

GREEN GYM PROGRAMME

July to September 2017

<http://sonningcommon.tcv.org.uk>



MEETING PLACES: Meet for 9.30am start with a finish time of 12:30 unless otherwise stated.
ASSISTANCE: Please see map on internet
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 2017

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
Saturday 1 st 9.30 – 12.30	Badgemore P School, Henley	Replace outdoor seating/ fix posts to support new fruit trees	On site	Tony Chandler Brian Gardener	School is off Hop Gardens – expect to park on site
Thursday 6 th 9.30 – 12.30	Gillotts Field, Greys Road, Henley	Perhaps your one 2017 chance to take up the ragwort challenge!!	On site	Sally Rankin Peter Taylor	Park in lay-by, next to entrance to field
Saturday 8 th 9.30 – 12.30	Home Farm Wood, (Coppid Est), Binfield H	Remove rhododendrons	Home Farm, where parking will be available	Julia Booker Robin Howles	NEW Farm is by crossroads (where SC road meets Emmer Green Road)
Thursday 13 th 9.30 – 12.30	Peppard Common	Cut back brambles	Park by Peppard crossroads	Sally Rankin John Hasler	
Saturday 15 th 9.30 – 12.30	Moorend Common (SSSI)	Ongoing conservation tasks	On site - park by roadside	Sian Hickman Ian Woods	Access from Frieth to Lane End road
Thursday 20 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 22 nd 9.30 – 12.30	Hernes Estate (Parsons Wood)	Cut back invasive holly/re- growth/bonfire if conditions allow	On site – park by Rotherfield Greys Church	Julia Booker Ian Woods	
Thursday 27 th 9.30 – 12.30	Peppard War Memorial Hall	Cut hedge/clear scrub and move to dump	On site – park in Hall car park	Peter Taylor Robert Watson	Follow signs from Peppard crossroads
Saturday 29 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Continue cutting back willows/invasive vegetation/stacking	On riverside site – access form Henley to Marlow road, by ‘ Swiss Farm’	Robin Howles Sian Hickman	NB – gate access will be re-locked at 9.25 am

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.

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.

August 2017

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 3 rd 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site – follow signs from A329, north of Sreatley	Keith May Mike Saunders	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 conservation of riverside heritage site	On site – park at roadside near bridge	Sian Hickman Robert Watson	When parking, please avoid bus stop/entrances
Thursday 10 th 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Continue cutting back holly/re-growth/brambles	In paddock off Blounts Court Road	Robin Howles John Hasler	
Saturday 12 th 9.30 – 12.30	Withymead NR, Goring	Ongoing conservation tasks	On site - follow signs from Goring to Wallingford road	Ian Woods Peter Taylor	
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	Binfield Heath – woodland area, opposite rec.	Cut back invasive holly	By bridge and nearby river Bin!	Julia Booker Robert Watson	NEW – + opportunity for small group/clearing work on nearby pond with Robert
Thursday 24 th 9.30 – 12.30	Greys Court (NT)	Maintenance and repairs to paths/steps	Meet in main NT car park	Brian Gardener Keith May	
Saturday 26 th 9.30 – 12.30	Sue Ryder Memorial Field, Henley	Raking / maintenance of outdoor equipment	Park and meet in area by Tilebarn Close – follow signs from Deanfield Road/Valley Road	Julia Booker Robert Watson	NEW – this Field lies off Pack and Prime Lane / NB please allow ten minutes for walk to site
Thursday 31 st 9.30 – 12.30pm	Kingwood Common	Scrub clearing	On site – park in Red House Square	Sally Rankin Robert Watson	Look for right turning off Peppard to Stoke Row road, ½ mile north of Unicorn PH

September 2017

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Saturday 2 nd 9.30 – 12.30	Ewelme Watercross Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Sian Hickman	When parking, please avoid bus stop/entrances
Thursday 7 th 9.30 – 12.30	Greys Court (NT)	Maintenance and repairs to paths/steps	On site – meet in main car park	Brian Gardener Keith May	
Saturday 9 th 9.30 – 12.30	Nettlebed Common	Scrub clearing beyond Priest Hill	Sports field car park	Sally Rankin Robert Watson	
Thursday 14 th 9.30 – 12.30	Cleeve Water Meadow	Raking/burning	Follow signs from A329, north of Streatley	Keith May Brian Gardener	Use car park in side road – allow 5-10 minutes for walk to site
Saturday 16 th 9.30 – 12.30	Kennylands Field, Sonning Common	Raking/hedge trimming	On site – park at Bird Wood Court	Tony Chandler John Hasler	
Thursday 21 st 9.30 – 2.30pm	Aston Rowant (NNR)	Continue conservation tasks	To be advised – see directions above	Tony Chandler Peter Taylor OR John Hasler	Don't forget packed lunch if you intend to stay for full session
Saturday 23 rd 9.30 – 12.30	Home Farm Wood, (Coppid Est), Binfield H	Continue clearing rhododendrons	Home Farm, where parking will be available	Robin Howles Julia Booker	Farm is by crossroads (where SC road meets Emmer Green Road)
Thursday 28 th 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	Follow signs from A329, north of Streatley	Keith May Brian Gardener	Use car park in side road – allow 5-10 minutes for walk to site
Saturday 30 th 9.30 – 12.30	Kingwood Common	Control of invasive vegetation	On site – park in Red House Square	Sally Rankin Robert Watson	Look for right turning off Peppard to Stoke Row road, ½ mile north of Unicorn PH