

GREEN GYM PROGRAMME

October to December 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

October 2016

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Saturday 1 st 9.30 – 12.30	Ewelme Watercress Beds	Ongoing conservation tasks	Roadside near to bridge	Mike Macleod Sian Hickman	When parking, please avoid entrances/bus stop
Thursday 6 th 9.30 – 2.30pm	Aston Rowant (NNR)	To be agreed	On site – to be advised – see below for directions	Tony Chandler Keith May	Please remember packed lunch if you intend to stay for afternoon
Saturday 8 th 9.30 – 12.30	Kennylands Field, Sonning Common	Hayraking/cut beech hedge	Park at Birdwood Court	Tony Chandler Ian Woods	Limited parking
Thursday 13 th 9.30 – 12.30	Greys Court (NT)	Clear vegetation on Prospect Mound	Meet in main NT car park	Brian Gardener Robin Howles	
Saturday 15 th 9.30 – 12.30	Moorend Common (SSSI)	Ongoing conservation tasks	Park at roadside	Sian Hickman Robert Watson	Access from Frieth to Lane End road
Thursday 20 th 9.30 – 12.30	Cleeve Water Meadow	Raking/burning/follow-up clearing after removal of tree from river	On site – follow signs from A329, north of Streatley	Keith May Peter Taylor	Use car park in side road/allow 5/10 minutes for walk to site
Saturday 22 nd 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 Ian Woods	
Thursday 27 th 9.30 – 12.30	Hurst Water Meadow, Dorchester	Clear scrub, nettles and other riverbank vegetation	Follow signs from A4074/left turn by bridge on approach to Dorchester	Julia Booker John Hasler	
Saturday 29 th 9.30 – 12.30	Green Pond/ Keeps Lane, Binfield Heath	Pond management / removal of scrub from bridleway	On site – follow signs on approach to Binfield Heath	Robin Howles Robert Watson	Parking available in fenced off area nearby – opposite 'Holmwood'

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 2016

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 3 rd 9.30 – 12.30	Cleeve Water Meadow	Continue raking/burning/ongoing conservation tasks	On site – follow signs from A329, north of Streatley	Keith May Peter Taylor	Use car park in side-road/allow 5/10 minutes for walk to site
Saturday 5 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 10 th 9.30 – 12.30	Park Wood, Nuffield	Clear holly/brambles	On site – follow signs from Nettlebed to Wallingford road	Brian Gardener John Hasler	Park in Nuffield Place NT car park and follow signs to meeting-place
Saturday 12 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Cut back invasive vegetation/clear ditches	On riverside site – access form Henley to Marlow road, opposite 'Swiss Farm'	Robin Howles Sian Hickman	NB – gate access will be locked at 9.25 am
Thursday 17 th 9.30 – 2.30pm	Aston Rowant (NNR)	To be agreed	On site – to be advised – see below for directions	Tony Chandler Keith May	If you intend to stay for afternoon, remember to bring packed lunch
Saturday 19 th 9.30 – 12.30	Peppard Common	Cut back invasive vegetation	On site – park by Peppard crossroads	Ian Woods Sally Rankin	
Thursday 24 th 9.30 – 12.30	Watlington Hill (NT)	Cut back scrub/bonfire	NT car park	Julia Booker John Hasler	
Saturday 26 th 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Cut back holly and re-growth/clear brambles from bluebell areas/bonfire	On site – park in paddock off Blounts Court Road	Robin Howles Brian Gardener	

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.

December 2016

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 1 st 9.30 – 12.30	Withymead NR, Goring	Continue conservation tasks	On site – follow signs from Goring to Wallingford road	Brian Gardener Peter Taylor	
Saturday 3 rd 9.30 – 12.30	Nettlebed Common	Heathland restoration	Park by sportsfield	Mike Macleod Sally Rankin	
Thursday 8 th 9.30 – 12.30	Nuffield Place (NT)	Continue conservation tasks	On site – follow signs from Nettlebed to Wallingford road	Brian Gardener John Hasler	
Saturday 10 th 9.30 – 12.30	Hurst Water Meadow, Dorchester	Ongoing conservation tasks	On site – follow signs from A4074/left turn by bridge on approach to Dorchester	Julia Booker Sian Hickman	
Tuesday 13th 7 for 7.30pm	Badgemore	Park Golf Club	***Xmas Dinner***	Be sure to sign up with Julia!!	
Thursday 15 th 9.30 – 2.30pm	Aston Rowant (NNR)	Continue conservation tasks	To be advised – see directions above	Tony Chandler Robert Watson	Don't forget packed lunch if you intend to stay for full session
Saturday 17 th 9.30 – 12.30	Borocourt Wood (FC)	Continue clearing rhododendron / laurel	On site – look out for signs – park at roadside	Robin Howles Ian Woods	Follow Gallowstree Common to Stoke Row road(1+ miles)
Thursday 22 nd 9.30 – 12.30	Hernes Estate (Parsons Wood_	Cut back invasive holly/re-growth/bonfire	On site- park by Rotherfield Greys Church	John Hasler Julia Booker	
Thursday 24th	Xmas Eve	NO SCGG session	All Best Wishes for a very Happy XMAS !!!		
Thursday 29 th 9.30 – 12.30	Hernes Estate (Parsons Wood)	Cut back invasive holly/re-growth/bonfire	On site – park by Rotherfield Greys Church	Brian Gardener Keith May	
Saturday 31 st 9.30 – 12.30	Bishopswood Field	Maintenance tasks (in support of RUFC)	On site – use main car park	Julia Booker Robert Watson	Access from Gallowstree Common road