



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 April to June 2010

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

### Directions for the Natural England Nature Reserve, Aston Rowant

OS Map 165 – Usual meeting-point is Reserve office. We occasionally meet at two other sites, the Nature Reserve car park and Cowlease car park. Please check beforehand, if necessary.

At Nettlebed take B480 to Watlington; then take B4009 following signs for M40. Drive under Motorway (Junction 6) & take next right (A40). After ¼ mile turn right onto track (Icknield Way) signposted "Nature Reserve Office". For Nature Reserve and Cowlease car parks continue on the road and turn right after 1 mile further on at the top of the hill. The Nature Reserve car park is on the right after ½ mile (brown sign). Cowlease is a ½ mile further on and on the left (for Sculpture Trail) after crossing motorway.

From Christmas Common, reverse the directions.

# April 2010

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 1 <sup>st</sup> 9.30 – 12.30	Gillsmithers Wood (Forestry Commission)	Cutting back rhododendrons	Roadside by site	Robin Howles Chris Ash	Follow signs from Harpsden Bottom, west of Hunts Green – new site
Saturday 3 <sup>rd</sup> 9.30 – 12.30	Nettlebed Common	Removal of Himalayan Balsam	Car park by sportsfield	Jules Thomson Julia Booker	
Thursday 8 <sup>th</sup> 9.30 --12.30	Greys Court	Further work on restoring orchard	Main NT car park	Jules Thomson Eric Yarrow	
Saturday 10 <sup>th</sup> 9.30 --12.30	Kennylands Field, Sonning Common	Replacement of fence/lavender management	Bird Wood Court	Tony Chandler Jean Fowler	
Thursday 15 <sup>th</sup> 9.30 – 12.30	Gillsmithers Wood (FC)	Clear fence line/repair fence	Roadside by site	Chris Ash Eric Yarrow	See above for directions(1 April)
Saturday 17 <sup>th</sup> 9.30 - 12.30	Gillsmithers Wood (FC)	Continuing fence repairs/bridleway repairs	Roadside by site	Julia Booker John Hasler	See above for directions(1 April)
Thursday 22 <sup>nd</sup> 9.30 – <b>2.30pm</b>	Aston Rowant National NR	To be agreed	To be advised – see above for directions	Jules Thomson Tony Chandler	Bring packed lunch
Saturday 24 <sup>th</sup> 9.30 – 12.30	Shepherd's Green (NT)	Cutting back encroaching brambles	On the green, outside 'The Strip'	Brian Gardener Nick Odell	
<b>Monday 26<sup>th</sup></b> <b>7:15 for 7:30 pm</b>		<b>AGM</b>	<b>The Elizabeth Room, Rotherfield Greys</b>		<b>Share cars. Refreshments afterwards.</b>
Thursday 29 <sup>th</sup> 9.30 – 12.30	Sue Ryder Home, Joyce Grove	Contributing to management of the gardens/grounds	Follow signs – take first left after entering the grounds	Edward Sandars John Hasler	

# May 2010

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 1 <sup>st</sup> 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration tasks on riverside site	Roadside by bridge – please avoid entrances/bus stop	David Gordon Diane Gordon	Jointly with local volunteers Bring Wellingtons
Thursday 6 <sup>th</sup> 9.30 – 12.30	Nettlebed Common	Clearing footpaths near reservoir on Windmill Hill	Car park by sportsfield	Chris Ash Brian Gardener	
Saturday 8 <sup>th</sup> 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Continue cutting back invasive holly	In paddock off Blounts Court Road	Robin Howles Diane Gordon	
Thursday 13 <sup>th</sup> 9.30 – 12.30	Temple Island Meadows SSSI	Clearing brushwood after major tree-felling	Riverside site – follow signs off Henley to Marlow road – opposite 'Swiss Farm'	Robin Howles Julia Booker	Don't be late – gate to field will be re-locked at 9.25am
Saturday 15 <sup>th</sup> 9.30 – 12.30	Flowercoft Woods	Cut down small Norway maples/fencing repairs	By gate to woods, Cross Lanes, RG	Julia Booker Nick Odell	
Thursday 20 <sup>th</sup> 9.30 – <b>2.30pm</b>	National NR, Aston Rowant	Not yet agreed	To be advised - see below for directions	Jules Thomson Brian Gardener	Bring packed lunch
Saturday 22 <sup>nd</sup> 9.30 – 12.30	Moorend Common (SSSI) - off Frieth to Lane End road	Reinstatement of footpaths/scrub management	On site – please follow signs from Frieth village	Chris Ash Robin Howles	Expect very limited parking – please car share if possible – new site – <b>Not on map!</b>
Thursday 27 <sup>th</sup> 9.30 – 12.30	Greys Court (NT), RG	To be agreed	Main NT car park	Jules Thomson Nick Odell	
Saturday 29 <sup>th</sup> 9.30 – 12.30	Withymead, Goring	Further fence repairs/scrub management	On site	John Hasler Jean Fowler	Follow signs off Goring to Crowmarsh road

# June 2010

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 3 <sup>rd</sup> 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Further work to contain spreading holly	In paddock – off Blounts Court Road	Robin Howles Tony Chandler	
Saturday 5 <sup>th</sup> 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration of riverside site	Roadside by bridge – please avoid entrances/bus stop	Mike Macleod Jean Fowler	Bring Wellingtons Jointly with local volunteers
Thursday 10 <sup>th</sup> 9.30 – 12.30	Greys Court (NT)	To be agreed	Main NT car park	Jules Thomson Edward Sandars	
Saturday 12 <sup>th</sup> 9.30 – 12.30	Duffields Common (off Busgrove Lane)	Managing spruce plantation	Off road – on site	John Hasler Brian Gardener	Follow road from Gallowstree Common to Stoke Row (two miles)
Thursday 17 <sup>th</sup> 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Jules Thomson Eric Yarrow	Bring packed lunch
Saturday 19 <sup>th</sup> 9.30 – 12.30	Temple Island Meadows, SSSI	Continuing clearance of brushwood from felled trees	On riverside – follow signs off Henley to Marlow road – opposite 'Swiss Farm'	Robin Howles Nick Odell	Please arrive in good time – access gate will be re-locked at 9.25am
Thursday 24 <sup>th</sup> 9.30 – 12.30	Nettlebed Common	Some pond clearing/management of surrounds	Car park by sports field	Jules Thomson Chris Ash	
Saturday 26 <sup>th</sup> 9.30 – 12.30	Gillotts Field, Greys Road, Henley	Your 2010 chance to help combat spread of ragwort!	On site	Edward Sandars Brian Gardener	Park in lay-by - at field entrance