



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 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.

# July 2011

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 2 <sup>nd</sup> 9.30 – 12.30	Moor End Common , by Lane End	Helping to maintain this SSSI	On site – follow signs from Frieth Village	Chris Ash Brian Gardener	Share cars if possible – limited Parking.
Thursday 7 <sup>th</sup> 9.30 – 12.30	Nettlebed Common	Raking after cutting	Car park by sportsfield	Tony Chandler Jules Thomson	
Saturday 9 <sup>th</sup> 9.30 – 12.30	Borocourt Wood (FC)	Removal of redundant fence / associated scrub clearing	Off road parking area	Julia Booker John Hasler	From Gallowstree Common take road to Stoke Row (2mils)
Thursday 14 <sup>th</sup> 9.30 – <b>2.30pm</b>	National NR, Aston Rowant	TBA	TBA	Jules Thomson Chris Ash	Bring packed lunch
Saturday 16 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Raking after cutting	By Great Davids	Tony Chandler Robert Watson	
Thursday 21 <sup>st</sup> 9.30 – 12.30	St Katharine's Parmoor	Tasks in orchard and walled garden, including pruning	On site – access off Hambleden to Frieth road	Chris Ash Eric Yarrow	<b>NB Lunch available for those who wish to stay on ***</b>
Saturday 23 <sup>rd</sup> 9.30 – 12.30	Temple Island Meadows SSSI	Continue clearance of tree remains from grazing area	On riverside – follow signs off Henley to Marlow road – opposite 'Swiss Farm'	John Hasler Nick Odell	Don't be late – gate to field will be re-locked at 9.25am
Thursday 28 <sup>th</sup> 9.30 – 12.30	Greys Court	Hay raking	Main NT car park	Eric Yarrow Brian Gardener	
Saturday 30 <sup>th</sup> 9.30 – 12.30	Duffields Common(off Busgrove Lane)	Scrub clearing around young trees	Off road – follow signs	Edward Sandars Robert Watson	Take Gallowstree Common/Stoke Row Road (2 miles)

## August 2011

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 4 <sup>th</sup> 9.30 – 12.30	Borocourt Wood (FC)	Continuing removal of redundant fence	Off road parking area – follow signs	Tony Chandler Chris Ash	Take Stoke Row road from Gallowstree Common (2mls)
Saturday 6 <sup>th</sup> 9.30 – 12.30	Ewelme Watercress beds	Ongoing maintenance / restoration of riverside site	Roadside near bridge – please avoid bus stop/entrances	Robert Watson Mike Macleod	Bring Wellingtons, Jointly with local volunteers. <b>***NB to be followed by barbecue ***</b>
Thursday 11 <sup>th</sup> 9.30 – 12.30	Rokeby play area, Chazey Heath (Mapledurham PC)	Maintaining boundary hedge – previously planted by SCGG	On roadside, by site	Robert Watson Eric Yarrow	
Saturday 13 <sup>th</sup> 9.30 – 12.30	St Katharine's Parmoor	Tasks in orchard and walled garden	On site	Chris Ash Brian Gardener	St K's lies off the Hambleton to Frieth road
Thursday 18 <sup>th</sup> 9.30 – <b>2.30pm</b>	National NR, Aston Rowant	TBA	TBA	Jules Thomson Nick Odell	Bring packed lunch
Saturday 20 <sup>th</sup> 9.30 – 12.30	Kennylands Field, Sonning Common	Trimming beech hedge	Bird Wood Court	Tony Chandler Robin Howles	A chance to wear our new high viz jackets
Thursday 25 <sup>th</sup> 9.30 – 12.30	Cleeve Court Meadow, Streatley	Ditch clearing, continue building stockade	Car park – off side road to Cleeve Court (turn right off A329 north of Streatley)	Eric Yarrow Robin Howles	Please arrive by 9.20am to allow for walk to site
Saturday 27 <sup>th</sup> 9.30 – 12.30	Big Bear Wood, Cross Lanes, Rotherfield Greys	Cutting back laurels	By entrance to wood – off Cross Lanes to the north of Flowercroft Wood	Julia Booker John Hasler	New site – cars might be parked by RG Church or at entrance to Flowercroft Wood

# September 2011

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 1 <sup>st</sup> 9.30 – 12.30	Greys Court	Clearing brambles	Main NT car park	Jules Thomson Brian Gardener	
Saturday 3 <sup>rd</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 8 <sup>th</sup> 9.30 – 12.30	Moor End Common, (SSSI) – off Frieth to Lane End road	Tasks to support restoration of this SSSI	On site - please follow signs from Frieth village	Chris Ash Eric Yarrow	Limited parking – please car share if possible.
Saturday 10 <sup>th</sup> 9.30 – 12.30	Borocourt Wood (FC)	Continue fence removal / associated scrub clearing	Off road parking area	Julia Booker Robin Howles	Take Gallowstree Common to Stoke Row road (2mils)
Thursday 15 <sup>th</sup> 9.30 – <b>2.30pm</b>	National Nature Reserve , Aston Rowant	TBA	TBA	Jules Thomson Brian Gardener	Please bring packed lunch
Saturday 17 <sup>th</sup> 9.30 – 12.30	Temple Island Meadows SSSI	Continue cutting, clearing, stacking tree remains in meadow areas	On riverside – 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
Thursday 22 <sup>nd</sup> 9.30 – 12.30	Cleeve Court Meadow, Stratley	Ditch maintenance, raking, stockade building	In car park – off side road to Cleeve Court (take A329 north from Stratley then turn right to Cleeve Court)	Eric Yarrow Diane Gordon	Reclamation of riverside meadow – under guidance from Natural England
Saturday 24 <sup>th</sup> 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Clearing holly / reclamation of area by spring	In paddock off Blounts Court Road	John Hasler Robert Watson	
Thursday 29 <sup>th</sup> 9.30 – 12.30	Sue Ryder Home, Joyce Grove, Nettlebed	Helping maintain garden areas	Follow signs – take first left after entering grounds	Edward Sandars Diane Gordon	