

PROGRAMME

January to March 2012

www.greengym.org.uk/sonningcommon



MEETING POINTS: Meet On Site for 9.30am start with a finish time of 12:30 unless otherwise stated.
ASSISTANCE: See map on back or telephone in good time beforehand.
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) and for any medication you may need.

MAP: <http://maps.google.co.uk/maps/ms?msid=211167955456311367626.00047373a9a517df8ee2b&msa=0>
(Click on link)

CONTACT: If you need any help, please ring 0118 9723528

January 2012

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 5 th 9.30 – 12.30	Greys Court (NT)	Begin clearing 'field pond'/ laurel cutting and clearing around trees after flailing work in bluebell wood	Main NT car park	Brian Gardener Robert Watson	
Saturday 7 th 9.30 - 12.30	Duffields Common (off Busgrove Lane)	Scrub clearing around young trees	Off road – follow signs	John Hasler Mike Macleod	
Thursday 12 th 9.30 - 12.30	Cherry Orchard, Stoke Row	Clear brambles near Maharajah's Well / replace gate / bonfire	On site	Tony Chandler Brian Gardener	New site Park at roadside or at Village Hall
Saturday 14 th 9.30 – 12.30	Withymead, Goring	Cut back dogwood / willows	On site – follow signs from Goring to Wallingford road	Julia Booker Sian Hickman	
Thursday 19 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Tony Chandler Nick Odell	Bring packed lunch
Saturday 21 st 9.30 – 12.30	Oak Farm, Harpsden Bottom	Hedge planting	In field, ½ mile from Hunts Green	Robin Howles Robert Watson	Follow signs from SC to Henley road
Thursday 26 th 9.30 – 12.30	Watlington Hill (NT)	Cut back encroaching scrub/bonfire	NT visitor car park	Chris Ash Julia Booker	
Saturday 28 th 9.30 – 12.30	Mill Meadows, Henley	Clearance of pond and surroundings	Mill Meadows car park	Chris Ash Robert Watson	Bring Wellington boots

The Green Gym is the outdoor way to develop your fitness and health whilst improving your local environment. Green Gyms were pioneered in conjunction with the British Trust for Conservation Volunteers (BTCV) by the Sonning Common group which is run solely by its members.

February 2012

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 2 nd 9.30 – 12.30	Cleeve Court Meadow, Streatley	Reclamation of riverside meadow/stockade/ditch maintenance	On site – follow signs from A 329, north of Streatley	Eric Yarrow Keith May	Park in car park off side road from A329
Saturday 4 th 9.30 – 12.30	Kingwood Common	Raking	By Great Davids	Tony Chandler Elizabeth Smeeton	Jointly with the Kingwood Saturday volunteers
Thursday 9 th 9.30 – 12.30	Dunsden Church	Preparation for hedge-laying/bonfire (with fire-trailer)	Church car park	Chris Ash Keith May	New site
Saturday 11 th 9.30 – 12.30	Dunsden Church	Hedge-laying	Church car park	Chris Ash Nick Odell	
Thursday 16 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Tony Chandler Eric Yarrow	Bring packed lunch
Saturday 18 th 9.30 – 12.30	Redhill Wood (Crowsley Park – FC)	Cut back rhododendrons	Roadside by site	Julia Booker John Hasler	Follow signs off SC to Henley road, west of Hunts Green
Thursday 23 rd 9.30 – 12.30	Moor End Common (by Frieth to Lane End road)	Continue restoration of SSSI (HLF-supported Chilterns Commons project)	By site – follow signs from Frieth village	Chris Ash Robert Watson	Limited parking – please car share, if possible. Not on map
Saturday 25 th 9.30 – 12.30	Greys Court (Pissen Wood)	Cut back encroaching vegetation to protect footpaths	On site	Brian Gardener Robin Howles	Park by roadside, opposite entrance to wood (Rocky Lane)

Directions for the Natural England Nature Reserve, Aston Rowant

Usual meeting-point is the Reserve office. We occasionally meet at three other sites, Hill Farm, the Nature Reserve car park, and Cowleaze car park. Please check beforehand, if necessary. All four locations can be found on the map.

At Nettlebed take B480 to Watlington; then take B4009 following signs for M40.

For Hill Farm, turn right before the northbound motorway exit and continue for half a mile.

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 signposted to Christmas Common. 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 after crossing motorway.

From Christmas Common, reverse the directions.

March 2012

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 1 st 9.30 – 12.30	Cleeve Court Meadow, Streatley	Continue reclamation of riverside meadow	On site – follow signs from A329, North of Streatley	Eric Yarrow Keith May	Park in car park off side road from A329
Saturday 3 rd 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 8 th 9.30 – 12.30	St Katharine's Retreat, Parmoor	On-going restoration tasks in walled garden/ orchard areas	On site – access off Hambleden to Frieth road	Chris Ash Nick Odell	*Session may be extended, with possibility of lunch – check nearer time
Saturday 10 th 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 Julia Booker	Don't be late – gate to field will be re-locked at 9.25am
Thursday 15 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Chris Ash Brian Gardener	Bring packed lunch
Saturday 17 th 9.30 – 12.30	Nettlebed Common	Clearing encroaching scrub	Car park by sportsfield	John Hasler Tony Chandler	
Thursday 22 nd 9.30 – 12.30	Chalk Pit, Nuney	Continuing work of felling dead trees / clearing scrub / stacking tree remains	In side road – off Goring Heath to Mapledurham road	Robert Watson Diane Gordon	The aim is to help extend area of wild flowers
Saturday 24 th 9.30 – 12.30	Withymead, Goring	Cut back dogwood/willows	On site – follow signs from Goring to Wallingford road	Julia Booker Sian Hickman	
Thursday 29 th 9.30 – 12.30	Sue Ryder Home, Joyce Grove, Nettlebed	Maintenance tasks in garden areas	Follow signs – take first left after entering the grounds	Edward Sandars Elizabeth Smeeton	
Saturday 31 st 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	