



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 2010

- 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.

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 Cowleaze 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 Cowleaze 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). Cowleaze is a ½ mile further on and on the left (for Sculpture Trail) after crossing motorway.

From Christmas Common, reverse the directions.

October 2010

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 2 nd 9.30 – 12.30	Pack and Prime Lane (Hernes)	Hedge restoration project	Car park beyond main house (Hernes Estate)	Tony Chandler John Hasler	Follow signs off RG to Henley road
Thursday 7 th 9.30 – 12.30 / or 2.30pm*	St Katharine's Retreat, Parmoor	Restoration of neglected garden areas	On site – St Katharine's is off Hambleton to Frieth road	Chris Ash Eric Yarrow	*Tell Robin by Tuesday to accept offer of light lunch
Saturday 9 th 9.30 – 12.30	Pack and Prime Lane (Hernes)	Continuing hedge restoration	Car park beyond main house (Hernes Estate)	Tony Chandler Julia Booker	Follow signs off RG to Henley road
Thursday 14 th 9.30 – 12.30 / or 2.30pm *	St Katharine's Retreat, Parmoor	Continuing garden restoration	On site – St Katharine's is off Hambleton to Frieth road	Chris Ash John Hasler	*Tell Robin by Tuesday to accept offer of light lunch
Saturday 16 th 9.30 - 12.30	Lashbrook, Mill Road, Shiplake	Clear 'pond' and surrounding areas	On site/park on Lashbrook Home site, over bridge	Brian Gardener Robin Howles	New site/at request of Shiplake PC
Thursday 21 st 9.30 – 12.30	Greys Court	Cut back brambles/bracken in bluebell wood	Main NT car park	Jules Thomson Eric Yarrow	
Saturday 23 rd 9.30 – 12.30	Pack and Prime Lane (Hernes)	Continuing hedge restoration	Car park beyond main house	Tony Chandler Chris Ash	Follow signs off RG to Henley road
Thursday 28 th 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 30 th 9.30 – 12.30	Lashbrook, Mill Road, Shiplake	Further work to clear 'pond' and surrounding areas	On site/park on Lashbrook Home site, over bridge	Brian Gardener Edward Sandars	
Sunday 31st from 10.30am*	Extra session Watlington Hill	Scrub cutting followed by barbecue	NT car park	NT Halloween Bash for all volunteer groups	*EXTRA* Details in email nearer the time

November 2010

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Temple Island Meadows SSSI	Clearing tree remains from grazing areas	Riverside site – follow signs off Henley to Marlow road , opposite 'Swiss Farm'	Robin Howles Brian Gardener	Don't be late – gate to field will be re-locked at 9.25am
Saturday 6 th 9.30 – 12.30	Ewelme watercress beds	Help to preserve site of former local industry	Roadside by bridge – please avoid bus stop/entrances	Mike Macleod Robert Watson	
Thursday 11 th 9.30 – 12.30	Sue Ryder Home, Joyce Grove, Nettlebed	Cutting back overgrown hedges around 'secret garden'	Follow signs – take first left after entering grounds	Edward Sandars Robin Howles	
Saturday 13 th 9.30 – 12.30	Peppard Common	Cut back gorse/bracken, remove small saplings on meadow	On site	Jules Thomson Diane Gordon	Park at Peppard crossroads, opposite shop
Thursday 18 th 9.30 – 2-30pm	National Nature Reserve, Aston Rowant	To be agreed	To be advised – see below for directions	Jules Thomson Brian Gardener	Bring packed lunch
Saturday 20 th 9.30 – 12.30	Duffields Common (off Busgrove Lane)	Clearing invasive undergrowth	On site – off road / follow signs	John Hasler Jean Fowler	Follow road from Gallowstree Common to Stoke Row
Thursday 25 th 9.30 – 12.30	Watlington Hill (NT)	Clearing fence-line/bonfire	NT car park	Robin Howles Eric Yarrow	
Saturday 27 th 9.30 – 12.30	Withymead, Goring	Clearing willow/fence renewal	On site	Julia Booker Chris Ash	

December 2010

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 2 nd 9.30 – 12.30	Kennylands Field, Sonning Common	Cutting blackthorn / bonfire	Bird Wood Court	Tony Chandler Chris Ash	
Saturday 4 th 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration of riverside site	Roadside by bridge – please avoid entrances/bus stop	Mike Macleod Edward Sandars	Bring Wellingtons Jointly with local volunteers
Monday 6th 7 for 7.30pm	Badgemore	Park Golf Club	Xmas Dinner		Be sure to sign up with Julia
Thursday 9 th 9.30 – 2.30pm	National Nature Reserve, Aston Rowant	To be agreed, .but will include XMAS SPUD ROAST!	To be advised – see below for directions	Eric Yarrow Chris Ash	Please consult Diane about any requirements for picnic lunch
Saturday 11 th 9.30 – 12.30	Oak Farm, Harpsden Bottom	Planting / hedge laying	In field, ½ mile from Hunts Green	Robin Howles Diane Gordon	
Thursday 16 th 9.30 – 12.30	Reading Golf Club	Hedgelaying season!	In north car park – off Chalk House Green Lane	Tony Chandler Barrie Greenwood	
Saturday 18 th 9.30 – 12.30	Withymead, Goring	Clearing willow saplings / renewing fence	On site	John Hasler Nick Odell	
Thursday 23 rd 9.30 – 12.30	Reading Golf Club	More hedgelaying practice!	In north car park – off Chalk House Green Lane	Tony Chandler Barrie Greenwood	
Saturday 25th	With All	Best Wishes for	a Merry	Xmas	
Thursday 30 th 9.30 – 12.30	Reading Golf Club, Emmer Green	And yet more hedgelaying!	In north car park – off Chalk House Green Lane	Tony Chandler Barry Greenwood	