

GREEN GYM PROGRAMME

July to September 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 on website 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

July 2015

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 2 nd 9.30 – 12.30	Kingwood Common	Heathland restoration	On site – await detailed instructions	Tony Chandler Elizabeth Smeeton	
Saturday 4 th 9.30 - 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Edward Sandars	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 Keith May	Bring lunch if you intend to stay for full session
Saturday 11 th 9.30 – 12.30	Withymead NR, Goring	Conservation tasks, including raking	On site –follow signs from Goring to Wallingford road	Julia Booker Sian Hickman	
Thursday 16 th 9.30 – 12.30	Nuffield Place (NT)	Conservation tasks	On site - follow signs from Nettlebed to Wallingford road	Brian Gardener Robin Howles	
Saturday 18 th 9.30 – 12.30	Parson's Wood (Hernes)	Continue removal of spreading holly	On site – park by Rotherfield Greys Church	Robin Howles Julia Booker	
Thursday 23 rd 9.30 - 12.30	Bishopswood Field	Maintenance tasks, including fence/gate repairs (in support of RUFC)	On site –use main car park	John Hasler Chris Ash	Access from Gallowstree Common road
Saturday 25 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Continue conservation tasks	On riverside – access form 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 30 th 9.30 – 12.30	Bishopswood Field	Maintenance tasks, including fence/gate repairs (in support of RUFC)	On site – use main car park	John Hasler Chris Ash	Access form Gallowstree Common road

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 2015

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 1 st 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Mike Saunders	When parking, please avoid entrances/bus stop
Thursday 6 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Chris Ash Tony Chandler	If you intend to stay for full session, remember to bring packed lunch
Saturday 8 th 9.30 – 12.30	Dunsden Church	Creating path/hedge management	Church car park	Chris Ash Sian Hickman	
Thursday 13 th 9.30 – 12.30	Greys Court (NT)	Continue conservation tasks	On site – main NT car park	Brian Gardener Robin Howles	
Saturday 15 th 9.30 – 12.30	Withymead NR, Goring	Conservation tasks, including raking	On site – follow signs from Goring to Wallingford road	Julia Booker Elizabeth Smeeton	
Thursday 20 th 9.30 – 12.30	Moorend Common (SSSI)	Continue conservation tasks	On site – park at roadside	Chris Ash Sheelagh Hill	Access from Frieth to Lane End road
Saturday 22 nd 9.30 – 12.30	Badgemore Primary School, Henley	Cutting back spreading shrubbery	At school or on nearby roads	John Hasler Edward Sandars	
Thursday 27 ^h 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 29 th 9.30 – 12.30	Nettlebed Common	Heathland restoration	On site – park by sportsfield	Elizabeth Smeeton Tony Chandler	

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 2015

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 3 rd 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see directions above	Tony Chandler Keith May	Don't forget packed lunch if you wish to stay for full session
Saturday 5 th 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of waterside site	Roadside by bridge	Sian Hickman Mike Macleod	When parking, please avoid entrances/bus stop
Thursday 10 th 9.30 – 12.30	Nuffield Place (NT)	Conservation tasks	On site – follow signs to car park from Nettlebed to Wallingford road	Brian Gardener Mike Saunders	
Saturday 12 th 9.30 – 12.30	Parson's Wood (Hernes)	Continue cutting back holly	On site – park by Rotherfield Greys Church	Robin Howles Julia Booker	
Thursday 17 th 9.30 – 12.30	Withymead NR, Goring	Conservation tasks, including raking	On site – follow signs from Goring to Wallingford road	Julia Booker Elizabeth Smeeton	
Saturday 19 th 9.30 – 12.30	Kennylands Field, Sonning Common	Maintenance tasks, including raking in wild flower areas	On site – park at Birdwood Court	Tony Chandler Brian Gardener	
Thursday 24 th 9.30 – 12.30	Cleeve Water Meadow	On going management of riverside site	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 26 th 9.30 – 12.30	Peppard Common	Heathland restoration	On site – park at Peppard crossroads	John Hasler Mike Macleod	