

# GREEN GYM PROGRAMME

## October to December 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 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

### October 2018

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 4 <sup>th</sup> 9.30 – 12.30	Cherry Orchard, Stoke Row	Clear brambles/bonfire	On site - park at roadside or in hall car park	Peter Taylor John Hasler	
Saturday 6 <sup>th</sup> 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Sian Hickman Martin Rhodes	<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	On site - park in paddock off Blounts Court Road	Robin Howles Brian Gardener	
Saturday 13 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Heathland restoration	On site – park at Cherry Croft – follow signs from Unicorn PH	Robert Watson Mike Macleod	
Thursday 18 <sup>th</sup> 9.30 – 2.30pm	Aston Rowant (NNR)	Continue conservation tasks	To be advised – see below for directions	Tony Chandler Brian Gardener	<b>Remember packed lunch if staying for afternoon</b>
Saturday 20 <sup>th</sup> 9.30 – 12.30	Badgemore P School, Henley	Terracing/scything/ra king	On site – park in school grounds	Tony Chandler Alison Holdsworth	Access to school from Hop Gardens
Thursday 25 <sup>th</sup> 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 27 <sup>th</sup> 9.30 – 12.30	Bishopswood Field	Grounds maintenance tasks (for RUFC)	On site – park in main car park	John Hasler Peter Keel	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 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	Wyfold Centre (Riding for the disabled)	Continue clearing encroaching vegetation/bonfire	On site – park by stables	Robin Howles Brian Gardener	In grounds of former Borocourt Hospital – follow signs from Peppard to Stoke Row road
Saturday 3 <sup>rd</sup> 9.30 – 12.30	Moorend Common (SSSI)	Ongoing conservation tasks	On site – park at roadside	Sian Hickman Ian Woods	Access from Frieth to Lane End road
Thursday 8 <sup>th</sup> 9.30 – 12.30	Park Wood, Nuffield	Continue cutting holly/brambles	On site – follow signs from Nettlebed to Wallingford road	Brian Gardener Keith May	Park in Nuffield Place car park and follow signs to meeting-point
Saturday 10 <sup>th</sup> 9.30 – 12.30	Temple Island Meadows (SSSI)	Continue cutting willow saplings/stacking fallen wood/clearing ditches	On riverside site – access from Henley to Marlow road (opposite 'Swiss Farm')	Robin Howles Sian Hickman	<b>NB – access gate will be re-locked at 9.25 am</b>
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 Robert Watson	Don't forget packed lunch, if staying for afternoon
Saturday 17 <sup>th</sup> 9.30 – 12.30	Cherry Orchard, Stoke Row	Continue clearing brambles/bonfire	Park by roadside or in hall car park	Julia Booker Peter Taylor	
Thursday 22 <sup>nd</sup> 9.30 – 12.30	Henley (off Greys Road)	Repairs to flight of steps near Scout Hut	On site – park at Scout Hut	Martin Rhodes Peter Keel	In support of Henley Town Council project
Saturday 24 <sup>th</sup> 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance	On site – park by Peppard crossroads	John Hasler Ian Woods	
Thursday 29 <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	Use car park in side-road/allow 5/10 minutes for walk to site

## 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.

## December 2018

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Saturday 1 <sup>st</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 6 <sup>th</sup> 9.30 – 12.30	Hurst Water Meadow, Dorchester	Maintenance tasks on riverside site	On site – follow signs from A4074 for off-road parking	Martin Rhodes Peter Taylor	
Saturday 8 <sup>h</sup> 9.30 – 12.30	Withymead NR, Goring	Conservation tasks on riverside reserve	On site – follow signs from Goring to Wallingford road	Julia Booker Ian Woods	
Thursday 13 <sup>th</sup> 9.30 – 12.30	Nettlebed Common	Scrub clearing in areas near ponds	On site – park by sportsfield	Sally Rankin Robert Watson	
Saturday 15 <sup>h</sup> 9.30 – 12.30	Temple Island Meadows (SSSI)	Cutting willow saplings/invasive vegetation / stacking / bonfire (?)	On riverside site – access from Henley to Marlow road, opposite 'Swiss Farm'	Sian Hickman Alison Holdsworth	<b>NB gate access will be re-locked at 9.25 am</b>
Thursday 20 <sup>th</sup> 9.30–2.30pm	Aston Rowant (NNR)	Continue conservation tasks	To be advised – see below for directions	Tony Chandler Peter Keel	<b>Remember packed lunch, if staying for afternoon</b>
Saturday 22 <sup>nd</sup> 9.30 – 12.30	Kingwood Common	Heathland management in southern triangle	On site - park at Cherry Croft – follow signs from Unicorn PH	Sally Rankin Robert Watson	
Thursday 27 <sup>th</sup> 9.30 – 12.30	Home Farm Wood, Binfield Heath	Continue rhododendron clearing	On site	Julia Booker Alison Holdsworth	Parking on site, opposite Home Farm (off Emmer Green Road)
Saturday 29 <sup>th</sup> 9.30 – 12.30	Bishopswood Field	Grounds management tasks (for RUFC)	On site – park in main car park	Brian Gardener Peter Taylor	Access from Gallowstree Common Road

**\*\*\*\*\* NB Christmas Dinner to be held on TUESDAY 11 DECEMBER at 7 for 7.30 pm \*\*\*\*\***

**(BE SURE to sign up with Julia in good time)**