

GREEN GYM PROGRAMME

July to September 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: 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 2014

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 3 rd 9.30 – 12.30	Nettlebed Common	Raking/step -making	Car park by sportsfield	Tony Chandler Elizabeth Smeeton	
Saturday 5 th 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 10 th 9.30 – 12.30	Greys Court (NT)	Supporting management of the estate	On site – meet in main NT car park	Brian Gardener John Hasler	
Saturday 12 th 9.30 – 12.30	Ipsden Wood (Forestry C)	Continue fencing project	By site – park alongside road from Busgrove Lane to Checkendon	Chris Ash Brian Gardener	Access from Busgrove Lane – turn left some 2 miles north of Gallowstree Common
Thursday 17 th 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 19 th 9.30 – 12.30	Bishopswood Field	Cut back ivy/ other maintenance jobs around access and perimeter	On site – use main car park	Chris Ash Robin Howles	Access from Gallowstree Common Road
Thursday 24 th 9.30 – 12.30	Withymead NR, Goring	Continue tasks in supporting management of the Reserve	On site – follow signs from Goring to Wallingford road	Robert Watson Julia Booker	
Saturday 26 th 9.30 – 12.30	Burnt Platt (Forestry C)	Rescuing heather from birch saplings, brambles and other spreading vegetation	On site	Julia Booker Sian Hickman	Follow signs – right turn off Peppard to Stoke Row road
Thursday 31 st 9.30 – 12.30	Cleeve Water Meadow	Tasks to support management of riverside reserve	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

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 2014

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Point</i>	<i>Leaders</i>	<i>Notes</i>
Saturday 2 nd 10.00 – 2.30pm	Cothill Fen, Abingdon OS sheet164 (SU461998)	Tasks to support management of this wetland reserve	Cothill Village – by PH (Merry Miller)	Julia Booker Diane Gordon	Joint session with other Oxfordshire Green Gyms – look out for details later Not on map
Thursday 7 th 9.30 – 12.30	Nuffield Place (NT)	Supporting management of the estate	On site- follow signs off Nettlebed to Wallingford road	Brian Gardener Elizabeth Smeeton	
Saturday 9 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 14 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Tasks to support management of this riverside site	On riverside – access from Henley to Marlow road, opposite 'Swiss Farm'	Robin Howles Eric Yarrow	Please arrive in good time – gate to field will be re-locked at 9.25 am
Saturday 16 th 9.30 – 12.30	Green Broom Wood	Stack wood/cut back scrub to open up glades	On site – near Crays Pond	John Hasler Elizabeth Smeeton	Access to car park from Goring Heath to Goring road
Thursday 21 st 9.30 – 2.30 pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Chris Ash Eric Yarrow	If you intend to stay for full session, bring packed lunch!
Saturday 23 rd 9.30 – 12.30	Little Meadow, Goring	Hayraking	On site – park on roadside, at southern end of Manor Road	Robert Watson Sian Hickman	From High Street turn left by Goring Church – Little Meadow is under Withymead 'management'
Thursday 28 th 9.30 – 12.30	Greys Court (NT)	Supporting management of the estate	On site – meet in main NT car park	Brian Gardener Sheelagh Hill	
Saturday 30 th 9.30 – 12.30	Moorend Common (SSSI)	May include cutting back birch/willow saplings	Roadside by site	Chris Ash Sheelagh Hill	Not on map

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 2014

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Withymead NR, Goring	Various tasks to help management of Reserve	On site – follow signs off Goring to Wallingford road	Robert Watson Keith May	
Saturday 6 th 9.30 – 12.30	Ewelme watercress beds	Ongoing maintenance of waterside site	Roadside by bridge	Mike Macleod Diane Gordon	When parking, please avoid entrances/bus stop
Thursday 11 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Tasks to support management of this riverside site	On riverside – access form 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
Saturday 13 th 9.30 – 12.30	Nuffield Place (NT)	Ongoing park development programme	On site – follow signs off Nettlebed to Wallingford road	Brian Gardener Chris Ash	
Thursday 18 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see directions below	Chris Ash Eric Yarrow	Don't forget the packed lunch if you are up for the full session!
Saturday 20 th 9.30 – 12.30	Kennylands Field, Sonning Common	Hay raking	By Birdwood Court	Tony Chandler Brian Gardener	
Thursday 25 th 9.30 – 12.30	Cleeve Water Meadow	Varying tasks, including hay raking	On site – follow signs from A329, north of Streatley	Eric Yarrow Robin Howles	Park in car park off side-road – allow 5- 10 minutes for walk to site
Saturday 27 th 9.30 – 12.30	Parson's Wood (Hernes)	Continue cutting back holly	On site – park by Rotherfield Greys Church	Julia Booker Robin Howles	