



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 January to March 2011**

- 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 Cowleaze 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 Cowleaze 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). Cowleaze is a ½ mile further on and on the left (for Sculpture Trail) after crossing motorway.

From Christmas Common, reverse the directions.

# January 2011

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 6 <sup>th</sup> 9.30 – 12.30	Peppard Common	Raking after brush-cutting on 'ski-slope'	Car park by Peppard crossroads	Tony Chandler Nick Odell	
Saturday 8 <sup>th</sup> 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration of riverside site	Roadside by bridge – please avoid entrances/bus stop	Robert Watson Mike Macleod	Bring Wellingtons Jointly with local volunteers
Thursday 13 <sup>th</sup> 9.30 – <b>2.30pm</b>	National NR, Aston Rowant	Juniper planting	To be advised – see below for directions	Chris Ash Brian Gardener	Bring packed lunch
Saturday 15 <sup>th</sup> 9.30 - 12.30	Spring Wood, Rotherfield Peppard	Cutting and clearing holly/bonfire	In paddock off Blounts Court Road	Robin Howles Tony Chandler	
Thursday 20 <sup>th</sup> 9.30 – 12.30	Cleeve Meadow, Streatley	Clearing after felling/bonfire - on water meadow site	Car park – off side- road to Cleeve Court (first right off A 329 north of Streatley)	Eric Yarrow John Hasler	New – meadow reclamation scheme prepared for owners by Natural England
Saturday 22 <sup>nd</sup> 9.30 – 12.30	Lashbrook, Mill Road, Shiplake	Continue reclamation of 'pond' and surrounding areas	On site/park on Lashbrook Home site, over bridge	Brian Gardener Robert Watson	
Thursday 27 <sup>th</sup> 9.30 – 12.30	Nettlebed Common	Scrub clearing	Car park by sportsfield	Tony Chandler Eric Yarrow	
Saturday 29 <sup>th</sup> 9.30 – 12.30	St Katharine's Retreat, Parmoor	Continue restoration of garden areas	On site - St K's is off Hambleden to Frieth road	Chris Ash Mike Macleod	

# February 2011

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 3 <sup>rd</sup> 9.30 – 12.30	St Katharine's Retreat, Parmoor	Continue restoration of garden areas	St Katharine's is off the Hambleden to Frieth road	Chris Ash Brian Gardener	
Saturday 5 <sup>th</sup> 9.30 – 12.30	Temple Island Meadows SSSI	Clearing tree remains from grazing area, after felling	Riverside site – follow signs off Henley to Marlow road, opposite 'Swiss Farm'	John Hasler Edward Sandars	Don't be late – gate to field will be re-locked at 9.25am
Thursday 10 <sup>th</sup> 9.30 – <b>2.30pm</b>	National Nature Reserve, Aston Rowant	Scrub cutting in Cuckoo Pen	Meet at the Office – park along Icknield Way – see below for directions	Jules Thomson Eric Yarrow	Bring packed lunch
Saturday 12 <sup>th</sup> 9.30 – 12.30	Flowercroft Woods	Coppicing	By main access gates – off Cross Lanes	Julia Booker Chris Ash	
Thursday 17 <sup>th</sup> 9.30 – 12.30	Pack and Prime Lane (Hernes)	Completion of current stage of hedge restoration project	Car park beyond main house (Hernes)	Tony Chandler Julia Booker	Follow signs off Rotherfield Greys to Henley road
Saturday 19 <sup>th</sup> 9.30 – 12.30	Mill Meadows, Henley	Clearing ponds and surroundings	Mill Meadows car park	Robert Watson Brian Gardener	By arrangement with Henley WLT
Thursday 24 <sup>th</sup> 9.30 – 12.30	Greys Court	Clearing scrub in bluebell wood/bonfire	Main NT car park	Jules Thomson Edward Sandars	
Saturday 26 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Tree felling/rescuing heather from encroaching brambles	By Great Davids	Tony Chandler Nick Odell	

# March 2011

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 3 <sup>rd</sup> 9.30 – 12.30	Watlington Hill (NT)	Clearing hawthorn from fence-line/bonfire	NT car park	John Hasler Nick Odell	
Saturday 5 <sup>th</sup> 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration of riverside site	Roadside by bridge – please avoid entrances/bus stop	Mike Macleod Robert Watson	Bring Wellingtons Jointly with local volunteers
Thursday 10 <sup>th</sup> 9.30 – 12.30	Cleeve Meadow, Streatley	Cutting/clearing/bonfire on water meadow	In car park off side road to Cleeve Court (take A329 north from Streatley then turn right to Cleeve Ct)	Eric Yarrow Robin Howles	Reclamation of riverside site, under guidance from Natural England
Saturday 12 <sup>th</sup> 9.30 – 12.30	Moorend Common (SSSI) – off Frieth to Lane End road	Scrub clearing/repairs to footpaths	On site – please follow signs from Frieth village	Chris Ash Edward Sandars	Only very limited parking – please car share if possible
Thursday 17 <sup>th</sup> 9.30 – <b>2.30pm</b>	National Nature Reserve, Aston Rowant	Ash coppice management	Meet at Office – see directions below/ park along Icknield Way	Jules Thomson Eric Yarrow	Please bring packed lunch
Saturday 19 <sup>th</sup> 9.30 – 12.30	Temple Island Meadows SSSI	Continue clearance of tree remains from grazing area, after felling	On riverside – follow signs off Henley to Marlow road – opposite 'Swiss Farm'	Robin Howles Julia Booker	Don't be late – gate to field will be re-locked at 9.25am
Thursday 24 <sup>th</sup> 9.30 – 12.30	Greys Court	Clearing scrub in bluebell wood/bonfire	In main NT car park	Jules Thomson Nick Odell	
Saturday 26 <sup>th</sup> 9.30 – 12.30	Sonning Common Primary School	Spring surprise!	On site – off Grove Road	Tony Chandler Brian Gardener	
Thursday 31 <sup>st</sup> 9.30 – 12.30	Sue Ryder Home, Joyce Grove, Nettlebed	Helping to manage garden and grounds	Follow signs – take first left after entering grounds	Edward Sandars Chris Ash	