

GREEN GYM PROGRAMME

April to June 2015

<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 online 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 2015

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 2 nd 9.30 – 12.30	Kennylands Field, Sonning Common	Lavender management	By Birdwood Court	Tony Chandler Chris Ash	
Saturday 4 th 9.30 - 12.30	Ewelme watercress beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Sian Hickman	When parking , please avoid entrances/bus stop
Thursday 9 th 9.30 – 2.30pm	National NR, Aston Rowant	Tasks to support management of the Reserve	To be advised – see below for directions	Chris Ash Sheelagh Hill	Bring lunch if you intend to stay for full session
Saturday 11 th 9.30 – 12.30	Greys Court (NT)	Help to manage the grounds	On site – park in main NT car park, unless otherwise advised	Brian Gardener John Hasler	! Come and help us celebrate SCGG 17th Anniversary !
Thursday 16 th 9.30 – 12.30	Park Wood, Nuffield	Clearing holly in woodland, next to Nuffield Place (NT)	On site- follow signs from Nettlebed to Wallingford road	Brian Gardener Robin Howles	! Come and help us celebrate SCGG 17th Anniversary !
Saturday 18 th 9.30 – 12.30	Moorend Common (SSSI)	Urgent tasks, including removal of birch saplings	On site – park at roadside	Chris Ash Julia Booker	Access from Frieth to Lane End road
Thursday 23 rd 9.30 - 12.30	Cleeve Water Meadow	Ongoing management of riverside site	On site – 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 25 th 9.30 – 12.30	Withymead NR, Goring	Continue conservation tasks	On site – follow signs from Goring to Wallingford road	Robert Watson Sian Hickman	
TUESDAY	28th APRIL	AGM	The Elizabeth Room	Rotherfield Greys Church	7 or 7.30pm
Thursday 30 th 9.30 – 12.30	Nettlebed Common	Tasks will include heather management	On site – park by sportsfield	Tony Chandler Elizabeth Smeeton	

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 2015

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 2 nd 9.30 – 12.30	Ewelme watercress beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Sian Hickman	When parking, please avoid entrances/bus stop
Thursday 7 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Chris Ash Robin Howles	If you intend to stay for full session, bring packed lunch
Saturday 9 th 9.30 – 12.30	Burnt Platt (Forestry C)	Freeing heather from birch saplings and brambles/cutting back overhanging branches along access road	On site – access from Peppard to Stoke Row road	Julia Booker Robin Howles	Joint session with visitors from other local Green Gyms
Thursday 14 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Continue conservation tasks	On riverside – access from Henley to Marlow road, opposite 'Swiss Farm'	Robin Howles Elizabeth Smeeton	Please arrive in good time/gate to field will be re-locked at 9.25 am
Saturday 16 th 9.30 – 12.30	Bishopswood Field	Maintenance tasks around perimeter – in support of RUFC	On site - use main car park	John Hasler Chris Ash	Access from Gallowstree Common Road
Thursday 21 st 9.30 – 12.30	Withymead NR, Goring	Continue conservation tasks	On site – follow signs from Goring to Wallingford road	Robert Watson Elizabeth Smeeton	
Saturday 23 rd 9.30 – 12.30	Sue Ryder Home, Joyce Grove, Nettlebed	Help to maintain the grounds	Follow signs from entrance	Edward Sandars Robin Howles	
Thursday 28 th 9.30 – 12.30	Cleeve Water Meadow	Ongoing management of riverside meadow	On site - 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 30 th 9.30 – 12.30	Greyhorne Wood (FC)	Removing spreading conifer saplings	On site – access to parking at northern end of Colmore Lane, Peppard	Robin Howles Julia Booker	

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 2015

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 4 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see directions below	Tony Chandler Chris Ash	Don't forget packed lunch if you wish to stay for full session
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	Peppard Common	Heathland restoration/ clearing/maintaining footpaths	On site – park in car park by crossroads	Tony Chandler Elizabeth Smeeton	
Saturday 13 th 9.30 – 12.30	Nettlebed Common	Heathland restoration	Park by sportsfield	Elizabeth Smeeton Sheelagh Hill	
Thursday 19 th 9.30 – 12.30	Nuffield Place (NT)	Conservation tasks	Follow signs from Nettlebed to Wallingford road	Brian Gardner John Hasler	
Saturday 20 th 9.30 – 12.30	Dunsden Church	On-going management of churched/car park areas	On site – park in church car park	Chris Ash Ian Woods	
Thursday 25 th 9.30 – 12.30	Nuffield Place (NT)	Conservation tasks	Follow signs from Nettlebed to Wallingford road	Brian Gardner Elizabeth Smeeton	
Saturday 27 th 9.30 – 12.30	Withymead NR, Goring	Continue conservation tasks	On site – follow signs from Goring to Wallingford road	Robert Watson Sian Hickman	