

GREEN GYM PROGRAMME

October to December 2012

www.greengym.org.uk/sonningcommon



MEETING POINTS: Meet On Site 9:15AM for 9.30AM start with a finish time of 12:30 unless otherwise stated.
ASSISTANCE: See map on back or internet, alternatively telephone in good time beforehand.
WHAT TO WEAR: Please wear old, warm clothes, 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 972 3528

October 2012

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Watlington Hill (NT)	Scrub removal/bonfire	NT car park	Robin Howles Julia Booker	
Saturday 6 th 9.30 - 12.30	Moorend Common	Clearing/restoration of this SSSI (HLF-supported Project)	Roadside by site	Chris Ash Diane Gordon	Car share if you can – follow signs on road from Frieth to Lane End
Thursday 11 th 9.30 – 12.30	Nuffield Place (NT)	Hay raking	On site – for car park follow signs off Nettlebed to Wallingford road	Brian Gardener Eric Yarrow	
Saturday 13 th 9.30 – 12.30	Greys Court (NT)	Clearing footpaths and surrounds	Main NT car park	Brian Gardener Robin Howles	
Thursday 18 th 9.30 – 2.30pm	National NR, Aston Rowant	Clearing scrub from sunken way	Nature Reserve car park – see below for directions	Chris Ash Elizabeth Smeeton	Bring packed lunch
Saturday 20 th 9.30 – 12.30	Pack and Prime Lane (Hernes)	Resume work on hedge- laying project	On site – make for car park beyond main house	Tony Chandler Julia Booker	Follow signs off RG to Henley road
Thursday 25 th 9.30 – 2.30pm	Cleeve Court Meadow, Streatley	Complete boardwalk/ hayraking	On site – follow signs from A329, north of Streatley	Eric Yarrow Keith May	Please bring packed lunch – if you'd like to share in a longer session
Saturday 27 th 9.30 – 12.30	Pack and Prime Lane (Hernes)	Continue hedge-laying	On site – make for car park beyond main house	Tony Chandler John Hasler	Follow signs off RG to Henley road

November 2012

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thursday 1 st 9.30 – 12.30	Green Broom Wood	Removing fallen wood/ coppicing	On site – car park off Goring Heath to Goring road, just east of Crays Pond	Elizabeth Smeeton John Hasler	
Saturday 3 rd 9.30 – 12.30	Ewelme watercress beds	Ongoing restoration of waterside site	Roadside by bridge – please avoid entrances/bus stop	Mike Macleod Robert Watson	Bring Wellingtons
Thursday 8 th 9.30 – 12.30	Ipsden Wood (Forestry C)	Removal of redundant fence, with related scrub clearing	Access by track (Judges Lane), off Stoke Row to Checkendon road	Julia Booker Robin Howles	New site Please car share if you can
Saturday 10 th 9.30 – 12.30	Temple Island Meadows SSSI	Continue clearing/stacking tree remains in meadow areas	On riverside – access from Henley to Marlow road, opposite 'Swiss Farm'	Robin Howles Sian Hickman	Don't be late – gate to field will be re-locked at 9. 25am
Thursday 15 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed	To be advised – see below for directions	Chris Ash Eric Yarrow	Bring packed lunch
Saturday 17 th 9.30 – 12.30	Green Pond/ Keeps Lane, Binfield Heath	Pond management/ removal of scrub from bridleway	On site	Chris Ash Robert Watson	Arrangements for car parking TBA
Thursday 22 nd 9.30 – 12.30	Withymead, Goring	Dredging of inlet/clearing footbridge margins	On site – follow signs from Goring to Wallingford road	Julia Booker John Hasler	
Saturday 24 th 9.30 – 12.30	Kennylands Field, Sonning Common	Field management tasks on this area of Common	By Birdwood Court	Tony Chandler Edward Sandars	
Thursday 29 th 9.30 – 12.30	Bishopswood Field, Sonning Common	Assisting Rotherfield UFC in management of marginal areas around sportsfield	On site	John Hasler Chris Ash	Access from Gallowstree Common road

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 (BTCV) by the Sonning Common group which is run solely by its members.

December 2012

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Saturday 1 st 9.30 – 12.30	Peppard Common	Scrub clearing on ski-slope	Car park by Peppard crossroads	Tony Chandler Edward Sandars	
Tuesday 4th 7 for 7.30pm	Badgemore	Park Golf Club	Xmas Dinner		Be sure to sign up with Julia
Thursday 6 th 9.30 – 12.30	Reading Golf Club	Resume hedge-laying project	In North car park – off Chalk House Green Lane	Tony Chandler Elizabeth Smeeton	
Saturday 8 th 9.30 – 12.30	Ipsden Wood (FC)	Continue removing redundant fence, with related scrub clearing	Access by track (Judges Lane), off Stoke Row to Checkendon road	Robin Howles Julia Booker	Car sharing will help as limited space for parking
Thursday 13 th 9.30 – 12.30	Reading Golf Club	More hedge-laying	In North car park – Off Chalk House Green Lane	Tony Chandler Keith May	
Saturday 15 th 9.30 – 12.30	Withymead, Goring	Cutting/raking reeds/removing sycamore	On site – follow signs from Goring to Wallingford road	Sian Hickman Robert Watson	
Thursday 20 th 9.30 – 2.30pm	National NR, Aston Rowant	To be agreed – but to include XMAS SPUD ROAST	To be advised – see directions below	Eric Yarrow Brian Gardener	Please consult Diane about lunch contributions
Saturday 22 nd 9.30 – 12.30	Nettlebed Common	Scrub clearing/ bonfire/pond-work	Car park by sportsfield	Tony Chandler Elizabeth Smeeton	
Tuesday 25th	With all	Best Wishes for a	Very Happy	Xmas!!!	
Thursday 27 th 9.30 – 12.30	Greys Court (NT)	Contribute to parkland management	Main NT car park	Brian Gardener Julia Booker	
Saturday 29 th 9.30 – 12.30	Borocourt Wood (FC)	Cutting back rhododendrons, including patches of re-growth	By site – park at roadside	Mike Macleod Robert Watson	Follow Gallowstree Common to Stoke Row road (2 miles)

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.