



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 October to December 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: Original 16/9/2009


October 2009

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 1 st 9.30 – 12.30	Kingwood Common	Tree felling to extend glades	By Great Davids	Jules Thomson Brian Gardener	
Saturday 3 rd 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration work on riverside site	Roadside by bridge – please avoid entrances/bus stop	Robert Watson Nick Odell	Bring Wellingtons Jointly with local volunteers
Thursday 8 th 9.30 – 12.30	Sue Ryder Home, Joyce Grove, Nettlebed	Help with management of topiary garden	Follow signs – take first left after entering grounds	Edward Sandars Robin Howles	
Saturday 10 th 9.30 --12.30	Pack and Prime Lane (Hernes)	Hedge restoration project	Car park beyond main house (Hernes Estate)	Julia Booker Brian Gardener	Follow signs, left turn off Rotherfield Greys to Henley road
Thursday 15 th 9:30 – 12:30	Greys Court	Bramble clearance/bonfire	Main NT car park	Eric Yarrow Nick Odell	Return to familiar bluebell wood (Sir Felix's Walk)
Saturday 17 th 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Drag cut material to fire- site/bonfire	In paddock, off Blounts Court Road	Robin Howles Diane Gordon	
Thursday 22 nd 9.30 – 2.30pm	Nature Reserve, Aston Rowant	Restoring fences below Bald Hill	By Hill Farm, Hill Lane	Jules Thonson Chris Ash	Bring packed lunch
Saturday 24 th 9.30 –12.30	Withymead, Goring	Remove small trees from inlet/pull nettles/clear fence- line	On site	Robin Howles Jean Fowler	
Thursday 29 th 9.30 – 12.30	Streatley churchyard	Hedge clearance/ restoration – to assist return to regular maintenance	Meet in churchyard	John Hasler Tony Chandler	New site Park in The Swan car park (far end)
Saturday 31 st 9.30 – 12.30	Streatley churchyard	Continuing restoration of perimeter hedge	Meet in churchyard	John Hasler Tony Chandler	Park in The Swan car park (far end)

November 2009

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 5 th 9.30 – 2.30pm	National Nature Reserve, Aston Rowant	Scrub clearing/bonfire	Nature Reserve office – see below	Jules Thomson Eric Yarrow	Bring packed lunch
Saturday 7 th 9.30 – 12.30	Temple Island Meadows SSSI	Continue cutting back scrub in big meadow – to support project for reintroduction of grazing animals	On riverside – turn right off Henley to Marlow road, by 'Swiss Farm'	Robin Howles Julia Booker	Please arrive in good time – access gate will be re-locked at 9.25am
Thursday 12 th 9.30 – 12.30	Watlington Hill	Clearing gorse and other scrub/bonfire	NT car park	Julia Booker Chris Ash	
Saturday 14 th 9.30 – 12.30	Peppard Common	Gorse cutting/bonfire	Car park by Peppard crossroads	Tony Chandler Jean Fowler	
Thursday 19 th 9.30 – 12.30	Ewelme watercress beds	Restoration tasks on riverside site	Roadside by bridge – please take care not to obstruct entrances/bus stop when parking	Robert Watson Diane Gordon	Another chance for the Thursday 'gang' to sample the waters at Ewelme
Saturday 21 st 9.30 – 12.30	Withymead, Goring	Preparation for improvements to fencing	On site	Chris Ash Nick Odell	
Thursday 26 th 9.30 – 12.30	Crowsley Park	Clearing of spreading bracken	On site – from Blounts Court Road follow signs off Sonning C/Binfield Heath road	Robin Howles Eric Yarrow	Please come in good time – access gate will be re-locked at 9.30am
Saturday 28 th 9.30 – 12.30	Crowsley Park	Continuing clearance of bracken	On site – see above	Robin Howles Brian Gardener	Please come in good time – see above

December 2009

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 3 rd 9.30 – 12.30	Reading Golf Club, Emmer Green	A further chance to put your hedgelaying skills to the test!	In north car park – off Chalk House Green Lane	Tony Chandler Chris Ash	NB Reading GC has kindly invited members to a buffet lunch after the session
Saturday 5 th 9.30 – 12.30	Withymead, Goring	Continuing renewal of fencing/removing willow scrub	On site	John Hasler Julia Booker	
Monday 7th 7 for 7.45pm	Badgemore	Park Golf Club	Xmas Dinner	See menu - with The Lopper	Be sure to sign up with Julia
Thursday 10 th 9.30 – 2.30pm	Nature Reserve, Aston Rowant	Clearing small scrub – followed by ANNUAL SPUD ROAST	Cherry Tree Corner -- pass Cowleaze, then follow sign (left) to Nature Reserve car park	Jules Thomson Diane Gordon	All are invited to contribute to meal and join in the fun (please speak to Diane)
Saturday 12 th 9.30 – 12.30	Kingwood Common (S. triangle)	Scrub clearing	On site	Tony Chandler Jean Fowler	Park at Cherry Croft – signs from The Unicorn PH
Thursday 17 th 9.30 – 12.30	Greys Court	Bramble clearing/bonfire	Main NT car park	Jules Thomson Brian Gardener	
Saturday 19 th 9.30 – 12.30	Temple Island Meadows SSSI	Further cutting back of scrub on riverside site	On riverside – turn right off Henley to Marlow road, opp. 'Swiss Farm'	John Hasler Nick Odell	Please arrive in good time – access gate will be re-locked at 9.25am
Thursday 24th	NO	SESSION			
Friday 25th	With All	Best Wishes for a	VERY MERRY	CHRISTMAS	
Thursday 31 st 9.30 – 12.30	Pack and Prime Lane (Hernes)	Hedge restoration project	Car park beyond main house (Hernes Estate)	Julia Booker Chris Ash	Access by left turn off RG to Henley road