



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 2011

- 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 (Ickniel 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.

April 2011

| Date & Time | Site | Activity | Meeting Point | Leaders | Notes |
|---|---------------------------------|---|---|---|--|
| Saturday 2 nd 9.30 – 12.30 | Ewelme watercress beds | Ongoing restoration of riverside site | Roadside by bridge – please avoid entrances / bus stop | Robert Watson Jean Fowler | Bring Wellingtons Jointly with local volunteers |
| Thursday 7 th 9.30 – 12.30 | St Katharine's Retreat, Parmoor | Tasks in orchard/walled garden – including digging and pruning | St K's is reached by Hambleden to Frieth road | Chris Ash Brian Gardener | |
| Saturday 9 th 9.30 – 12.30 | Nettlebed Common | Cutting back brambles / elder | Car park by sportsfield | Robin Howles Edward Sandars | |
| Thursday 14 th 9.30 – 12.30 | Greys Court | Continue clearing of brambles / nettles on and around the Mound | Main NT car park | Jules Thomson Eric Yarrow | |
| Saturday 16 th 9.30 – 12.30 | Borocourt Wood (FC) | Fence removal with some scrub clearing | Take Gallowstree Common / Stoke R road (2 miles) Off road parking area | John Hasler Nick Odell | |
| Monday 18th 7 for 7.30pm | | AGM | The Elizabeth Room, Rotherfield Greys | Share cars/park by RG Church | Refreshments to follow meeting |
| Thursday 21 st 9.30 – 2.30pm | National NR, Aston Rowant | TBA | TBA | Jules Thomson Tony Chandler | Bring packed lunch |
| Saturday 23 rd 9.30 – 12.30 | Withymead, Goring | Removal of fence / make path to new Visitor Centre | On site Left turn off road to South Stoke / Wallingford | Julia Booker Robin Howles | |
| Thursday 28 th 9.30 – 12.30 | Cleeve Court Meadow, Streatley | Continue clearing / restoration work on water meadow | Car park off side-road to Cleeve Court./ turn R off A329 north of Streatley | Eric Yarrow Diane Gordon | Restoration scheme prepared by Natural England |
| Saturday 30 th 9.30 – 12.30 | Borocourt Wood (FC) | Further work to remove fence/with some low scrub clearance | Take Gollowstree Common / Stoke R Road (2 miles) Off road parking area | Brian Gardener Robert Watson | |

May 2011

| Date & Time | Site | Activity | Meeting Point | Leaders | Notes |
|---|--|--|---|--------------------------------|---|
| Thursday 5 th 9.30 – 12.30 | Sue Ryder Home, Joyce Grove, Nettlebed | Maintenance work in garden area | Follow signs – take first left after entering the grounds | Edward Sandars Eric Yarrow | |
| Saturday 7 th 9.30 – 12.30 | Ewelme watercross beds | Ongoing maintenance/restorati on of riverside site | Roadside near bridge – please avoid bus stop/entrances | Mike Macleod Robert Watson | Bring Wellingtons Jointly with local volunteers |
| Thursday 12 th 9.30 – 12.30 | Withymead, Goring | Continuing fence removal/making path to new Visitor Centre | On site Take left turn off road from Goring to S Stoke/ Wallingford | Chris Ash Tony Chandler | |
| Saturday 14 th 9.30 – 12.30 | Flowercroft Woods | Fence repairs/clearing low scrub from grassy bank | By main access gates – off Cross Lanes | Julia Booker Brian Gardener | |
| Thursday 19 th 9.30 – 2.30pm | National NR, Aston Rowant | TBA | TBA | Jules Thomson Nick Odell | Bring packed lunch |
| Saturday 21 st 9.30 – 12.30 | St Katharine's Retreat, Parmoor | Continuing restoration of garden areas | On site St Katharine's lies off the Hambleton to Frieth road | Chris Ash Robert Watson | |
| Thursday 26 th 9.30 – 12.30 | Borocourt Wood (FC) | Fence removal/scrub clearing along fence line | Take Gallowstree Common to Stoke Row road (2 miles) Off road parking area | John Hasler Julia Booker | |
| Saturday 28 th 9.30 – 12.30 | Temple Island Meadows SSSI | Clearing after tree felling | On riverside – follow signs off Henley to Marlow road – opposite 'Swiss Farm' | Robin Howles Julia Booker | Don't be late – gate to field will be locked at 9 25am |

June 2011

| Date & Time | Site | Activity | Meeting Point | Leaders | Notes |
|---|--|---|--|---|--|
| Thursday 2 nd 9.30 – 12.30 | Greys Court | Clearing brambles in Mound area | Main NT car park | Jules Thomson Eric Yarrow | |
| 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 Robert Watson | Bring Wellingtons Jointly with local volunteers |
| Thursday 9 th 9.30 – 12.30 | Cleeve Court Meadow, Streatley | Raking / ditch maintenance | In car park off side road to Cleeve Court (take A329 north from Streatley then turn right to Cleeve Court) | Eric Yarrow Robin Howles | Reclamation of riverside site, under guidance from Natural England |
| Saturday 11 th 9.30 – 12.30 | Moorend Common (SSSI) – off Frieth to Lane End road | Cutting back willow / bracken clearing | On site – please follow signs from Frieth village | Chris Ash John Hasler | Limited parking – please car share if possible |
| Thursday 16 th 9.30 – 2.30pm | National Nature Reserve , Aston Rowant | TBA | TBA | Jules Thomson Tony Chandler | Bring packed lunch |
| Saturday 18 th 9.30 – 12.30 | Kingwood Common (southern triangle) | Clearing scrub / bracken | Park at Cherry Croft – signs from Unicorn PH | Brian Gardener Nick Odell | |
| Thursday 23 rd 9.30 – 12.30 | Temple Island Meadows SSSI | Continue clearance of tree remains from grazing area, after felling | On riverside – follow signs off Henley to Marlow road – opposite 'Swiss Farm' | Robin Howles Chris Ash | Don't be late – gate to field will be re-locked at 9.25am |
| Saturday 25 th 9.30 – 12.30 | Joint session at Abingdon for reps of all 5 Oxon GGs | TBA | TBA | Julia Booker will act as coordinator for SCGG | Details about site and activity will be issued nearer the time |
| Thursday 30 th 9.30 – 12.30 | Nettlebed Common | Take up arms against Himalayan Balsam! | Car park by sportsfield | Tony Chandler Jules Thomson | |