

GREEN GYM PROGRAMME

April to June 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 map on the 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

April 2014

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 3 rd 9.30 – 12.30	Kennylands Field, Sonning Common	It is time again to give attention to the lavender!	By Birdwood Court	Tony Chandler Brian Gardener	
Saturday 5 th 9.30 – 12.30	Ewelme water cress beds	Ongoing restoration of waterside site	Roadside by bridge	Mike Macleod Sian Hickman	When parking please avoid entrances/bus stop
Thursday 10 th 9.30 – 12.30	Park Wood, Nuffield	Cutting back spreading holly in the woodland	On site – access from Huntercombe End Lane	Brian Gardener Chris Ash	NEW SITE - follow signs – turn from A4130, east of Nuffield Place
Saturday 12 th 9.30 – 12.30	Withymead NR, Goring	Continue projects to support management of the Reserve	On site – follow signs from Goring to Wallingford road	Robert Watson Julia Booker	
Monday 14th	AGM		The Elizabeth Room, Rotherfield Greys Church		7pm for 7:30pm
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	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 saplings/stack wood	On riverside – access from Henley to Marlow road opposite 'Swiss Farm'	John Hasler Sian Hickman	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	Continue management of waterside 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 26 th 9.30 – 12.30	Nettlebed Common	Cut back re-growing holly/brambles – help re-establish bluebell areas	Car park by sportsfield	Elizabeth Smeeton Tony Chandler	

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 2014

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Point</i>	<i>Leaders</i>	<i>Notes</i>
Thursday 1 st 9.30 – 12.30	Green Broom Wood	Stack wood/cut back brambles and other scrub to open up glades	On site – near Crays Pond	John Hasler Elizabeth Smeeton	Access to car park from Goring Heath to Goring road
Saturday 3 rd 9.30 – 12.30	Withymead NR, Goring	Continue projects to support management of the Reserve	On site – follow signs from Goring to Wallingford road	Robert Watson Sian Hickman	
Thursday 8 th 9.30 – 12.30	Greys Court (NT)	Supporting management of the estate	On site – in main NT car park	Brian Gardener Robin Howles	
Saturday 10 th 9.30 – 12.30	Parson's Wood (Hernes)	Continue cutting back spreading holly	On site – park by Rotherfield Greys Church	Julia Booker Robin Howles	
Thursday 15 th 9.30 – 12.30	Cleeve Water Meadow	Tasks to support management of this 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 17 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Cut back saplings/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 22 nd 9.30 – 2.30 pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Eric Yarrow Keith May	If you intend to stay for full session, bring packed lunch!
Saturday 24 th 9.30 – 12.30	Bishopswood Field, Sonning Common	Cut ivy from trees along perimeter	On site – use main car park	John Hasler Julia Booker	Access from Gallowstree Common Road
Thursday 29 th 9.30 – 12.30	Nuffield Place (NT)	Supporting management of the estate	On site – follow signs off Nettlebed to Wallingford road	Brian Gardener Sheelagh Hill	
Saturday 31 st 9.30 – 12.30	Ipsden Wood (Forestry C)	Erect post and wire fence	On site – park alongside road from Busgrove Lane to Checkendon	Chris Ash Edward Sandars	Access from Busgrove Lane – turn left some 2 miles north of Gallowstree Common

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 2014

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 5 th 9.30 – 12.30	Moorend Common (SSSI)	Cut back birch/willow saplings	Roadside by site	Chris Ash Sheelagh Hill	Not on map
Saturday 7 th 9.30 – 12.30	Ewelme watercress beds	Ongoing maintenance of waterside site	Roadside by bridge	Mike Macleod Robin Howles	When parking please avoid entrances/bus stop
Thursday 12 th 9.30 – 12.30	Greys Court (NT)	On going park development programme	On site – main NT car park	Brian Gardener John Hasler	
Saturday 14 th 9.30 – 12.30	Parson's Wood (Hernes)	Continue cutting back holly in bluebell wood	On site – park by Rotherfield Greys Church	Julia Booker Robin Howles	
Thursday 19 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see directions below	Chris Ash Sheelagh Hill	Don't forget the packed lunch if you are up for the full session!
Saturday 21 st 9.30 – 12.30	Nuffield Place (NT)	Supporting management of the estate	On site – follow signs off Nettlebed to Wallingford road	Brian Gardener Sian Hickman	
Thursday 26 th 9.30 – 12.30	Withymead NR, Goring	Varying tasks to help with management of the Reserve	On site – follow signs from Goring to Wallingford road	Robert Watson Julia Booker	
Saturday 28 th 9.30 – 12.30	Peppard Common	Heather management	Car park by Peppard crossroads	Elizabeth Smeeton Tony Chandler	

AGM
The Elizabeth Room
Rotherfield Greys Church
7pm for 7:30pm