

GREEN GYM PROGRAMME

October to December 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 online 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

October 2015

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 1 st 9.30 – 12.30	Watlington Hill (NT)	Scrub clearing/bonfire	On site – NT car park	Tony Chandler Keith May	
Saturday 3 rd 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 8 th 9.30 –12.30	Withymead NR Goring	Tasks to support management of the Reserve	On site – follow signs from Goring to Wallingford road	Julia Booker Elizabeth Smeeton	
Saturday 10 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Continue conservation tasks, including removal of willow saplings	On riverside – access from Henley to Marlow road, opposite 'Swiss Farm'	Robin Howles Sian Hickman	Please arrive in good time/gate to field will be re-locked at 9.25am
Thursday 15 th 9.30 – 12.30	Cleeve Water Meadow	Conservation tasks	On site - follow signs from A329, north of Streatley	Keith May John Hasler	Park in car park off side road – allow 5 to 10 minutes for walk to site
Saturday 17 th 9.30 – 12.30	Kingwood Common	Conservation tasks in 'SCGG Glade'	On site – park by Great Davids, Colmore Lane	Elizabeth Smeeton Tony Chandler	
Thursday 22 nd 9.30 - 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Tony Chandler Brian Gardener	Don't forget packed lunch, if you wish to stay for afternoon session
Saturday 24 th 9.30 – 12.30	Bishopswood Field	Maintenance tasks (in support of RUFC)	On site – use main car park	John Hasler Julia Booker	Access from Gallowstree Common road
Thursday 29 th 9.30 – 12.30	Nuffield Place (NT)	Conservation tasks	Follow signs to car park from Nettlebed to Wallingford road	Brian Gardener Mike Saunders	
Saturday 31 st 9.30 – 12.30	Hurst Water Meadow, Dorchester	Clear scrub, nettles and other riverbank vegetation	On site -follow signs from A4074/left turn by bridge on approach to Dorchester	Julia Booker Robin Howles	**New site – helping Hurst Meadow Trust to give effect to new management plan

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 2015

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 5 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Tony Chandler Brian Gardener	If you wish to stay for full session, don't forget packed lunch
Saturday 7 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 12 th 9.30 - 12.30	Hernes Estate (Parsons Wood)	Continue cutting back invasive holly/bonfire	On site -park by Rotherfield Greys Church	Robin Howles Julia Booker	
Saturday 14 th 9.30 – 12.30	Hernes Estate (Parsons Wood)	Continue cutting back holly/bonfire	On site – park by Rotherfield Greys Church	Robin Howles John Hasler	
Thursday 19 th 9.30 – 12.30	Hurst Water Meadow, Dorchester	Continue conservation tasks	On site – follow signs from A4074/left turn by bridge on approach to Dorchester	Julia Booker Robin Howles	**New site – helping Hurst Meadow Trust to give effect to new management plan
Saturday 21 st 9.30 – 12.30	Nettlebed Common	Heathland restoration	On site – park by sportsfield	Elizabeth Smeeton Sian Hickman	
Thursday 26 th 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site – follow signs from A3239, north of Streatley	Keith May Brian Gardener	Park in car park off side road – allow 5 to 10 minutes for walk to site
Saturday 28 th 9.30 – 12.30	Withymead NR, Goring	Continue conservation tasks	On site - follow signs from Goring to Wallingford road	Julia Booker Elizabeth Smeeton	

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.

December 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 below	Tony Chandler Mike Saunders	**SPUD ROAST**
Saturday 5 th 9.30 – 12.30	Withymead NR, Goring	Ongoing conservation tasks	On site – follow signs from Goring to Wallingford road	Sian Hickman Julia Booker	
Thursday 10 th 9.30 – 12.30	Reading Golf Club	Return to hedge-laying project	In North car park – off Chalkhouse Green Lane	Tony Chandler Barrie Greenwood	
Saturday 12 th 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Continue cutting back holly and re-growth/clear brambles from bluebell areas/bonfire	In paddock off Blounts Court Road	Robin Howles Brian Gardener	
Tuesday 15th 7 for 7.30pm	Badgemore	Park Golf Club	***Xmas Dinner***		Be sure to sign up with Julia!!
Thursday 17 th 9.30 – 12.30	Reading Golf Club	More hedge-laying tasks	In North car park – off Chalkhouse Green Lane	Tony Chandler Barrie Greenwood	
Saturday 19 th 9.30 – 12.30	Moorend Common (SSSI)	Continue conservation tasks	Park at roadside	Tony Chandler Edward Sandars	Access from Frieth to Lane End road – not on map
Thursday 31 st 9.30 – 12.30	Dunsden Church	Hedge management/bonfire	On site – church car park	Chris Ash Sheelagh Hill	

***** NB: -- No sessions are planned for Christmas Eve and Boxing Day *****

ALL BEST WISHES for a Very Happy XMAS!!!!