

# GREEN GYM PROGRAMME

## July to September 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 online.  
**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 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	Ewelme Watercress Beds	Ongoing conservation tasks	Roadside near to bridge	Mike Macleod Robert Watson	When parking, please avoid entrances / bus stop
Thursday 7 <sup>th</sup> 9.30 - 12.30	Cleeve Water Meadow	Continue conservation tasks	On site – follow signs from A329, north of Streatley	Keith May Brian Gardener	<b>Park in side road/allow 5/10 minutes for walk to site</b>
Saturday 9 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Clear snowberry / Himalayan balsam / sedge	On site – near Salt Depot	John Hasler Sian Hickman	Access from Peppard to Stoke Row road – look for turning to right north of Borocourt turn
Thursday 14 <sup>th</sup> 9.30 – 12.30	Greys Court (estate)	Clear vegetation in area around ice-house, to prepare for tree planting	Meet in main NT car park	Brian Gardener Keith May	
Saturday 16 <sup>th</sup> 9.30 – 12.30	Moorend Common (SSSI)	Ongoing conservation tasks	Park at roadside	Sian Hickman Robin Howles	Access from Frieth to Lane End road
Thursday 21 <sup>st</sup> 9.30- <b>2.30pm</b>	Aston Rowant (NNR)	To be agreed	On site – to be advised – see below for directions	Tony Chandler Robert Watson	<b>Remember to bring packed lunch if you intend to stay for full session</b>
Saturday 23 <sup>rd</sup> 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 John Hasler	
Thursday 28 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Ongoing conservation tasks	On site – follow signs from A329, north of Streatley	Keith May Brian Gardener	<b>Use car park in side road/allow 5-10 minutes for walk to site</b>
Saturday 30 <sup>th</sup> 9.30 – 12.30	Bishopswood Field	Maintenance tasks around sports field	On site – use main car park	John Hasler Ian Woods	Access from 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 2016

<i>Date &amp; Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
Thursday 4 <sup>th</sup> 9.30 – 12.30	Greys Court (NT)	Clear ragwort	On site – meet in main NT car park	Brian Gardener Keith May	
Saturday 6 <sup>th</sup> 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Robert Watson	When parking, please avoid entrances/bus stop
Thursday 11 <sup>th</sup> 9.30 – 12.30	Peppard Common	Clear blackthorn/scrub at bottom of ski slope	Car park at Peppard crossroads	John Hasler Robin Howles	
Saturday 13 <sup>th</sup> 9.30 – 12.30	Mongewell Church	Clear unwanted vegetation from churchyard to allow regular maintenance (by Church Conservation Trust)	On site – access from A4074/ take left turn into Constitution Hill immediately north of junction with B4009	Julia Booker Ian Woods	<b>New site</b> /spectacular riverside surroundings/car share if possible
Thursday 18 <sup>th</sup> 9.30 – 12.30	Aston Rowant (NNR)	To be agreed	On site – to be advised – see below for directions	Tony Chandler Brian Gardener	<b>If you intend to stay for afternoon, remember to bring packed lunch</b>
Saturday 20 <sup>th</sup> 9.30 – 12.30	Withymead NR, Goring	Tasks to support management of the Reserve	On site – follow signs from Goring to Wallingford road	Sian Hickman Peter Taylor	
Thursday 25 <sup>th</sup> 9.30 – 12.30	Borocourt Wood (FC)	Cut back/remove rhododendrons, including re-growth	On site – park at roadside – look out for signs	Robin Howles Julia Booker	Follow signs from Gallowstree Common to Stoke Row road (1+ miles)
Saturday 28 <sup>th</sup> 9.30 – 12.30	Valley Road Chalk Bank, Henley	Cut back invasive vegetation	On site – park at roadside	Sally Rankin Robert Watson	Limited parking on Valley Road – side roads may also be used

## 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 Cowlease 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 Cowlease 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). Cowlease is a ½ mile further on and on the left after crossing motorway.

From Christmas Common, reverse the directions.

## September 2016

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 1 <sup>st</sup> 9.30 – 12.30	Park Wood, Nuffield	Clear brambles and holly	On site – follow signs from Nettlebed to Wallingford road	Brian Gardener Keith May	Park in NT car park, and follow signs to meeting place
Saturday 3 <sup>rd</sup> 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Robert Watson	When parking, please avoid entrances/bus stop
Thursday 8 <sup>th</sup> 9.30 – 12.30	Withymead NR, Goring	Continue conservation tasks	On site – follow signs off Goring to Wallingford road	Julia Booker John Hasler	
Saturday 10 <sup>th</sup> 9.30 – 12.30	Borocourt Wood (FC)	Cut back/remove rhododendrons, including re-growth	On site – look out for signs – park at roadside	Robin Howles Sian Hickman	Follow Gallowstree Common to Stoke Row road(1+ miles)
Thursday 15 <sup>th</sup> 9.30 – <b>2.30pm</b>	Aston Rowant (NNR)	Continue conservation tasks	To be advised – see directions above	Tony Chandler Peter Taylor	<b>Don't forget packed lunch if you intend to stay for full session</b>
Saturday 17 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Tasks on Green Gym glades	By Great Davids	Ian Woods Robert Watson	Access by Colmore Lane(by Unicorn PH) – look out for potholes
Thursday 22 <sup>nd</sup> 9.30 – 12.30	Cowlease Woods (FC)	Cut back/remove brambles/unwanted vegetation	On site – in Cowlease car park	Julia Booker Robin Howles	For directions to Cowlease car park, see the box above showing meeting-places for Aston Rowant NR
Saturday 24 <sup>th</sup> 9.30 – 12.30	Temple Island Meadows (SSSI)	Cut back invasive vegetation/clear ditches	On riverside site – access from Henley to Marlow road, opposite 'Swiss Cottage'	John Hasler Sian Hickman	<b>NB – gate access will be locked at 9.25 am</b>
Thursday 29 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks/includes raking reed-bed	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>