

GREEN GYM PROGRAMME

July to September 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 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 2013

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Valley Road chalk bank, Henley	Repair steps/clear brambles	By site – park at roadside	Chris Ash Sheelagh Hill	Parking may also be possible in side-roads or King James Way
Saturday 6 th 9.30 - 12.30	Ewelme water cress beds	Ongoing restoration of waterside site	Roadside by bridge	Mike Macleod Diane Gordon	When parking please avoid entrances/bus stop
Thursday 11 th 9.30 – 12.30	Greys Court (NT)	Woodland projects	On site – main NT car park	Brian Gardener Robin Howles	
Saturday 13 th 9.30 – 12.30	Bishopswood Field, Sonning C	Fencing tasks	On site	John Hasler Chris Ash	In support of Rotherfield Utd FC
Thursday 18 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Robin Howles Eric Yarrow	If you are up for the full day, don't forget the packed lunch!
Saturday 20 th 9.30 – 12.30	Greyhone Wood (FC)	Clear overspreading vegetation	On site – access at northern end of Colmore Lane, R Peppard	Julia Booker Robin Howles	New site – adjoins Burnt Platt Wood
Thursday 25 th 9.30 – 12.30	Cleeve Water Meadow	Continuing management of riverside site	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 27 th 9.30 – 12.30	Withymead NR, Goring	Various projects to support management of the reserve	On site – follow signs from Goring to Wallingford road	Robert Watson Sian Hickman	

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.

August 2013

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 1 st 9.30 – 12.30	Moorend Common (SSSI)	Re-build bridge/cut back birch and gorse	Roadside by site	Chris Ash Edward Sandars	Follow signs by Frieth to Lane End road.
Saturday 3 rd 9.30 – 12.30	Binfield Heath (Green Pond and footpaths)	Pond management/clear footpaths	On site	Chris Ash Sheelagh Hill	Arrangements for car parking TBA
Thursday 8 th 9.30 – 12.30	Nettlebed Common	Pond work/removing Himalayan Balsam	Car park by sportsfield	Elizabeth Smeeton Robert Watson	
Saturday 10 th 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration of waterside site	Roadside by bridge	Mike Macleod Robert Watson	NB A rare event – a visit to Ewelme not on the first, but the second Saturday!
Thursday 15 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 17 th 9.30 – 12.30	Peppard Common	Clear bridleway/footpaths	Car park by Peppard crossroads	Elizabeth Smeeton John Hasler	
Thursday 22 nd 9.30 – 12.30	Greys Court (NT)	Woodland projects	Main NT car park	Brian Gardener Robin Howles	
Saturday 24 th 9.30 – 12.30	Green Broom Wood	Stack wood/cut back holly and brambles	On site – near Crays Pond - turn into car park from Goring Heath to Goring road	John Hasler Elizabeth Smeeton	
Thursday 29 th 9.30 – 12.30	Withymead NR, Goring	Continuing management of the reserve	On site – follow signs from Goring to Wallingford road	Julia Booker Robert Watson	
Saturday 31 st 9.30 – 12.30	Dunsden Church	Prepare new section for hedgelaying/clearing tasks	Church car park	Chris Ash Sian Hickman	

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.

September 2013

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 5 th 9.30 – 12.30	Nettlebed Common	To include creating play area for children	Car park by sportsfield	Elizabeth Smeeton Robert Watson	
Saturday 7 th 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration of waterside site	Roadside by bridge	Robert Watson Mike Macleod	When parking, please avoid entrances/bus stop
Thursday 12 th 9.30 – 12.30	St Katharine's Retreat, Parmoor	Supporting management of grounds/gardens	On site – access from Hambleden to Frieth road	Robin Howles Julia Booker	
Saturday 14 th 9.30 – 12.30	Green Broom Wood	Stack wood/cut back holly and brambles	On site – near to Crays Pond	John Hasler Elizabeth Smeeton	Access to car park from Goring Heath to Goring road
Thursday 19 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see directions below	Tony Chandler Eric Yarrow	Don't forget the packed lunch if you are up for the full session!
Saturday 21 st 9.30 – 12.30	Kennylands Field, Sonning Common	Cut beech hedge / hay raking	On site – by Birdwood Court	Tony Chandler Brian Gardener	
Thursday 26 th 9.30 – 12.30	Cleeve Water Meadow	Continue reclamation of waterside meadow	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 28 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Raking / stacking wood / possible fence repairs	On riverside – access from Henley to Marlow road, opposite 'Swiss Farm'	Robin Howles Sian Hickman	Please arrive in good time – gate to field will be re-locked at 9.25 am