

GREEN GYM PROGRAMME

January to March 2016

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



MEETING PLACES: Meet for 9.30am start with a finish time of 12:30 unless otherwise stated.
ASSISTANCE: See map on online or telephone in good time beforehand.
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

January 2016

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Saturday 2 nd 9.30 – 12.30	Withymead NR, Goring	Ongoing conservation tasks	Follow signs from Goring to Wallingford road	Julia Booker Sian Hickman	
Thursday 7 th 9.30 - 12.30	Dunsden Church	Hedge laying / cutting vegetation around car park	Church car park	Chris Ash Sheelagh Hill	
Saturday 9 th 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Edward Sandars	When parking, please avoid entrances/bus stop
Thursday 14 th 9.30 – 12.30	Nettlebed Common	Maintaining glades	Car park by sports field	Tony Chandler Keith May	
Saturday 16 th 9.30 – 12.30	Mapledurham Village Hall	Planting new hedge (mixed hedge plants)/ scrub clearing	On site – leave the A4074 at The Pack Saddle PH/follow signs	Robert Watson Tony Chandler	
Thursday 21 st 9.30 – 2.30pm	Aston Rowant (NNR)	Continue tasks in supporting management of the Reserve	To be advised – see below for directions	Chris Ash Tony Chandler	Don't forget packed lunch, if you intend to stay for full session
Saturday 23 rd 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Cut back holly re-growth/ clear brambles and holly from bluebell areas/ bonfire if conditions allow	In paddock off Blounts Court Road	Robin Howles John Hasler	
Thursday 28 th 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site – follow signs from A329, north of Streatley	Keith May Sheelagh Hill	Park in car park off side road – allow 5-10 minutes for walk to site
Saturday 30 th 9.30 – 12.30	Hernes Estate (Parsons Wood)	Continue cutting holly/re- growth/bonfire if conditions allow	On site – park by Rotherfield Greys Church	Julia Booker Robin Howles	

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.

February 2016

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
Thursday 4 th 9.30 – 12.30	Hernes Estate (Parsons Wood)	Continue cutting holly/bonfire if conditions allow	On site – park by Rotherfield Greys Church	Julia Booker Brian Gardener	
Saturday 6 th 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Edward Sandars	When parking, please avoid entrances/bus stop
Thursday 11 th 9.30 – 12.30	Flowercroft Woods	Tree planting/scrub clearing on grassy bank	By main access gate – off Cross Lanes	Robin Howles Julia Booker	Allow plenty of time if you prefer to park by Rotherfield Greys Church and walk over fields
Saturday 13 th 9.30 – 12.30	Kingwood Common	Maintaining glades	Park by Great Davids, Colmore Lane	Tony Chandler John Hasler	
Thursday 18 th 9.30 – 12.30	Nuffield Place (NT)	Tasks to support management of estate	For car park follow signs off Nettlebed to Wallingford road	Brian Gardener Edward Sandars	
Saturday 20 th 9.30 – 12.30	Bishopswood Field	Cut back ivy/other maintenance tasks around access and perimeter	Use main car park	John Hasler Mike Macleod	Access from Gallowstree Common road
Thursday 25 th 9.30 – 2.30 pm	Aston Rowant (NNR)	To be agreed	To be advised – see below for directions	Chris Ash Tony Chandler	If you intend to stay for full session, bring packed lunch!
Saturday 27 th 9.30 – 12.30	Moorend Common (SSSI)	Continue conservation tasks	Park at roadside	Chris Ash Sheelagh Hill	Access from Frieth to Lane End road

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 internet 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.

March 2016

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
Thursday 3 rd 9.30 – 12.30	Hurst Water Meadow, Dorchester	Various tasks in support of management plan	Car park/follow signs from A4074/left turn by bridge on approach to Dorchester	Robin Howles John Hasler	
Saturday 5 th 9.30 – 12.30	Withymead NR, Goring	Ongoing management of Reserve	Follow signs from Goring to Wallingford road	Sian Hickman Sheelagh Hill	
Thursday 10 th 9.30 – 12.30	Watlington Hill (NT)	Clear scrub/bonfire	NT car park	Brian Gardener Keith May	
Saturday 12 th 9.30 – 12.30	Temple Island Meadows (SSSI)	Continue conservation tasks, including removal of willow saplings	On riverside – access from Henley to Marlow road, opposite 'Swiss Cottage'	Robin Howles Sian Hickman	Please arrive in good time/gate to field to be re-locked at 9.25 am
Thursday 17 th 9.30 – 12 .30	Cleeve Water Meadow	Continue conservation tasks	Follow signs from A329, north of Streatley	Keith May Brian Gardener	Park in car park off side road/allow 5-10 minutes for walk to site
Saturday 19 th 9.30 – 12.30	Kingwood Common	Maintaining glades	Park by Great Davids, Colmore Lane	Tony Chandler John Hasler	
Thursday 24 th 9.30 – 2.30pm	Aston Rowant (NNR)	To be agreed	To be advised – see directions above	Chris Ash Tony Chandler	Don't forget the packed lunch if you are up for the full session!
Saturday 26 th 9.30 – 12.30	Hurst Water Meadow, Dorchester	Various tasks, supporting management plan	Car park/follow signs from A4074/left turn by bridge on approach to Dorchester	Julia Booker Sian Hickman	
Thursday 31 st 9.30 – 12.30	Hernes Estate (Parsons Wood)	More cutting of holly/re-growth/bonfire if conditions allow	Park by Rotherfield Greys Church	Julia Booker Tony Chandler	