

GREEN GYM PROGRAMME

July to September 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.

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

July 2012

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 5 th 9.30 – 12.30	Nettlebed Common	Remove Himalayan Balsam	Car park by cricket field	Tony Chandler Elizabeth Smeeton	
Saturday 7 th 9.30 - 12.30	Kingwood Common	Raking	By Great Davids	Tony Chandler Elizabeth Smeeton	Joint session with Kingwood Common Volunteer group
Thursday 12 th 9.30 - 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Chris Ash Julia Booker	Bring packed lunch
Saturday 14 th 10.00 -1.00pm	Frilford Heath SSSI (near Abingdon)	Clearing Himalayan Balsam (may be 'boggy' underfoot – Wellingtons might be best footwear)	On site (OS map 164 – Ref. SU442978)	Julia Booker Robin Howles	Joint session with other Oxon GGs – (travel by minibus may be available)
Thursday 19 th 9.30 – 12.30	Cleeve Court Meadow, Streatley	Continuing reclamation of riverside meadow, may include hayraking	On site – follow signs from A329 north of Streatley	Eric Yarrow Keith May	Park in car park off side-road – allow 5+ minutes for walk to site
Saturday 21 st 9.30 – 12.30	Withymead, Goring	May include restoration of landing stage area and surrounds	On site – follow signs from Goring to Wallingford road	John Hasler Sian Hickman	
Thursday 26 th 9.30 – 12.30	Greys Court (NT)	To include raking	On site – main NT car park	Brian Gardener Chris Ash	
Saturday 28 th 9.30 – 12.30	Chalk Pit, Nuney	Complete felling of dead trees, clearing scrub and making habitat piles	By side road off Goring Heath to Mapledurham road	Robert Watson Diane Gordon	Aim is to extend area of wild flowers

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.

August 2012

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Point</i>	<i>Leaders</i>	<i>Notes</i>
Thursday 2 nd 9.30 – 12.30	Sue Ryder Home, Joyce Grove, Nettlebed	In support of management of garden areas	On site – follow signs, turning left after entering grounds	Edward Sandars Eric Yarrow	
Saturday 4 th 9.30 – 12.30	Redhill Woods, Crowsley Park (FC)	Continue cutting back rhododendron	Roadside by site	Robin Howles Brian Gardener	Follow signs off SC to Henley road, west of Hunt's Green
Thursday 9 th 9.30 – 12.30	Cleeve Court Meadow, Streatley	Continuing reclamation of riverside meadow, including building of boardwalk	On site – follow signs from A329 north of Streatley	Eric Yarrow Keith May	Park in car park off side-road – allow 5+ minutes for walk to site
Saturday 11 th 9.30 – 12.30	Temple Island Meadows SSSI	Continue clearing/stacking tree remains in meadow areas	On riverside – access from Henley to Marlow road, opposite 'Swiss Farm'	Julia Booker Robin Howles	Don't be late – gate to field will be re-locked at 9. 25am
Thursday 16 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Chris Ash Elizabeth Smeeton	Bring packed lunch
Saturday 18 th 9.30 – 12.30	Redhill Woods (FC)	Continuing removal of rhododendron	Roadside by site	Robin Howles Sian Hickman	Follow signs off SC to Henley road, west of Hunt's Green
Thursday 23 rd 9.30 – 12.30	Withymead, Goring	Continuing restoration work, perhaps on site of former boatyard	On site – follow signs from Goring to Wallingford road	Julia Booker Chris Ash	
Saturday 25 th 9.30 – 12.30	Green Broom Wood (Hardwick Estate)	Coppicing and clearing footpaths and surrounds	On site – turn right into car park off Goring Heath to Goring road, just south of Crays Pond	John Hasler Elizabeth Smeeton	New site
Thursday 30 th 9.30 – 12.30	Greys Court (NT)	Supporting parkland restoration, including management of ponds and footpaths	On site – main NT car park	Brian Gardener Robert Watson	

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 Cowlease 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 Cowlease 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). Cowlease is a ½ mile further on and on the left after crossing motorway.

From Christmas Common, reverse the directions.

September 2012

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 1 st 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 6 th 9.30 – 12.30	Moorend Common	Restoration of SSSI (HLF-Supported Chiltern Commons Project)	Roadside by site	Chris Ash Brian Gardener	Follow signs off Frieth to Lane End road
Saturday 8 th 9.30 – 12.30	Green Broom Wood (Hardwick Estate)	To include coppicing and clearing of footpaths and surrounds	On site – turn right into car park, off Goring Heath to Goring road, just south of Crays Pond	Julia Booker Robert Watson	
Thursday 13 th 9.30 – 12.30	Green Broom Wood (Hardwick Estate)	To include coppicing and clearing of footpaths and surrounds	On site – turn right into car park, off Goring Heath to Goring road, just south of Crays Pond	John Hasler Elizabeth Smeeton	
Saturday 15 th 9.30 – 12.30	Greys Court (NT)	Parkland restoration, including the management of ponds and footpaths	On site – in main NT car park	Brian Gardener Mile Macleod	
Thursday 20 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see directions below	Chris Ash Eric Yarrow	Bring packed lunch
Saturday 22 nd 9.30 – 12.30	Withymead, Goring	Continue restoration tasks	On site – follow signs from Goring to Wallingford road	Robert Watson Sian Hickman	
Thursday 27 th 9.30 – 12.30	Nettlebed Common	Removing small trees and scrub/stacking/water management in and around Jack's Pond	Car park by sportsfield	Elizabeth Smeeton Robert Watson	Bring Wellington boots
Saturday 29 th 9.30 – 12.30	Valley Road chalk bank, Henley	Removing small trees and scrub	By site – park at roadside	Chris Ash Sally Rankin	Parking limited – side roads off Valley Road or King James Way may also be used