and is always looking for any volunteers who are young at heart!

Thank you for reading! Don't forget to share as much as possible!

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