

# GREEN GYM PROGRAMME

## January to March 2015

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



**MEETING:** Meet On Site for 9.30am start with a finish time of 12:30 unless otherwise stated.  
**ASSISTANCE:** See map 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

### January 2015

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 1 <sup>st</sup> 9.30 – 12.30	Withymead NR, Goring	Various tasks, to include planting	Follow signs from Goring to Wallingford road	Robert Watson Julia Booker	New planting – to make a perfect start to a NEW YEAR – best wishes to all!!
Saturday 3 <sup>rd</sup> 9.30 - 12.30	Peppard Common	Heathland management	Car park by Peppard crossroads	Tony Chandler Mike Macleod	
Thursday 8 <sup>th</sup> 9.30 – 12.30	Hernes Estate	Continue cutting holly in Parsons Wood. Bonfire	Park by Rotherfield Greys Church	Julia Booker Robin Howles	
Saturday 10 <sup>th</sup> 9.30 – 12.30	Hernes Estate	More holly cutting in Parsons Wood. Bonfire	Park by Rotherfield Greys Church	Robin Howles John Hasler	
Thursday 15 <sup>th</sup> 9.30 – 2.30pm	Aston Rowant (NNR)	Continue tasks to support management of the Reserve	To be advised – see below for directions	Tony Chandler Brian Gardener	Bring lunch, if you intend to stay for full session
Saturday 17 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Heathland restoration	Park at Cherry Croft – follow signs from Unicorn PH	Elizabeth Smeeton Tony Chandler	
Thursday 22 <sup>nd</sup> 9.30 - 12.30	Watlington Hill (NT)	Clear scrub/bonfire	NT car park	Robin Howles Keith May	
Saturday 24 <sup>th</sup> 9.30 – 12.30	Bishopswood Field	Maintenance tasks around perimeter – in support of RUFC	Use main car park	John Hasler Julia Booker	Access from Gallowstree Common Road
Thursday 29 <sup>th</sup> 9.30 – 12.30	Greys Court Estate (NT)	Completion of new footpath	By Greys Green	Brian Gardener Keith May	Park at edge of cricket field – car share if you can
Saturday 31 <sup>st</sup> 9.30 – 12.30	Flowercroft Woods	Planting/coppicing	By main access gates – off Cross Lanes	Julia Booker John Hasler	

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 2015

<i>Date &amp; Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
Thursday 5 <sup>th</sup> 9.30 – 12.30	Reading Golf Club	Resume hedge laying project/conservation tasks	In North car park – off Chalk House Green Lane	Tony Chandler Barrie Greenwood	
Saturday 7 <sup>th</sup> 9.30 – 12.30	Spring Wood	Cut back holly and holly re-growth/clear brambles and holly from bluebell areas/bonfire	In paddock off Blounts Court Road	Robin Howles Diane Gordon	
Thursday 12 <sup>th</sup> 9.30 – 12.30	Reading Golf Club	Continue conservation tasks	In North car park – off Chalk House Green Lane	Tony Chandler Barrie Greenwood	
Saturday 14 <sup>th</sup> 9.30 – 12.30	Temple Island Meadows (SSSI)	Continue removal of encroaching willow saplings/small trees	On riverside – access from Henley to Marlow road, opposite 'Swiss Farm'	Robin Howles Sian Hickman	<b>Please arrive in good time, the gate to the field will be re-locked at 9.25 am</b>
Thursday 19 <sup>th</sup> 9.30 – <b>2.30 pm</b>	Aston Rowant (NNR)	To be agreed	To be advised – see below for directions	Tony Chandler Brian Gardener	<b>If you intend to stay for full session, bring packed lunch!</b>
Saturday 21 <sup>st</sup> 9.30 – 12.30	Nuffield Place (NT)	Tasks in support of park development programme	Follow signs to car park from Nettlebed to Wallingford road	Brian Gardener Elizabeth Smeeton	
Thursday 26 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Ongoing management of riverside meadow	Follow signs from A329, north of Streatley	Keith May Sheelagh Hill	<b>Park in car park off side road – allow 5 to 10 minutes for walk to site</b>
Saturday 28 <sup>th</sup> 9.30 – 12.30	Withymead NR, Goring	Continue conservation tasks	Follow signs from Goring to Wallingford road	Robert Watson Sian Hickman	

## 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.

## March 2015

<i>Date &amp; Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
Thursday 5 <sup>th</sup> 9.30 – 12.30	Nuffield Place (NT)	Conservation tasks to support management of estate	Follow signs from Nettlebed to Wallingford road	Brian Gardener Elizabeth Smeeton	
Saturday 7 <sup>th</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 12 <sup>th</sup> 9.30 – 12.30	Dunsden Church	Continue management of hedges	Church car park	Chris Ash Sheelagh Hill	
Saturday 14 <sup>th</sup> 9.30 – 12.30	Moor End Common (SSSI)	Urgent tasks, including removing birch saplings	Park at roadside	Chris Ash Sheelagh Hill	Access from Frieth to Lane End road.
Thursday 19 <sup>th</sup> 9.30 – <b>2.30pm</b>	Aston Rowant (NNR)	To be agreed	To be advised – see directions below	Tony Chandler Robin Howles	<b>Don't forget the packed lunch if you are up for the full session!</b>
Saturday 21 <sup>st</sup> 9.30 – 12.30	Sue Ryder Home, Joyce Grove, Nettlebed	Cutting back shrubs/spreading vegetation	Follow signs from entrance	Edward Sandars Elizabeth Smeeton	
Thursday 26 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	On going management of riverside meadow	Follow signs from A329, north of Streatley	Keith May Sheelagh Hill	Park in car park off side road – allow 5 to 10 minutes for walk to site
Saturday 28 <sup>th</sup> 9.30 – 12.30	Nettlebed Common	Heathland restoration	Park by sports field	Elizabeth Smeeton Tony Chandler	