

# GREEN GYM PROGRAMME

## April to June 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 back 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 2017

| <b>Date &amp; Time</b>                     | <b>Site</b>                           | <b>Activity</b>   | <b>Meeting Place</b>                                 | <b>Leaders</b>                 | <b>Notes</b>   |
|--|---------------------------------------|---|--|--------------------------------|--|
| Saturday 1 <sup>st</sup><br>9.30 – 12.30   | Ewelme Watercress Beds                | Ongoing conservation tasks                              | Roadside near bridge                                 | Mike Macleod<br>Sian Hickman   | When parking, please avoid bus stop/entrances                              |
| Thursday 6 <sup>th</sup><br>9.30 – 12.30   | Borocourt Wood (FC)                   | Continue clearing rhododendron/laurel                   | On site – park at roadside/look out for signs        | Robin Howles<br>Brian Gardener | Follow Gallowstree Common to Stoke Row road (1+ miles)                     |
| Saturday 8 <sup>th</sup><br>9.30 – 12.30   | Binfield Heath – by recreation ground | Continue reclamation of area by stream                  | Follow signs for off-road parking                    | Peter Taylor<br>Julia Booker   |  |
| Thursday 13 <sup>th</sup><br>9.30 – 12.30  | Kingwood Common                       | Cut back bracken/brambles                               | Park by Great Davids – off Colmore Lane              | Sally Rankin<br>Robert Watson  | Follow signs from Unicorn PH   |
| Saturday 15 <sup>th</sup><br>9.30 – 12.30  | Moorend Common (SSSI)                 | Ongoing conservation tasks                              | Park by roadside                                     | Sian Hickman<br>Ian Woods      | Access from Frieth to Lane End road  |
| Thursday 20 <sup>th</sup><br>9.30 – 2.30pm | Aston Rowant (NNR)                    | To be agreed  | On site – to be advised – see below for directions   | Tony Chandler<br>Peter Taylor  | <b>If you intend to stay for afternoon, remember to bring packed lunch</b> |
| Saturday 22 <sup>nd</sup><br>9.30 – 12.30  | Bishopswood Field                     | Maintenance tasks (in support of Rotherfield United FC) | On site – use main car park                          | John Hasler<br>Robin Howles    | Access from Gallowstree Common road  |
| Thursday 27 <sup>th</sup><br>9.30 – 12.30  | Cleeve Water Meadow                   | Continue conservation tasks                             | On site – follow signs from A329, north of Streatley | Keith May<br>Brian Gardener    | <b>Use car park in side road – allow 5-10 minutes for walk to site</b>     |
| Saturday 29 <sup>th</sup><br>9.30 – 12.30  | Spring Wood, Rotherfield Peppard      | Continue cutting back holly/re-growth/brambles          | In paddock off Blounts Court Road                    | Robin Howles<br>Ian Woods      |  |

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 2017

| <b>Date &amp; Time</b>                            | <b>Site</b>                            | <b>Activity</b>                                 | <b>Meeting Place</b>   | <b>Leaders</b>                 | <b>Notes</b>   |
|---|--|---|--|--------------------------------|--|
| Thursday 4 <sup>th</sup><br>9.30 – 12.30          | Peppard Common                         | Cut back invasive vegetation                    | On site – park by Peppard crossroads   | Sally Rankin<br>Robert Watson  |  |
| Saturday 6 <sup>th</sup><br>9.30 – 12.30          | Ewelme Watercress Beds                 | Ongoing conservation of riverside heritage site | On site – park at roadside near bridge                                       | Mike Macleod<br>Sian Hickman   | When parking, please avoid bus stop/entrances                              |
| Thursday 11 <sup>th</sup><br>9.30 – 12.30         | Cleeve Water Meadow                    | Continue conservation tasks                     | On site – follow signs from A329, north of Streatley                         | Keith May<br>Brian Gardener    | <b>Use car park in side road/allow 5/10 minutes for walk to site</b>       |
| Saturday 13 <sup>th</sup><br>9.30 – 12.30         | Sue Ryder Home, Joyce Grove, Nettlebed | Tasks supporting management of the grounds      | On site - follow signs from road entrance                                    | Robin Howles<br>Edward Sandars |  |
| Thursday 18 <sup>th</sup><br>9.30 – <b>2.30pm</b> | Aston Rowant (NNR)                     | To be agreed                                    | On site – to be advised – see below for directions                           | Tony Chandler<br>Peter Taylor  | <b>If you intend to stay for afternoon, remember to bring packed lunch</b> |
| Saturday 20 <sup>th</sup><br>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' | John Hasler<br>Sian Hickman    | <b>NB – gate access will be re-locked at 9.25 am</b>                       |
| Thursday 25 <sup>th</sup><br>9.30 – 12.30         | Greys Court (NT)                       | Continue clearing invasive vegetation           | Meet in main NT car park   | Brian Gardener<br>Keith May    |  |
| Saturday 27 <sup>th</sup><br>9.30 – 12.30         | Withymead NR, Goring                   | Ongoing conservation tasks                      | On site – follow signs from Goring to Wallingford road                       | Ian Woods<br>Peter Taylor      |  |

## 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 2017

| <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><br>9.30 – 12.30   | Burnt Platt<br>(FC)                  | Free heather from<br>brambles/birch<br>saplings      | On site – look for right<br>turning off Peppard to<br>Stoke Row road               | Julia Booker<br>Robin Howles   |  |
| Saturday 3 <sup>rd</sup><br>9.30 – 12.30   | Ewelme<br>Watercress<br>Beds         | Ongoing maintenance<br>of riverside heritage<br>site | Roadside by bridge   | Mike Macleod<br>Sian Hickman   | When parking, please<br>avoid bus<br>stop/entrances                                      |
| Thursday 8 <sup>th</sup><br>9.30 – 12.30   | Park Wood,<br>Nuffield               | Continue cutting back<br>brambles/holly              | On site – follow signs<br>from Nettlebed to<br>Wallingford road                    | Brian Gardener<br>John Hasler  | Park in Nuffield Place<br>car park and follow<br>signs to meeting-point                  |
| Saturday 10 <sup>th</sup><br>9.30 – 12.30  | Hurst Water<br>Meadow,<br>Dorchester | Clear nettles/other<br>riverbank vegetation          | On site – follow signs<br>from A4074 for off-<br>road parking                      | Julia Booker<br>Ian Woods      |  |
| Thursday 15 <sup>th</sup><br>9.30 – 2.30pm | Aston Rowant<br>(NNR)                | Continue<br>conservation tasks                       | To be advised – see<br>directions above  | Tony Chandler<br>Robert Watson | <b>Don't forget packed<br/>lunch if you intend to<br/>stay for full session</b>          |
| Saturday 17 <sup>th</sup><br>9.30 – 12.30  | Nettlebed<br>Common                  | Clear bracken and<br>other scrub                     | Sports field car park  | Sally Rankin<br>Robert Watson  |  |
| Thursday 22 <sup>nd</sup><br>9.30 – 12.30  | Withymead<br>NR, Goring              | Tasks to support<br>management of<br>Reserve         | On site – follow signs<br>from Goring to<br>Wallingford road                       | Peter Taylor<br>John Hasler    |  |
| Saturday 24 <sup>th</sup><br>9.30 – 12.30  | Abingdon –<br>site to be<br>advised  | Remove Himalayan<br>Balsam                           | Awaiting further<br>instructions from<br>Abingdon GG                               | Julia Booker<br>Robin Howles   | <b>NB-all Oxfordshire<br/>Green Gyms being<br/>invited to share in<br/>joint session</b> |
| Thursday 29 <sup>th</sup><br>9.30 – 12.30  | Kingwood<br>Common                   | Control of alien<br>invasive vegetation              | On site – look out for<br>signs/ right turning off<br>Peppard to Stoke Row<br>road | Sally Rankin<br>Robert Watson  | Park by salt dumps.<br>Share cars if you can,<br>to limit pressure on<br>parking space   |