

GREEN GYM PROGRAMME

April to June 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

April 2013

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Watlington Hill (NT)	Cutting low scrub/bonfire	NT car park	Robin Howles Chris Ash	
Saturday 6 th 9.30 - 12.30	Flowercroft Woods	Coppicing hazels/cutting low scrub/building refuge for stag beetles	By gate to woods, Cross Lanes, Rotherfield Greys	Julia Booker Sheelagh Hill	Don't miss chance to renew acquaintance with one of our favourite sites!
Thursday 11 th 9.30 – 12.30	Moorend Common (SSSI)	Clear vegetation in north meadow to free orchids	Roadside by site	Chris Ash Robert Watson	Follow signs off Frieth to Lane End road
Saturday 13 th 9.30 – 12.30	Kennylands Field, Sonning Common	Management of lavender beds	By Birdwood Court	Brian Gardener Mike Macleod	
MONDAY 15	AGM	The Elizabeth Room	Rotherfield Greys	Church	Meet at 7 pm for 7.30 pm start
Thursday 18 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Chris Ash Eric Yarrow	If you are up for the full day, don't forget the packed lunch!
Saturday 20th 9.30 – Lunch	Withymead NR, Goring	15th anniversary get-together with other Oxon Green Gyms	On site – follow signs from Goring to Wallingford road	Julia Booker Robin Howles	Variety of tasks, and then stay for PICNIC LUNCH!!
Thursday 25 th 9.30 – 12.30	Peppard Common	Footpath clearing	Car park by Peppard crossroads	Tony Chandler John Hasler	
Saturday 27 th 9.30 – 12.30	Greys Court (NT)	Woodland projects	On site – in main NT car park	Robin Howles Mike Macleod	

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.

May 2013

<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	Nettlebed Common	Footpath clearing	Car park by sports field	Elizabeth Smeeton Robert Watson	
Saturday 4 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Continue clearing/stacking tree remains/seed collecting to protect grazing animals	On riverside – access from Henley to Marlow road, opposite 'Swiss Farm'	Robert Watson Sian Hickman	Please arrive in good time – gate to field will be re-locked at 9.25 am
Thursday 9 th 9.30 – 12.30	Cleeve Water Meadow	To include cleaning of ditches/clearing/stacking	On site – follow signs from A329, north of Streatley	Eric Yarrow Keith May	Park in car-park off side-road – allow 5-10 minutes for walk to site
Saturday 11 th 9.30 – 12.30	Ipsden Wood (FC)	Continue removal of redundant fence	On site – access by track, Judges Lane, off Stoke Row to Checkendon road	Julia Booker John Hasler	Park in field by track entrance – look for left turn off road from Stoke Row
Thursday 16 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions to parking areas	Chris Ash Keith May	Don't forget packed lunch if you are staying for longer session
Saturday 18 th 9.30 – 12.30	Green Broom Wood	Cut back low scrub/holly alongside footpaths	On site – car-park off Goring Heath to Goring road, near Crays Pond	John Hasler Robin Howles	
Thursday 23 rd 9.30 – 12.30	Sue Ryder Home, Joyce Grove, Nettlebed	Ongoing management of 'secret garden' and ha-ha	On site	Edward Sandars Sheelagh Hill	Follow signs from entrance
Saturday 25 th 9.30 – 12.30	Greys Court (NT)	Woodland projects	Main NT car-park	Brian Gardener Robin Howles	
Thursday 30 th 9.30 – 12.30	Withymead NR, Goring	Renovating/painting sheds/work on compost pit	On site – follow signs from Goring to Wallingford road	Julia Booker 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 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.

June 2013

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 1 st 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 6 th 9.30 – 12.30	Cleeve Water Meadow	Continue reclamation of waterside meadow	On site – follow signs from A329, north of Streatley	Eric Yarrow Brian Gardener	Park in car-park off side-road – allow 5-10 minutes to walk to site
Saturday 8 th 9.30 – 12.30	Bishopswood Field, Sonning Common	Giving support to Rotherfield UFC in managing site surrounds	On site	John Hasler Chris Ash	Access from Gallowstree Common road
Thursday 13 th 9.30 – 12.30	Greys Court (NT)	Woodland projects	Main NT car-park	Robin Howles John Hasler	
Saturday 15 th 9.30 – 12.30	Ipsden Wood (FC)	Continue removal of redundant fence/possibly some re-fencing	Access by track (Judges Lane), off Stoke Row to Checkendon road	Julia Booker Robin Howles	Park in field by track entrance- look for left turn off road from Stoke Row
Thursday 20 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see directions below	Chris Ash Keith May	Don't forget the packed lunch if you are up for the full session!
Saturday 22 nd 9.30 – 12.30	Withymead, NR, Goring	Various renovation tasks around the site	On site – follow signs from Goring to Wallingford road	Robert Watson Sian Hickman	
Thursday 27 th 9.30 – 12.30	Gillotts Field, Greys Road, Henley	Maybe your one chance in 2013 to get to grips with the ragwort challenge!	On site	Sheelagh Hill Sally Rankin	Park in lay-by, next to entrance to field
Saturday 29 th 9.30 – 12.30	Green Broom Wood	Cutting low scrub/holly by footpaths	On site – car park off Goring Heath to Goring road, near Crays Pond	Elizabeth Smeeton Brian Gardener	