

# GREEN GYM PROGRAMME

## January to March 2017

<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

### January 2017

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 5 <sup>th</sup> 9.30 – 12.30	Kennylands Field, Sonning Common	Cut back scrub/clear footpath	Park at Birdwood Court	Tony Chandler Peter Taylor	
Saturday 7 <sup>th</sup> 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 12 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Cut willow/repair stockade/clear channels	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 14 <sup>th</sup> 9.30 – 12.30	Temple Island Meadows (SSSI)	Cut back willows/ invasive vegetation	On riverside site – access from Henley to Marlow road, opposite 'Swiss Farm'	Robin Howles Ian Woods	<b>NB – gate access will be re-locked at 9.25 am</b>
Thursday 19 <sup>th</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>If you intend to stay for afternoon, remember to bring packed lunch</b>
Saturday 21 <sup>st</sup> 9.30 – 12.30	Peppard War Memorial Hall	Cut back hedges/invasive vegetation	On site	John Hasler Peter Taylor	<b>New - use on-site parking- follow signs from Peppard crossroads</b>
Thursday 26 <sup>th</sup> 9.30 – 12.30	National Trust – Greys Court <b>OR</b> Nuffield Place	To be decided	To be advised	Brian Gardener Keith May	
Saturday 28 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Ongoing heathland maintenance	On site – park at Cherry Croft, off Colmore Lane	Sally Rankin Robert Watson	Follow signs from Unicorn PH

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.

## February 2017

<i>Date &amp; Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
Thursday 2nd 9.30 – 12.30	South Stoke (slipway)	Cut and remove ivy	On site – follow signs from B4009, north of Goring	John Hasler Mike Saunders	Follow signs in village – park at side of lane leading to slipway
Saturday 4th 9.30 – 12.30	Moorend Common (SSSI)	Ongoing conservation tasks	Park by roadside	Sian Hickman Robert Watson	Access from Frieth to Lane End road – <b>not on map</b>
Thursday 9th 9.30 – 12.30	Nettlebed Common	Bramble clearance	On site – park on the Green near bus stop – beware crossing main road	Sally Rankin Robert Watson	Heathland restoration <b>on Joyce Grove triangle</b>
Saturday 11th 9.30 – 12.30	Withymead NR, Goring	Tasks supporting management of the Reserve	Follow signs from Goring to Wallingford road	Julia Booker Robin Howles	
Thursday 16th 9.30 – <b>2.30pm</b>	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 18th 9.30 – 12.30	Dunsden Church	Continue hedgelaying project/cut back invasive vegetation	On site – park in church car park	Tony Chandler Ian Woods	
Thursday 23rd 9.30 – 12.30	Park Wood, Nuffield	Continue clearing holly and brambles	On site – follow signs from Nettlebed to Wallingford road	Brian Gardener John Hasler	Park in Nuffield Place car park and follow signs to meeting-place
Saturday 25th 9.30 – 12.30	Dunsden Church	Continue hedgelaying/removing invasive vegetation	On site – park in church car park	Tony Chandler Ian Woods	

## 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.

### March 2017

<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	Watlington Hill (NT)	Cut back scrub/bonfire	On site – NT car park	Julia Booker Peter Taylor	
Saturday 4 <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 bus stop/entrances
Thursday 9 <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>Use car park in side road/allow 5/10 minutes for walk to site</b>
Saturday 11 <sup>th</sup> 9.30 – 12.30	Binfield Heath – by recreation ground	Clear footpath/restore area by stream	On site – follow signs for off- road parking	Robin Howles Julia Booker	<b>New</b>
Thursday 16 <sup>th</sup> 9.30 – <b>2.30pm</b>	Aston Rowant (NNR)	Continue conservation tasks	To be advised – see directions above	Tony Chandler Robin Howles	<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 (in support of Rotherfield United FC)	On site – use main car park	John Hasler Ian Woods	Access from Gallowstree Common road
Thursday 23 <sup>rd</sup> 9.30 – 12.30	National Trust – Greys Court <b>OR</b> Nuffield Place	To be decided	To be advised	Brian Gardener Keith May	
Saturday 25 <sup>th</sup> 9.30 – 12.30	Nettlebed Common	Cut back brambles	On site – park on Green, near bus stop – beware crossing main road	Sally Rankin Robert Watson	Heathland restoration on <b>Joyce Grove Triangle</b>
Thursday 30 <sup>th</sup> 9.30 – 12.30	Borocourt Wood (FC)	Continue clearing rhododendron/laurel	On site – look out for signs/park at roadside	Julia Booker Peter Taylor	Follow Gallowstree Common to Stoke Row road (1+ miles)