



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 2011

- MEETING POINTS:** Normally meet On Site *for 9.30am start*
- ASSISTANCE:** See map on [Google](#) (via website) 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 2011

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 1st 9.30 – 12.30	Ewelme Watercress beds	Ongoing restoration of riverside site	Roadside by bridge - please avoid entrances/bus stop	Robert Watson Mike Macleod	Bring Wellingtons Jointly with local volunteers
Thursday 6th 9.30 – 12.30	Greys Court	Clear brambles/plant bulbs in bluebell wood	Main NT car park	Tony Chandler Eric Yarrow	
Saturday 8th 9.30 - 12.30	St Katharine's Retreat, Parmoor	Ongoing restoration tasks in orchard/walled garden areas	On site - access off Hambleden to Frieth road	Chris Ash Julia Booker	
Thursday 13th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised	Chris Ash Nick Odell	Bring packed lunch
Saturday 15th 9.30 – 12.30	Crowsley Park Woods (FC)	Cut back rhododendrons	To be advised	Julia Booker John Hasler	
Thursday 20th 9.30 – 12.30	Withymead, Goring	Clear scrub in car park area/ cut back willows by boardwalk	On site - follow signs from Goring to Wallingford road	Robin Howles Julia Booker	Say farewell to Brian Shaw / meet Keith Tomey, new warden
Saturday 22nd 9.30 – 12.30	Moorend Common - off Frieth to Lane End road	Ongoing restoration of this SSSI - part of HLF-supported Chilterns Commons project	On site - follow signs from Frieth village	Chris Ash Edward Sandars	Limited parking - please car share if possible
Thursday 27th 9.30 – 12.30	Cleeve Court Meadow, Streatley	Reclamation of riverside meadow/ditch maintenance/stockade	In car park - on side road from A329 north of Streatley	Eric Yarrow Robin Howles	Under supervision of Natural England
Saturday 29th 9.30 – 12.30	Rokeby play area, Chazey Heath	Maintenance of boundary hedge	On roadside, by site	Robert Watson Diane Gordon	For Mapledurham Parish Council

Sonning Common

November 2011

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 3rd 9.30 – 12.30	Watlington Hill (NT)	Cutting back encroaching scrub/bonfire	NT car park	Julia Booker Robin Howles	
Saturday 5th 9.30 – 12.30	Temple Island Meadows SSSI	Continue cutting, clearing, stacking tree remains in meadow areas	On riverside – access off Henley to Marlow road, opposite 'Swiss Farm'	Robin Howles Nick Odell	Don't be late – gate to field will be re-locked at 9.25am
Thursday 10th 9.30 – 12.30	Kennylands Field, Sonning Common	Cutting back blackthorn	Birdwood Court	Tony Chandler Eric Yarrow	Joint venture with Village Gardeners – who will be planting bulbs
Saturday 12th 9.30 – 12.30	Chalk pit, Nuney	Felling dead trees/clearing scrub/clearing and stacking fallen branches	Roadside off Goring Heath to Mapledurham road, south of former King Charles Head pub	Robert Watson John Hasler	New site (Mapledurham Estates) -agreed aim is to encourage growth of wild flowers
Thursday 17th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised	Chris Ash Tony Chandler	Bring packed lunch
Saturday 19th 9.30 – 12.30	Moorend Common – off Frieth to Lane End road	Ongoing restoration of this SSSI – part of HLF- supported Chilterns Commons project	On site – follow signs from Frieth village	Robin Howles Julia Booker	Limited parking – please car share if possible
Thursday 24th 9.30 – 12.30	Reading Golf Club	Opening of hedge-laying season!	In north car park – off Chalk House Green Lane	Tony Chandler John Hasler	
Saturday 26th 9.30 – 12.30	Peppard Common	Raking after brush-cutting	Car park by Peppard crossroads	Tony Chandler Mike Macleod	

December 2011

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 1st 9.30 – 12.30	Reading Golf Club	Continue hedge-laying project	In North car park – off Chalk House Green Lane	Tony Chandler Brian Gardener	
Saturday 3rd 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration of riverside site. Jointly with local volunteers	Roadside by bridge	Mike Macleod Robert Watson	Bring Wellingtons
Tuesday 6th 7 for 7.30pm	Badgemore	Park Golf Club	Xmas Dinner		Be sure to sign up with Julia
Thursday 8th 9.30 – 12.30	Reading Golf Club	More hedge-laying	In North car park – off Chalk House Green Lane	Tony Chandler Eric Yarrow	
Saturday 10th 9.30 – 12.30	Rotherfield Greys Church	Clear dead trees/ brambles from area by churchyard	By the church	Julia Booker Robin Howles	The church yard contains extremely rare fungus
Thursday 15th 9.30 – 2.30pm	National NR,Aston Rowant	To be agreed – but will include XMAS SPUD ROAST	To be advised	Chris Ash Brian Gardener	Please consult Diane about lunch contributions
Saturday 17th 9.30 – 12.30	Crocker End, Nettlebed	Clearing encroaching brambles/scrub	On roadside - follow signs from Nettlebed triangle	John Hasler Tony Chandler	New site – at request of Nettlebed PC
Thursday 22nd 9.30 – 12.30	Moorend Common – off Frieth to Lane End road	Continuing tasks to support restoration of this SSSI	On site – please follow signs from Frieth village	Chris Ash Robert Watson	Limited parking – please car share if possible
Saturday 24th 9.30 – 12.30	Pack and Prime Lane (Hernes)	Resume work on hedge-laying project	Car park beyond main house (Hernes)	Tony Chandler Brian Gardener	Follow signs off RG to Henley road
Sunday 25th	With all best wishes for a very happy XMAS				
Thursday 29th 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Clearing holly / reclamation of area by Spring	In paddock off Blounts Court Road	Robin Howles Diane Gordon	
Saturday 31st 9.30 – 12.30	Pack and Prime Lane	Continue hedge-laying	Park beyond main house (Hernes)	Tony Chandler Julia Booker	Follow signs off RG to Henley road