

GREEN GYM PROGRAMME

October to December 2014

<http://sonningcommon.tcv.org.uk>



MEETING PLACES: Meet 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 2014

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 2 nd 9.30 – 12.30	Greys Court estate	Tasks to include completion of footpath	By Greys Green cricket field	Brian Gardener Julia Booker	Park at edge of cricket field – car share if you can
Saturday 4 th 9.30 - 12.30	Ewelme watercress beds	Ongoing restoration of waterside site	Roadside by bridge	Mike Macleod Sian Hickman	When parking please avoid entrances/bus stop
Thursday 9 th 9.30 – 12.30	Dunsden Church	More hedge-work and related clearing	Church car park	Chris Ash Sheelagh Hill	
Saturday 11 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Continue clearance along line of ditch, in preparation for new fence	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 16 th 9.30 – 12.30	Hernes Estate – Parson's Wood	Continue cutting back spreading holly in Parsons Wood. May include bonfire	Park by Rotherfield Greys Church	Julia Booker Robin Howles	
Saturday 18 th 9.30 – 12.30	Peppard Common	Remove scrub on heathland/grub up patches of brambles	Car park by Peppard crossroads	Tony Chandler Mike Macleod	
Thursday 23 rd 9.30 – 2.30pm	Aston Rowant (NNR)	Continue tasks in supporting management of the Reserve	To be advised – see below for directions	Chris Ash Sheelagh Hill	Don't forget lunch, if you intend to stay for full session
Saturday 25 th 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Cut back holly re-growth/ clear brambles and holly from bluebell areas	In paddock off Blounts Court Road	Robin Howles Diane Gordon	
Thursday 30 th 9.30 – 12.30	Ipsden Wood (Forestry C)	Continue fence replacement	Park by Emmens Lane (leading to Checkendon from Busgrove Lane)	Chris Ash Julia Booker	Turn left off Busgrove Lane some two miles north of Gallowstree Common

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 2014

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
Saturday 1 st 9.30 – 12.30	Withymead NR, Goring	Tasks to support management of reserve	Follow signs from Goring to Wallingford road	Robert Watson Sian Hickman	
Thursday 6 th 9.30 – 12.30	Cleeve Water Meadow	Continuing management of riverside site	Follow signs from A329, north of Streatley	Keith May Sheelagh Hill	Park in car park off side road – allow 5-10 minutes for walk to site
Saturday 8 th 9.30 – 12.30	Moorend Common (SSSI)	Urgent tasks, including removing birch saplings	Park at roadside	Chris Ash Edward Sandars	Access from Frieth to Lane End road
Thursday 13 th 9.30 – 12.30	Nuffield Place (NT)	Tasks to support management of estate	For car park follow signs off Nettlebed to Wallingford road	Brian Gardener John Hasler	
Saturday 15 th 9.30 – 12.30	Bishopswood Field	Cut back ivy/other maintenance tasks around access and perimeter	Use main car park	John Hasler Chris Ash	Access from Gallowstree Common road
Thursday 20 th 9.30 – 2.30 pm	Aston Rowant (NNR)	To be agreed	To be advised – see below for directions	Chris Ash Tony Chandler	If you intend to stay for full session, bring packed lunch!
Saturday 22 nd 9.30 – 12.30	Nettlebed Common	Rake snow drop area / remove scrub on heathland	Car park by sportsfield	Tony Chandler Elizabeth Smeeton	
Thursday 27 th 9.30 – 12.30	Peppard Common	Raking on ski slope/clearing footpaths	Car park by Peppard crossroads	Tony Chandler Elizabeth Smeeton	
Saturday 29 th 9.30 – 12.30	Hernes Estate – Parson's Wood	Continue cutting back holly in Parsons Wood. May include bonfire	Park by Rotherfield Greys Church	Julia Booker Robin Howles	

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.

For Office 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 2014

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Greys Court (NT)	Various tasks to help management of estate	Meet in main NT car park	Brian Gardener John Hasler	
Saturday 6 th 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 11 th 9.30 – 12.30	Cleeve Water Meadow	On going management of riverside meadow	Follow signs from A329, north of Streatley	Keith May Robin Howles	Park in car park off side road – allow 5-10 minutes for walk to site
Saturday 13 th 9.30 – 12.30	Green Broom Wood	Stack wood/cut scrub to open up glades	Near Crays Pond	John Hasler Elizabeth Smeeton	Access to car park from Goring Heath to Goring road
Thursday 18 th 9.30 – 2.30pm	Aston Rowant (NNR)	To be agreed	To be advised – see directions below	Tony Chandler Brian Gardener	Don't forget the packed lunch if you are up for the full session!
Saturday 20 th 9.30 – 12.30	Nuffield Place (NT)	Supporting park development programme	Follow signs to car park form Nettlebed to Wallingford road	Sheelagh Hill Tony Chandler	
Thursday 25th With all the Best Wishes for a Very Happy Xmas!!!					
Saturday 27 th 9.30 – 12.30	Joyce Grove Triangle	Heathland restoration of area	Park in centre of Nettlebed, behind bus stop – near kiln	Elizabeth Smeeton Tony Chandler	