

# GREEN GYM PROGRAMME

## January to March 2018

<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 on Internet 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 2018

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 4 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site - follow signs from A329, north of Streatley	Keith May Brian Gardener	<b>Use car park in side road/allow 5/10 mins for walk to site</b>
Saturday 6 <sup>th</sup> 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Sian Hickman	<b>When parking, please avoid bus stop/entrances</b>
Thursday 11 <sup>th</sup> 9.30 – 12.30	Spring Wood, Rotherfield, Peppard	Continue cutting holly/ regrowth/brambles	In paddock off Blounts Court Road	Robin Howles Peter Taylor	
Saturday 13 <sup>th</sup> 9.30 – 12.30	Kennylands Field, Sonning Common	<b>SCGG 20<sup>th</sup> Anniversary - coppicing work on trees planted for 10<sup>th</sup> anniversary</b>	On site – park at Bird Wood Court entrance	Tony Chandler Brian Gardener	<b>**GG members/ invited guests will have further instructions later</b>
Thursday 18 <sup>th</sup> 9.30 – 2.30pm	Aston Rowant (NNR)	Continue conservation tasks	To be advised – see below for directions	Tony Chandler Peter Taylor	<b>Remember packed lunch if staying for afternoon</b>
Saturday 20 <sup>th</sup> 9.30 – 12.30	Moorend Common (SSSI)	To be agreed	Park at roadside	Sian Hickman Ian Woods	Access from Frieth to Lane End road
Thursday 25 <sup>th</sup> 9.30 – 12.30	South Stoke – recreation ground	Hedge and scrub management	Follow signs from B4009, north of Goring	Peter Taylor Mike Saunders	<b>Follow signs in village for parking</b>
Saturday 27 <sup>th</sup> 9.30 – 12.30	Peppard Common	Heathland restoration	On site – park by Peppard crossroads	Sally Rankin Robert Watson	

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 2018

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 1 <sup>st</sup> 9.30 – 12.30	Kingwood Common	Heathland restoration	On site – park at Cherry Croft – follow signs from Unicorn PH	Sally Rankin Robert Watson	
Saturday 3 <sup>rd</sup> 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	
Thursday 8 <sup>th</sup> 9.30 – 12.30	Watlington Hill (NT)	<b>SCGG 20<sup>th</sup> Anniversary</b> - clear scrub/bonfire	NT car park	Robin Howles John Hasler	<b>**Expect to entertain visitors from Oxfordshire GGs and tcv</b>
Saturday 10 <sup>th</sup> 9.30 – 12.30	Withymead NR, Goring	Continue conservation tasks	On site – follow signs from Goring to Wallingford road	Julia Booker Sian Hickman	
Thursday 15 <sup>th</sup> 9.30 – <b>2.30pm</b>	Aston Rowant (NNR)	To be agreed	On site – to be advised – see below for directions	Tony Chandler Peter Taylor	Don't forget packed lunch, if staying for afternoon
Saturday 17 <sup>th</sup> 9.30 – 12.30	Bishopswood Field	Grounds maintenance tasks (in support of RUFC)	On site – park in main parking area	John Hasler Brian Gardener	Access from Gallowstree Common road
Thursday 22 <sup>nd</sup> 9.30 – 12.30	Dunsden Church	Continue hedgelaying/ supplementary tasks around car park area	On site – church car park	Chris Ash Peter Keel	
Saturday 24 <sup>th</sup> 9.30 – 12.30	Dunsden Church	Continue hedgelaying/ supplementary jobs	On site – church car park	Chris Ash Peter Keel	

## 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.

### March 2018

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 1 <sup>st</sup> 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	Follow signs from A320, north of Streasley	Keith May Brian Gardener	<b>Use car park in side road/allow 5/10 mins for walk to site</b>
Saturday 3 <sup>rd</sup> 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 8 <sup>th</sup> 9.30 – 12.30	Nettlebed Common	Heathland restoration	Park by sportsfield	Sally Rankin Robert Watson	
Saturday 10 <sup>th</sup> 9.30 – 12.30	Hurst Water Meadow, Dorchester	Scrub clearing/hedge-laying	Car park by bridge over R Thame	Julia Booker Imogen Lloyd	Follow signs from A4074/left turn into car park on approach to Dorchester
Thursday 15 <sup>th</sup> 9.30 – <b>2.30pm</b>	Aston Rowant (NNR)	To be agreed	On site – to be advised – see below for directions	Tony Chandler Brian Gardener	<b>Remember packed lunch if staying for afternoon</b>
Saturday 17 <sup>th</sup> 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 John Hasler	<b>NB – gate access will be re-locked at 9.25 am</b>
Thursday 22 <sup>nd</sup> 9.30 – 12.30	Home Farm Wood, (Coppid Est) B Heath	Clearing rhododendron	On site	Julia Booker Robin Howles	
Saturday 24 <sup>th</sup> 9.30 – 12.30	Home Farm Wood, (Coppid Est.) B Heath	Clearing rhododendron	On site	Julia Booker Peter Keel	Parking on site, opposite Home Farm – off Emmer Green Road
Thursday 29 <sup>th</sup> 9.30 – <b>2.30pm</b>	Aston Rowant (NNR)	To be agreed	On site – to be advised – see below for directions	Tony Chandler Martin Rhodes	Remember packed lunch if staying for afternoon
Saturday 31 <sup>st</sup> 9.30 – 12.30	Badgemore P School, Henley	Grounds maintenance tasks	On site – park in school car park	Tony Chandler Ian Woods	Access from Hop Gardens