



The Green Gym is a unique scheme. Develop your fitness and health whilst improving your local environment. It is run by its members in partnership with Sonning Common Health Centre and is linked to the British Trust for Conservation Volunteers (BTCV). *Green Gym* is a registered trade mark of BTCV.

Green Gym Programme July to September 2009

- MEETING POINTS:** Normally meet On Site *for* 9.30am *start*
- ASSISTANCE:** See map on back or telephone in good time beforehand (0118 972 3528).
- WHAT TO WEAR:** Please wear old, warm clothes and sturdy boots and bring waterproofs.
- TETANUS:** Please ensure your tetanus inoculation is up to date.
- MEDICATION:** You must yourself be responsible for creams (e.g. against sunburn or bites) or for any medication you may need.

Website only: Revised 16/6/2009 8pm (see yellow marking – in same cell some info removed)

July 2009

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 2 nd 9.30 – 12.30	Bones Lane, Binfield Heath	Cut back encroaching vegetation on bridle- way	Beyond Bottle and Glass PH car park, in barn area	Robin Howles Chris Ash	New site – part of Phillimore Estates
Saturday 4 th 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration work on riverside site	Roadside by bridge – please avoid entrances/bus stop	Robert Watson Mike Macleod	Bring Wellingtons Jointly with local volunteers
Thursday 9 th 9.30 – 12.30	Borocourt Wood (Checkendon footpath 15)	Clear encroaching vegetation from footpath	By roadside – follow road from Gallowstree C to Stoke Row (2miles)	Robin Howles Brian Gardener	New site (Forestry Commission) – some car-sharing essential
Saturday 11 th 9.30 – 12.30	Peppard Common	Clear bridle-way and other paths	Peppard crossroads	Jules Thomson Nick Odell	
Thursday 16 th 9.30 – 12.30	Badgemore P School, Henley	Pond clearance/finish restoring footpaths	On nearby roads	John Hasler Tony Chandler	
Saturday 18 th 9.30 – 12.30	Mill Meadows, Henley	Hayraking	Mill Meadows car park	Julia Booker Jean Fowler	
Thursday 23 rd 9.30 – 2.30pm	Nature Reserve, Aston Rowant	Path clearance / assistance with other preparation for NR Summer Event	Cowleaze car park	Jules Thonson Chris Ash	Bring packed lunch
Saturday 25 th 9.30 – 12.30	Greys Court	There is still work to do to establish the wildlife area around Ice House!	Main NT car park	John Hasler Brian Gardener	
Thursday 30 th 9.30 – 12.30	Kennylands Field, SC	Planting/maintenance tasks	Bird Wood Court	Tony Chandler Diane Gordon	

August 2009

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 1 st 9.30 – 12.30	Temple Island Meadows SSSI	Fen restoration	On riverside – turn right off Henley to Marlow road, by 'Swiss Farm'	Robin Howles Brian Gardener	Please arrive in good time – access gate will be re-locked at 9.25am
Thursday 6 th 9.30 – 12.30	Emmens Lane Wood, Checkendon	Cutting back invasive holly	Roadside – South-east of Checkendon	Tony Chandler Eric Yarrow	New site - from SC pass PH at Gallowstree C, turn R for Stoke Row, after 2 miles turn left into 'Quiet Road'
Saturday 8 th 9.30 – 12.30	Kingwood Common	Turf scraping – for heather regeneration	By Great Davids	Jules Thomson Tony Chandler	
Thursday 13 th 9.30 – 12.30	Ewelme watercress beds	Clearing watercress from stream/erecting gate	Roadside by bridge – please take care not to obstruct entrances/bus stop when parking	Robert Watson Chris Ash	Another chance for the Thursday 'gang' to sample the waters at Ewelme
Saturday 15 th 9.30 – 12.30	Sue Ryder Home, Joyce Grove, Nettlebed	Clearing undergrowth from garden areas – much needed	Meet near Haha – take first left after entering the grounds	Edward Sandars Mike Macleod	
Thursday 20 th 9.30 – 2.30pm	Nature Reserve, Aston Rowant	Erect new fence-line	Cowleaze car park	Jules Thomson Tony Chandler	Bring packed lunch
Saturday 22 nd 9.30 – 12.30	Greys Court	Further tasks in setting up wildlife area around Ice House	Main NT car park	Julia Booker Nick Odell	
Thursday 27 th 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Clearing invasive holly	In paddock, off Blounts Court Road	Robin Howles Diane Gordon	
Saturday 29 th 9.30 – 12.30	Nettlebed Common	Hayraking/scraping turf for heather regeneration	Car park by sportsfield	Tony Chandler Jules Thomson	

September 2009

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 3 rd 9.30 – 12.30	Temple Island Meadows SSSI	Fen restoration	Riverside site – off Henley to Marlow road, opp. 'Swiss Farm'	Robin Howles Julia Booker	Don't be late – access gate will be re-locked at 9.25am
Saturday 5 th 9.30 – 12.30	Ewelme Watercress Beds	Restoration work	Road-side by bridge	Robert Watson Jean Fowler	Wet site. Jointly with local volunteers
Thursday 10 th 9.30 – 2.30pm	Nature Reserve, Aston Rowant	Removing small scrub from downland	Meeting point to be agreed – see below for directions	Jules Thomson Brian Gardener	Bring packed lunch
Saturday 12 th 9.30 – 12.30	Borocourt Wood	Cutting back spreading rhododendrons near footpaths	By roadside – follow road from Gallowstree C to Stoke Row (almost 2 miles)	Robin Howles John Hasler	New site (Forestry Commission) – some car-sharing essential
Thursday 17 th 9.30 – 12.30	Emmens Lane Wood, Checkendon	Cutting back holly	Roadside – South-east of Checkendon	Tony Chandler Nick Odell	From SC pass PH at Gallowstree C, turn right for Stoke Row, after 2 miles turn left into 'Quiet Lane'
Saturday 19 th 9.30 – 12.30	Kingwood C (lower triangle)	Clearing scrub and bracken	On site	Jules Thomson Jean Fowler	Park at Cherry Croft – signs from Unicorn PH
Thursday 24 th 9.30 – 12.30	Nettlebed Village Pond	Clear margins around pond	Park alongside Green, by old brick kiln	Jules Thomson Chris Ash	
Saturday 26 th 9.30 – 12.30	Greys Court	Continue setting up wildlife area around Ice House	Main NT car park	Julia Booker Mike Macleod	