

GREEN GYM PROGRAMME

October to December 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 internet 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

October 2013

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 3 rd 9.30 – 12.30	Ipsden Wood (Forestry Commission)	Complete the removal of redundant fence/install boundary posts	On site – access by track, Judges Lane, off Stoke Row to Checkendon road	Julia Booker Robin Howles	NB: park in field by track entrance – look for left turn from Stoke Row
Saturday 5 th 9.30 - 12.30	Ewelme water cress beds	Ongoing restoration of waterside site	Roadside by bridge	Mike Macleod Robin Howles	When parking please avoid entrances/bus stop
Thursday 10 th 9.30 – 12.30	Greys Court (NT)	Ongoing park development programme	On site – main NT car park	Brian Gardener John Hasler	
Saturday 12 th 9.30 – 12.30	Moorend Common (SSSI)	Contribute to restoration programme	Roadside by site	Chris Ash Sian Hickman	Follow signs by Frieth to Lane End road.
Thursday 17 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 19 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Cut back willow regrowth / stack wood	On riverside – access from Henley to Marlow road, opposite 'Swiss Farm'	Robin Howles Brian Gardener	Please arrive in good time – gate to field will be re-locked at 9.25 am
Thursday 24 th 9.30 – 12.30	Cleeve Water Meadow	Continuing management of riverside site	On site – follow signs from A329, north of Streatley	Eric Yarrow Tony Chandler	Park in car-park off side-road - allow 5-10 minutes for walk to site
Saturday 26 th 9.30 – 12.30	Withymead, Goring	Various projects to support management of the reserve	On site – follow signs from Goring to Wallingford road	Robert Watson Sian Hickman	
Thursday 31 st 9.30 – 12.30	Nettlebed Common	Create woodland play area/play trail	Car park by sportsfield	Elizabeth Smeeton Tony Chandler	New project

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.

November 2013

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 2 nd 9.30 – 12.30	Ewelme water cress beds	Ongoing restoration of waterside site	Roadside by bridge	Mike Macleod Edward Sandars	When parking please avoid entrances/bus stop
Thursday 7 th 9.30 – 12.30	Nuffield Place (NT)	Scrub clearing/ preparation for erection of deer fences	On site – for car park follow signs off Nettlebed to Wallingford road	Brian Gardener Keith May	
Saturday 9 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Cut back willow regrowth/stack wood	On riverside – access from Henley to Marlow road, opposite 'Swiss Farm'	Robin Howles John Hasler	Please arrive in good time – gate to field will be re-locked at 9.25 am
Thursday 14 th 9.30 – 12.30	Green Broom Wood	Stack wood/cut back holly and brambles	On site – near to Crays Pond	Elizabeth Smeeton John Hasler	Access to car park from Goring Heath to Goring road
Saturday 16 th 9.30 – 12.30	Greys Court (NT)	Ongoing park development programme	On site – main NT car park	Brian Gardener Robin Howles	
Thursday 21 st 9.30 – 2.30 pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Tony Chandler Eric Yarrow	If you intend to stay for full session, bring packed lunch!
Saturday 23 rd 9.30 – 12.30	Trench Green, Mapledurham	Scrub clearing, in preparation for new fence	From the north, turn right off the A4174 at the Pack Horse PH (Sheepways Lane). Go straight over the crossroads. From the south, turn left off the A4174 at the Pack Saddle PH. Turn left at crossroads. Site is 150 yds on the right.	Robert Watson Sian Hickman	New site – at request of Mapledurham PC
Thursday 28 th 9.30 – 12.30	Cleeve Water Meadow	Continuing management of the 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 30 th 9.30 – 12.30	Peppard Common	Raking/stacking on ski-slope	Car park by Peppard crossroads	Tony Chandler Mike Macleod	

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.

December 2013

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 5 th 9.30 – 12.30	Reading Golf Club	Return to hedge-laying project	In North car park – off Chalk House Green Lane	Tony Chandler Eric Yarrow	
Saturday 7 th 9.30 – 12.30	Greyhone Wood (FC)	Clear saplings/overspreading vegetation	On site – access at northern end of Colmore Lane	Julia Booker Robin Howles	
Tuesday 10th 7 for 7.30pm	Badgemore	Park Golf Club	***Xmas Dinner***		Be sure to sign up with Julia!
Thursday 12 th 9.30 – 12.30	Reading Golf Club	Continue hedge-laying	In North car park – off Chalk House Green Lane	Tony Chandler Brian Gardener	
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 above	Tony Chandler Keith May	Spud Roast!
Saturday 21 st 9.30 – 12.30	Kennylands Field, Sonning Common	Cut back blackthorn	On site – by Birdwood Court	Tony Chandler Robin Howles	Limited parking.
Wed. 25th	With all	Best wishes for a	Very Happy	Xmas!!!	
Thursday 26 th 9.30 – 12.30	Flowercroft Woods	Coppicing	By main access gates – off Cross Lanes	Julia Booker Robert Watson	Will provide perfect antidote to Christmas feasting!
Saturday 28 th 9.30 – 12.30	Withymead, Goring (NR)	Projects to support management of the reserve	On site – follow signs from Goring to Wallingford road	Robert Watson Julia Booker	