

GREEN GYM PROGRAMME

October to December 2017

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



MEETING PLACES: Meet for 9.30am start with a finish time of 12:30 unless otherwise stated.
ASSISTANCE: Please see map 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

October 2017

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 5 th 9.30 – 12.30	Mill Meadows, Henley	Raking	On site	Sally Rankin Robin Howles	Park in Mill Lane car park for walk to site
Saturday 7 th 9.30 – 12.30	Hurst Water Meadow, Dorchester	Scrub clearing	Car park by bridge over R Thame	Julia Booker Robin Howles	Follow signs from A4074/left turn into car park on approach to Dorchester
Thursday 12 th 9.30 – 12.30	Greys Court (NT)	To be agreed	Meet in main NT car park	Brian Gardener Keith May	
Saturday 14 th 9.30 – 12.30	Badgemore P School, Henley	Erect fencing around orchard area	On site – in school grounds	John Hasler Tony Chandler	School is in Hop Gardens
Thursday 19 th 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site – follow signs from A320, north of Streatley	Keith May Brian Gardener	Use car park in side road/allow 5/10 minutes for walk to site
Saturday 21 st 9.30 – 12.30	Peppard Common	Heathland restoration	On site – park by Peppard crossroads	Sally Rankin Mike Macleod	
Thursday 26 th 9.30 – 2.30pm	Aston Rowant (NNR)	To be agreed	On site – to be advised	Tony Chandler Peter Taylor	Remember packed lunch if staying for afternoon
Saturday 28 th 9.30 – 12.30	Bishopswood Field	Maintenance tasks (in support of RUFC)	On site – park in main parking area	John Hasler Mike Macleod	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 (now TCV), by the Sonning Common group which is run solely by its members.

November 2017

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
Thursday 2nd 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site – follow signs from A329, north of Streatley	Keith May Brian Gardener	Use car park in side road/allow 5/10 minutes for walk to site
Saturday 4 th 9.30 – 12.30	Kingwood Common	Heathland restoration	On site – park in Red House Square	Sally Rankin Peter Taylor	Look for right turning off Peppard to Stoke Row road, ½ mile north of Unicorn PH
Thursday 9 th 9.30 – 12.30	Hernes Estate (Parsons Wood)	Cut back invasive holly/re-growth/bonfire	Park by Rotherfield Greys Church	Robin Howles Martin Rhodes	
Saturday 11 th 9.30 – 12.30	Nettlebed Common	Heathland restoration	On site – park by sportsfield	Sally Rankin Ian Woods	
Thursday 16 th 9.30 – 2.30pm	Aston Rowant (NNR)	To be agreed	On site – to be advised	Tony Chandler Brian Gardener	Spud roast proposed for this AR visit – await further news!
Saturday 18 th 9.30 – 12.30	South Stoke – recreation ground	Cut back brambles	Follow signs from B4009, north of Goring	John Hasler Peter Taylor	Follow signs in village for parking
Thursday 23 rd 9.30 – 12.30	Temple Island Meadows (SSSI)	Cut back willows/invasive vegetation/stack/possible bonfire	On riverside site = access from Henley to Marlow road, opposite 'Swiss Farm'	Robin Howles Peter Taylor	NB – gate access will be re-locked at 9.25 am
Saturday 25 th 9.30 – 12.30	Home Farm Wood, (Coppid Est), Binfield H	Continue cutting back rhododendron	On site	Sian Hickman Chris Ash	Parking on site, opposite Home Farm – off Emmer Green road
Thursday 30 th 9.30 – 12.30pm	Greys Court (NT)	To be agreed	Meet in main NT car park	Brian Gardener Keith May	

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.

December 2017

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Saturday 2 nd 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Sian Hickman	When parking, please avoid bus stop/entrances
Thursday 7 th 9.30 – 12.30	Watlington Hill (NT)	Clear scrub/bonfire	NT car park	Julia Booker Martin Rhodes	
Saturday 9 th 9.30 – 12.30	Hurst Water Meadow, Dorchester	Scrub clearing/hedge-laying	Car park by bridge over R Thame	Julia Booker Ian Woods	Follow signs from A4074/left turn into car park on approach to Dorchester
Tuesday 12th 7 for 7.30pm	Badgemore	Park Golf Club	**XMAS DINNER**		Be sure to sign up with Julia!
Thursday 14 th 9.30 – 12.30	Hernes Estate (Parsons Wood)	Cut back holly/re-growth/bonfire	On site – park by Rotherfield Greys Church	Robin Howles Martin Rhodes	
Saturday 16 th 9.30 – 12.30	Moorend Common (SSSI)	To be agreed	On site – park at roadside	Sian Hickman Peter Keel	Access from Frieth to Lane End road
Thursday 21 st 9.30 – 12.30	Withymead NR, Goring	Continue conservation tasks	Follow signs from Goring to Wallingford road	Peter Taylor John Hasler	
Saturday 23rd	NO	SCGG session	All Best Wishes	for a very	Happy XMAS!
Thursday 28 th 9.30 – 12.30	Arch Hill Wood, Binfield Heath	Continue holly clearance	By bridge/River Bin!	Julia Booker Alison Holdsworth	Opportunity also for group to work on nearby pond
Saturday 30 th 9.30 – 12.30	Bishopswood Field	Maintenance tasks in support of RUFC	On site – park in main parking area	Tony Chandler Robert Watson	Access from Gallowstree Common road