

# GREEN GYM PROGRAMME

## January to March 2014

<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 online map.  
**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 2014

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Point</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 2 <sup>nd</sup> 9.30 – 12.30	Withymead NR, Goring	Projects to support management of reserve	On site – follow signs from Goring to Wallingford road	Robert Watson Julia Booker	
Saturday 4 <sup>th</sup> 9.30 - 12.30	Ewelme water cress beds	Ongoing restoration of waterside site	Roadside by bridge	Mike Macleod John Hasler	When parking please avoid entrances/bus stop
Thursday 9 <sup>th</sup> 9.30 – 12.30	Oak Farm, Harpsden Bottom	Hedgelaying along boundary hedge by the Harpsden road	Off road, in open area of Gillsmithers Wood (Forestry Commission)	Tony Chandler Brian Gardener	Follow signs – right turn into car park, off road to Harpsden
Saturday 11 <sup>th</sup> 9.30 – 12.30	Oak Farm, Harpsden Bottom	Continue hedgelaying along boundary by the Harpsden road	Off road, in open area of Gillsmithers Wood (FC)	Tony Chandler Brian Gardener	Follow signs – right turn off road to Harpsden
Thursday 16 <sup>th</sup> 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Eric Yarrow Keith May	If you are up for the full day, don't forget the packed lunch!
Saturday 18 <sup>th</sup> 9.30 – 12.30	Nettlebed Common	Helping preparation for Nettlebed Village History Weekend	In centre of Nettlebed, behind bus stop – near kiln	Elizabeth Smeeton Tony Chandler	Park with care – car share if possible
Thursday 23 <sup>th</sup> 9.30 – 12.30	Greys Court (NT)	Ongoing park development programme	On site Main NT car park	Brian Gardener Robin Howles	
Saturday 25 <sup>th</sup> 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Cut back re-growing holly / brambles – help re- establish bluebell areas	In paddock off Blounts Court Road	Robin Howles Diane Gordon	
Thursday 30 <sup>th</sup> 9.30 – 12.30	Watlington Hill (NT)	Cut low scrub/bonfire	NT car park	Julia Booker Robin Howles	

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 2014

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Point</b>	<b>Leaders</b>	<b>Notes</b>
Saturday 1 <sup>st</sup> 9.30 – 12.30	Kingwood Common	Scrub clearing in glades, maintain footpaths	By Great Davids	Elizabeth Smeeton Tony Chandler	Joint session with Kingwood Common Volunteer group
Thursday 6 <sup>th</sup> 9.30 – 12.30	Nuffield Place (NT)	Supporting management of the estate	On site – for car park follow signs off Nettlebed to Wallingford road	Brian Gardener Keith May	
Saturday 8 <sup>th</sup> 9.30 – 12.30	Green Broom Wood	Stack wood/cut back holly and brambles to open up glade	On site – near to Crays Pond	Elizabeth Smeeton Edward Sandars	Access to car park from Goring Heath to Goring road
Thursday 13 <sup>th</sup> 9.30 – 12.30	Dunsden Church	Preparation for hedgelaying	Church car park	Chris Ash Sheelagh Hill	
Saturday 15 <sup>th</sup> 9.30 – 12.30	Dunsden Church	Hedgelaying	Church car park	Chris Ash Sheelagh Hill	
Thursday 20 <sup>th</sup> 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 22 <sup>nd</sup> 9.30 – 12.30	Moorend Common (SSSI)	Removing/cutting back young birch trees	Roadside by site	Chris Ash Sian Hickman	Follow signs by Frieth to Lane End road
Thursday 27 <sup>th</sup> 9.30 – <b>2.30 pm</b>	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	John Hasler Eric Yarrow	If you intend to stay for full session, bring packed lunch!

## 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.

## March 2014

<i><b>Date &amp; Time</b></i>	<i><b>Site</b></i>	<i><b>Activity</b></i>	<i><b>Meeting Point</b></i>	<i><b>Leaders</b></i>	<i><b>Notes</b></i>
Saturday 1 <sup>st</sup> 9.30 – 12.30	Ewelme watercress beds	Ongoing maintenance of waterside site	Roadside by bridge	Mike Macleod Edward Sandars	When parking please avoid entrances/bus stop
Thursday 6 <sup>th</sup> 9.30 – 12.30	Greys Court (NT)	On going park development programme	On site – main NT car park	Brian Gardener Julia Booker	
Saturday 8 <sup>th</sup> 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	<b>NB All are invited to 'Opening Ceremony' – to mark completion of Richard's Wishing Well</b>
Thursday 13 <sup>th</sup> 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 15 <sup>th</sup> 9.30 – 12.30	Temple Island Meadows (SSSI)	Cut back willow re-growth/stack wood	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
Thursday 20 <sup>th</sup> 9.30 – <b>2.30pm</b>	National NR, Aston Rowant	To be agreed	To be advised – see directions below	John Hasler Eric Yarrow	Don't forget the packed lunch if you are up for the full session!
Saturday 22 <sup>nd</sup> 9.30 – 12.30	Peppard Common	Heather management	Car park by Peppard cross roads	Elizabeth Smeeton Mike Macleod	
Thursday 27 <sup>th</sup> 9.30 – 12.30	Sue Ryder Home, Joyce Grove, Nettlebed	Clearing laurel and other spreading vegetation on western edge of garden area	On site – follow signs from entrance	Edward Sandars Sheelagh Hill	
Saturday 29 <sup>th</sup> 9.30 – 12.30	Parson's Wood (Hernes)	Cut back spreading holly	On site – park by Rotherfield Greys Church	Julia Booker Robin Howles	<b>New site</b>