



**Revision A - 22/7/2010:
Activity on 31 July changed!**

The Green Gym is a unique scheme. Develop your fitness and health whilst improving your local environment. It is run by its members in partnership with Sonning Common Health Centre and is linked to the British Trust for Conservation Volunteers (BTCV). *Green Gym* is a registered trade mark of BTCV.

Green Gym Programme July to September 2010

- MEETING POINTS:** Normally meet On Site *for* 9.30am *start*
- ASSISTANCE:** See map on back or telephone in good time beforehand (0118 972 3528).
- 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) or for any medication you may need.

Directions for the Natural England Nature Reserve, Aston Rowant

OS Map 165 – Usual meeting-point is Reserve office. We occasionally meet at two other sites, the Nature Reserve car park and Cowlease car park. Please check beforehand, if necessary.

At Nettlebed take B480 to Watlington; then take B4009 following signs for M40. 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. 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 (for Sculpture Trail) after crossing motorway.

From Christmas Common, reverse the directions.

July 2010

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 1 st 9.30 – 12.30	Moorend Common (SSSI)	Continue footpath repairs	On site – please follow signs from Frieth village	Chris Ash Eric Yarrow	Read about this unique site in The Lopper – car share, if possible Not on map
Saturday 3 rd 9.30 – 12.30	Ewelme watercress beds	Helping preserve site of former local industry	Roadside by bridge – please avoid entrances/bus stop	Jean Fowler AN Other	Jointly with local volunteers – bring Wellingtons
Thursday 8 th 9.30 --12.30	Sue Ryder Home, Joyce Grove	Help to manage the gardens/grounds of historic estate	Follow signs – take first left after entering grounds	Julia Booker Robin Howles	
Saturday 10 th 9.30 --12.30	Redhill Wood (Crowsley P)	Continue repairs to fence-line/bridleway (Forestry Commission)	Roadside by site	John Hasler Tony Chandler	Follow signs from Harpsden Bottom, west of Hunts G
Thursday 15 th 9.30 – 12.30	Redhill Wood (Crowsley P)	Continuing repairs to fence-line/bridleway	Roadside by site	Chris Ash Julia Booker	See above for directions (10July)
Saturday 17 th 9.30 - 12.30	Peppard Top Common	Clear overgrown ditches and scrub	Car park on site	Jules Thomson Jean Fowler	
Thursday 22 nd 9.30 – 12.30	Greys Court	Hayraking	Main NT car park	Jules Thomson Brian Gardener	
Saturday 24 th 9.30 – 12.30	Flowercroft Woods	Continue repairs to fencing/clear footpath	By gate to woods, Cross Lanes, RG	John Hasler AN Other	
Thursday 29 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised	Jules Thomson Nick Odell	Bring packed lunch
Saturday 31st 9.30 – 12.30	Redhill Wood (Crowsley P)	Continue repairs to fence-line/bridleway (Forestry Commission)	Roadside by site	Chris Ash Brian Gardener	Follow signs from Harpsden Bottom, west of Hunts G

August 2010

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 5 th 9.30 – 12.30	Moorend Common (SSSI)	Further work to restore footpaths	On site – please follow signs from Frieth village	Chris Ash Eric Yarrow	Car share if possible. Not on map
Saturday 7 th 9.30 – 12.30	Mill Meadows, Henley	Raking cut grass on popular riverside area	Mill Meadows public car park (free)	Nick Odell Jules Thomson	
Thursday 12 th 9.30 – 12.30	Temple Island Meadows SSSI	Clearing brushwood after major tree-felling – some grazing of these historic meadows has now been resumed!	Riverside site – follow signs off Henley to Marlow road – opposite 'Swiss Farm'	Robin Howles John Hasler	Don't be late – gate to field will be re-locked at 9.25am
Saturday 14 th 9.30 – 12.30	Ipsden Wood	Preparation for fencing/fencing repairs	On site – access from Busgrove Lane, south of Stoke Row	Robin Howles Brian Gardener	New site (Forestry Commission)
Thursday 19 th 9.30 – 12.30	Nettlebed Common	Raking	Car park by sportsfield	Tony Chandler Julia Booker	
Saturday 21 st 9.30 – 12.30	Ipsden Wood	Reinstatement of fencing	On site – access from Busgrove Lane, south of Stoke Row	Chris Ash Robin Howles	New site (Forestry Commission)
Thursday 26 th 9.30 – 2.30pm	National NR, Aston Rowant	Scrub cutting	To be advised	Jules Thomson Eric Yarrow	Bring packed lunch
Saturday 28 th 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Continuing tasks to contain spread of holly	In paddock, off Blounts Court Road	Robin Howles Diane Gordon	

September 2010

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 2 nd 9.30 – 12.30	Church Field, Hernes (opposite RG church)	Install kissing gate / clearing of footpath RG15, by the church	Roadside by Rotherfield Greys Church	Tony Chandler Julia Booker	*** Kissing gate to be in memory of Len Saunders, with suitable plaque***
Saturday 4 th 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration of riverside site	Roadside by bridge – please avoid entrances/bus stop	Mike Macleod Diane Gordon	Bring Wellingtons Jointly with local volunteers
Thursday 9 th 9.30 – 12.30	Temple Island Meadows, SSSI	Clearing remains of felled trees	On riverside – follow signs off Henley to Marlow road – opposite 'Swiss Farm'	Robin Howles Julia Booker	Please arrive in good time – access gate will be re-locked at 9.25am
Saturday 12 th 9.30 – 12.30	Kingwood Common	Scraping to encourage spread of heather	By Great Davids	Jules Thomson John Hasler	
Thursday 17 th 9.30 – 12.30	Moorend Common (SSSI)	Improving footpaths, including provision of boardwalk	On site – please follow signs from Frieth village	Chris Ash Brian Gardener	Car share if possible. Not on map
Saturday 18 th 9.30 – 12.30	Moorend Common (SSSI)	Making boardwalk	On site – please follow signs from Frieth village	Mike Macleod Nick Odell	Car share if possible. Not on map
Thursday 23 rd 9.30 – 2.30pm	National NR, Aston Rowant	Cutting scrub	To be advised	Jules Thomson Eric Yarrow	Bring packed lunch
Saturday 25 th 9.30 – 12.30	Greys Court (NT)	To be agreed	Main NT car park	Jules Thomson Jean Fowler	
Thursday 30 th 9.30 – 12.30	Reading Golf Club, Emmer Green	Cutting scrub	In north car park – off Chalk House Green Lane	Tony Chandler Brian Gardener	