

# GREEN GYM PROGRAMME

## April to June 2016

<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

### April 2016

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Saturday 2 <sup>nd</sup> 9.30 – 12.30	Withymead NR, Goring	Ongoing conservation tasks	Follow signs from Goring to Wallingford road	Julia Booker Sian Hickman	
Thursday 7 <sup>th</sup> 9.30 - 12.30	Kennylands Field, Sonning Common	Lavender management	Park at Birdwood Court	Tony Chandler Brian Gardener	
Saturday 9 <sup>th</sup> 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 14 <sup>th</sup> 9.30 – 2.30pm	Aston Rowant (NNR)	Tasks supporting management of the Reserve	To be advised – see below for directions	Tony Chandler Chris Ash	<b>Don't forget packed lunch if you intend to stay for full session</b>
Saturday 16 <sup>th</sup> 9.30 – 12.30	Dunsden Church	Tasks to include removal of scrub/gravel	Church car park	Chris Ash Sheelagh Hill	
<b>MONDAY</b>	<b>18<sup>th</sup> APRIL</b>	<b>AGM</b>	<b>The Elizabeth Room</b>	<b>Rotherfield Greys Church</b>	<b>7 for 7.30 pm</b>
Thursday 21 <sup>st</sup> 9.30-12.30pm	Nuffield Place (NT)	Cutting back brambles and holly	On site – follow signs from Nettlebed to Wallingford road	Brian Gardener Keith May	
Saturday 23 <sup>rd</sup> 9.30 – 12.30	Nettlebed Common	Cut back encroaching vegetation around sports field	Sports field car park	John Hasler Robin Howles	
Thursday 28 <sup>th</sup> 9.30 – 12.30	Park Wood, Nuffield	Woodland management	On site – follow signs from Nettlebed to Wallingford road	Brian Gardener Keith May	NB Look for turning before entrance to NT car park
Saturday 30 <sup>th</sup> 9.30 – 12.30	Moorend Common (SSSI)	Restoration of footpaths	On site - park at roadside	Chris Ash Sheelagh Hill	Access from Frieth to Lane End 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.

## May 2016

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 5 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site – follow signs from A329, north of Streatley	Keith May Sheelagh Hill	<b>Park in side road/allow 5-10 minutes for walk to site</b>
Saturday 7 <sup>th</sup> 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 <sup>th</sup> 9.30 – <b>2.30pm</b>	Aston Rowant (NNR)	To be agreed	To be advised – see below for directions	Chris Ash Tony Chandler	<b>If you intend to stay for full session, bring packed lunch</b>
Saturday 14 <sup>th</sup> 9.30 – 12.30	Bishopswood Field	Maintenance tasks around access and perimeter	Use main car park	John Hasler Julia Booker	Access form Gallowstree Common Road
Thursday 19 <sup>th</sup> 9.30 – 12.30	Withymead NR, Goring	Tasks to support management of Reserve	On site - follow signs off Goring to Wallingford road	Julia Booker Robin Howles	
Saturday 21 <sup>st</sup> 9.30 – 12.30	Burnt Platt (Forestry Commission)	Free heather from invasive brambles/birch saplings	On site – look for right turning off Peppard to Stoke Row road	Robin Howles Brian Gardener	
Thursday 26 <sup>th</sup> 9.30 – 12.30	Sue Ryder Home, Joyce Grove, Nettlebed	Support maintenance of grounds	On site – follow signs from road entrance	Edward Sandars Sheelagh Hill	
Saturday 28 <sup>th</sup> 9.30 – 12.30	Temple Island Meadows (SSSI)	Cut back invasive vegetation/clear ditches	On riverside – access from Henley to Marlow road, opposite 'Swiss Cottage'	Robin Howles John Hasler	

## 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 2016

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 2 <sup>nd</sup> 9.30 – 12.30	Ipsden Wood (Forestry Commission)	Complete replacement of fence	On site – park by Emmens Lane (which leads into Checkendon from Busgrove Lane)	Chris Ash Tony Chandler	Turn left off Busgrove L, some two miles north of Gallowstree Common
Saturday 4 <sup>th</sup> 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Peter Taylor	
Thursday 9 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	Follow signs from A329, north of Streatley	Keith May Sheelagh Hill	<b>Park in car park off side road/allow 5-10 minutes for walk to site</b>
Saturday 11 <sup>th</sup> 9.30 – 12.30	Burnt Platt (Forestry Commission)	Free heather from spreading brambles/ birch saplings	On site – look for right turning off Peppard to Stoke Row road	Robin Howles Julia Booker	
Thursday 16 <sup>th</sup> 9.30 – 2.30pm	Aston Rowant (NNR)	Continue conservation tasks	To be advised – see directions above	Tony Chandler Brian Gardener	<b>Don't forget packed lunch if you intend to stay for full session</b>
Saturday 18 <sup>th</sup> 9.30 – 12.30	Bishopswood Field	Maintenance tasks around field perimeter	Use main car park	John Hasler Julia Booker	Access from Gallowstree Common Road
Thursday 23 <sup>rd</sup> 9.30 – 12.30	Withymead NR, Goring	Ongoing management of the Reserve	On site - follow signs from Goring to Wallingford road	John Hasler Robin Howles	
Saturday 25 <sup>th</sup> 9.30 – 12.30	Greyhorne Wood (Forestry Commission)	Clear saplings/overspreading vegetation	On site	Julia Booker Robin Howles	Access and parking at northern end of Colmore Lane (enter by Unicorn PH, Rotherfield Peppard)
Thursday 30 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site – follow signs form A329, north of Streatley	Keith May Brian Gardener	<b>Park in car park off side road/allow 5-10 minutes for walk to site</b>