

GREEN GYM PROGRAMME

July to September 2018

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



MEETING PLACES: Meet for 9.30am start with a finish time of 12:30 unless otherwise stated.
ASSISTANCE: See Internet link
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

July 2018

| Date & Time | Site | Activity | Meeting Place | Leaders | Notes |
|--|---|--|--|-----------------------------------|---|
| Thursday 5 th 9.30 – 12.30 | Kingwood Common | Heathland restoration | On site - park in Red House Square | Sally Rankin Robert Watson | Look for right turn off Peppard to Stoke Row road, ½ mile north of Unicorn PH |
| Saturday 7 th 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 12 th 9.30 – 12.30 | Spring Wood, Rotherfield Peppard | Continue cutting holly, regrowth, brambles | On site - park in paddock off Blounts Court Road | Robin Howles Peter Keel | |
| Saturday 14 th 9.30 – 12.30 | Home Farm Wood, Coppid Estate, Binfield H | Continue clearing rhododendron | On site | Julia Booker Brian Gardener | Park on site – opposite Home Farm, off Emmer Green Road |
| Thursday 19 th 9.30 – 2.30pm | Aston Rowant (NNR) | Continue conservation tasks | To be advised – see below for directions | Tony Chandler Peter Taylor | Remember packed lunch if staying for afternoon |
| Saturday 21 st 9.30 – 12.30 | Badgemore P School, Henley | Terracing/scything/raking | On site – park in school grounds | Tony Chandler Ian Woods | Access to school from Hop Gardens |
| Thursday 26 th 9.30 – 12.30 | Cleeve Water Meadow | Continue conservation tasks | Follow signs from A329, north of Streatley | Keith May Martin Rhodes | Use car park in side road/allow 5/10 minutes for walk to site |
| Saturday 28 th 9.30 – 12.30 | Cherry Orchard, Stoke Row | Clear brambles/bonfire | On site – park at roadside | Julia Booker Alison Holdsworth | |

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.

August 2018

| Date & Time | Site | Activity | Meeting Place | Leaders | Notes |
|---|--|---|---|-------------------------------------|---|
| Thursday 2 nd 9.30 – 12.30 | Cherry Orchard, Stoke Row | Continue clearing brambles/bonfire | On site – park at roadside | Peter Keel Peter Taylor | |
| Saturday 4 th 9.30 – 12.30 | Ewelme Watercress Beds | Ongoing maintenance of riverside heritage site | On site – park at roadside | Mike Macleod Robert Watson | When parking. Please avoid bus stop/entrances |
| Thursday 9 th 9.30 – 12.30 | Nettlebed Common | Heathland restoration | On site – park by sportsfield | Sally Rankin Robert Watson | |
| Saturday 11 th 9.30 – 12.30 | Wyfold Centre (Riding for the disabled) | Cut back encroaching vegetation, around perimeter | On site – park by stables | Robin Howles John Hasler | In grounds of former Borocourt Hospital – follow signs from Peppard to Stoke Row road |
| Thursday 16 th 9.30 – 2.30pm | Aston Rowant (NNR) | To be agreed | On site – to be advised – see below for directions | Tony Chandler Brian Gardener | Don't forget packed lunch, if staying for afternoon |
| Saturday 18 th 9.30 – 12.30 | Moorend Common (SSSI) | Ongoing conservation tasks | Park by roadside | Sian Hickman Peter Keel | Access from Frieth to Lane End road |
| Thursday 23 rd 9.30 – 12.30 | Streatley Church (churchyard) | Help control of scrub around boundary hedge | On site – follow signs to parking at The Swan (far end) | John Hasler Peter Taylor | Access by Church Lane – car share if possible |
| Saturday 25 th 9.30 – 12.30 | Hurst Water Meadow, Dorchester | Supporting ongoing maintenance of riverside site | On site – follow signs from A4074 for off-road parking | Julia Booker Martin Rhodes | Park on site, left turn on approaching Dorchester |
| Thursday 30 th 9.30 – 12.30 | Streatley Church (churchyard) | Help control of scrub around boundary hedge | On site – follow signs to parking at The Swan (far end) | John Hasler Alison Holdsworth | Access by Church Lane – car share if possible |

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 Cowlease 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 Cowlease 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). Cowlease is a ½ mile further on and on the left after crossing motorway.

From Christmas Common, reverse the directions.

September 2018

| Date & Time | Site | Activity | Meeting Place | Leaders | Notes |
|---|---------------------------------------|--|--|---------------------------------|---|
| Saturday 1 st 9.30 – 12.30 | Peppard Common | Heathland restoration | Park by Peppard crossroads | Sally Rankin Robert Watson | |
| Thursday 6 th 9.30 – 12.30 | Peppard War Memorial Hall | Maintenance tasks, including hedge-cutting | On site – park in Hall car park | John Hasler Peter Taylor | Follow signs from Peppard crossroads |
| Saturday 8 th 9.30 – 12.30 | Cherry Orchard, Stoke Row | Clear brambles/bonfire | On site – park at roadside | Julia Booker Peter Keel | |
| Thursday 13 th 9.30 – 12.30 | Cleeve Water Meadow | Continue conservation tasks/raking | On site – follow signs from A329, north of Streatley | Keith May John Hasler | Use car park in side road/allow 5/10 minutes for walk to site |
| Saturday 15 th 9.30 – 12.30 | Borocourt Wood (FC) | Continue clearing rhododendron/laurel | On site – park at roadside/look out for signs | Ian Woods Julia Booker | Follow Gallowstree C to Stoke Row road (1+ miles) |
| Thursday 20 th 9.30 – 2.30pm | Aston Rowant (NNR) | Continue conservation tasks | To be advised – see below for directions | Tony Chandler Brian Gardener | Remember packed lunch, if staying for afternoon |
| Saturday 22 nd 9.30 – 12.30 | Kennylands Field, Sonning Common | Raking/hedge trimming/scraping | Park at Bird Wood Court | Tony Chandler Sian Hickman | Limited parking on site |
| Thursday 27 th 9.30 – 12.30 | Greys Court (NT) | Continue conservation tasks | Meet in main NT car park | Brian Gardener Keith May | |
| Saturday 29 th 9.30 – 12.30 | Little Meadow, Goring (for Withymead) | Management of wildflower habitat on meadow/coppicing | On site – park at far end of Manor Road, Goring | Peter Keel Martin Rhodes | NB 10/15 minute walk to riverside site |