

GREEN GYM PROGRAMME

January to March 2013

<http://sonningcommon.tcv.org.uk>



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

January 2013

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 3 rd 9.30 – 12.30	Peppard Common	Cutting brambles/raking	Car park by Peppard crossroads	Tony Chandler Elizabeth Smeeton	
Saturday 5 th 9.30 - 12.30	Ewelme watercress beds	Ongoing restoration of waterside site	Roadside by bridge	Mike Macleod Robert Watson	When parking, please avoid entrances/bus stop
Thursday 10 th 9.30 – 12.30	Cleeve Water Meadow	To include replacing gate/cutting/dragging	On site – follow signs from A329, north of Streatley	Eric Yarrow Keith May	Park in car-park off side-road – allow 10 minutes for walk to site
Saturday 12 th 9.30 – 12.30	Spring Wood Rotherfield Peppard	Cut back re-growing holly/brambles	In paddock off Blounts Court Road	Robin Howles Diane Gordon	
Thursday 17 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Tony Chandler Eric Yarrow	Don't forget your packed lunch!
Saturday 19 th 9.30 – 12.30	Crocker End, Nettlebed	Cutting back encroaching brambles/saplings	On roadside – follow signs from Nettlebed triangle	John Hasler Elizabeth Smeeton	
Thursday 24 th 9.30 – 12.30	Greys Court (NT)	To be agreed	On site – in main NT car park	Brian Gardener Edward Sandars	
Saturday 26 th 9.30 – 12.30	Rotherfield Greys Church	Continue reclamation of area on east side of churchyard/ground clearing	By the church	Julia Booker Robin Howles	This churchyard contains rare fungi
Thursday 31 st 9.30 – 12.30	Ipsden Wood (Forestry Commission)	Removal of redundant fence/related scrub clearing	On site – access by track, Judges Lane, off Stoke Row to Checkendon road	Julia Booker Robert Watson	Note: park in field by track entrance – look for left turn off SR to C road

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 (now TCV), by the Sonning Common group which is run solely by its members.

February 2013

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Point</i>	<i>Leaders</i>	<i>Notes</i>
Saturday 2 nd 9.30 – 12.30	Kingwood Common	Raking	By Great Davids	Tony Chandler Elizabeth Smeeton	Joint session with Commons Volunteer group
Thursday 7 th 9.30 – 12.30	Green Broom Wood	Removing fallen wood/ coppicing/bonfire	On site – car park off Goring Heath to Goring road, near Crays Pond	Elizabeth Smeeton John Hasler	
Saturday 9 th 9.30 – 12.30	Dunsden Church	Hedgelaying/hedge trimming	Church car park	Chris Ash Sheelagh Hill	First of three visits, in quick succession!
Thursday 14 th 9.30 – 12.30	Dunsden Church	Continue hedgelaying/ hedge trimming	Church car park	Chris Ash Sheelagh Hill	
Saturday 16 th 9.30 – 12.30	Dunsden Church	Complete hedgelaying/ hedge trimming	Church car park	Chris Ash Sheelagh Hill	Perhaps we'll know by the end of the Thursday session if packed lunches will be needed!!
Thursday 21 st 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Tony Chandler Eric Yarrow	Don't forget your packed lunch!
Saturday 23 rd 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'	Robin Howles Sian Hickman	Don't be late – gate to field will be re-locked at 9.25 am
Thursday 28 th 9.30 – 12.30	Duffields Common	Clearing scrub around young trees	On site – off road, on west side of Busgrove Lane, about 2 miles from Gallowstree Common	John Hasler Robert Watson	Off road parking is possible at some nearby points along Busgrove Lane – please park with care

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 2013

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 2 nd 9.30 – 12.30	Withymead, Goring	Tasks to include building bird-hide (with help of children's group)	On site – follow signs from Goring to Wallingford road	Julia Booker Robert Watson	
Thursday 7 th 9.30 – 12.30	Watlington Hill (NT)	Scrub removal/bonfire	NT car park	Robin Howles Eric Yarrow	
Saturday 9 th 9.30 – 12.30	Mill Meadows, Henley	Pond clearing	On site – park in Mill Meadows car park	Sheelagh Hill Edward Sandars	At request of Henley Wildlife Group
Thursday 14 th 9.30 – 12.30	Cleeve Water Meadow	To include clearing fence-line/ clearing main channel	On site- follow signs from A329, north of Streatley	Eric Yarrow Keith May	Park in car park off side-road – allow 10 minutes for walk to site
Saturday 16 th 9.30 – 12.30	Nettlebed Common	Pond management/scrub clearing	Car park by sports field	Tony Chandler Elizabeth Smeeton	
Thursday 21 st 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see directions below	Chris Ash Brian Gardener	Don't forget to bring packed lunch!
Saturday 23 rd 9.30 – 12.30	Bishopswood Field, Sonning Common	Assisting Rotherfield UFC in management of marginal areas around sports field	On site	John Hasler Keith May	Access from Gallowstree Road
Thursday 28 th 9.30 – 12.30	Greys Court (NT)	Contribute to parkland management	Main NT car park	Brian Gardener Edward Sandars	
Saturday 30 th 9.30 – 12.30	Withymead, Goring	To include cutting back willows/sycamores	On site – follow signs from Goring to Wallingford road	Robert Watson Sian Hickman	