

GREEN GYM PROGRAMME

January to March 2019

<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 website 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 2019

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 3 rd 9.30 – 12.30	Hernes Estate (Parson's Wood)	Cut back holly and re-growth/bonfire	On site - park by Rotherfield Greys Church	Peter Keel Alison Holdsworth	
Saturday 5 th 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Robert Watson	When parking, please avoid bus stop/entrances
Thursday 10 th 9.30 – 12.30	Greys Court (NT)	To be agreed	On site - meet in main NT car park	Brian Gardener Keith May	
Saturday 12 th 9.30 – 12.30	Moorend Common (SSSI)	Ongoing conservation tasks	On site – park at roadside	Sian Hickman Robin Howles	Access from Frieth to Lane End road
Thursday 17 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 19 th 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance	On site – park by Peppard crossroads	Sally Rankin Robert Watson	
Thursday 24 th 9.30 – 12.30	Dunsden Church	Resume hedgelaying / supplementary tasks around car park area	Church car park	Tony Chandler John Hasler	
Saturday 26 th 9.30 – 12.30	Dunsden Church	Continue hedgelaying / supplementary tasks around car park area	Church car park	Tony Chandler Ian Woods	
Thursday 31 st 9.30 – 12.30	Home Farm Wood, Binfield Heath	Continue clearing rhododendron	On site	Martin Rhodes Julia Booker	Park on site, opposite Home Farm – off Emmer Green 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.

February 2019

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Saturday 2 nd 9.30 – 12.30	Withymead NR, Goring	Continue conservation tasks	On site – follow signs from Goring to Wallingford road	Brian Gardener	
Thursday 7 rd 9.30 – 12.30	Nettlebed Common	Ongoing heathland maintenance	On site – park by sportsfield	Sally Rankin Robert Watson	
Saturday 9 th 9.30 – 12.30	Cherry Orchard, Stoke Row	Continue clearing brambles/bonfire	On site – park by roadside or in hall car park	Julia Booker Peter Taylor	
Thursday 14 th 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Continue cutting holly, re-growth, bonfire	On site – park in paddock off Blounts Court Road	Robin Howles Martin Rhodes	
Saturday 16 th 9.30 – 12.30	Peppard War Memorial Hall	Maintenance tasks	On site – park in Hall car park	John Hasler Mike Macleod	Follow signs from Peppard crossroads
Thursday 21 st 9.30 – 2.30pm	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 23 rd 9.30 – 12.30	Bishopswood Field	Grounds maintenance tasks (for RUFC)	On site – park in main car park	John Hasler Brian Gardener	Access from Gallowstree Common Road
Thursday 28 th 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site – 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

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.

March 2019

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
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	Hurst Water Meadow, Dorchester	Maintenance tasks on riverside site	On site – follow signs from A4074 for off-road parking	Julia Booker Martin Rhodes	
Saturday 9 ^h 9.30 – 12.30	Kingwood Common	Heathland management in southern triangle	On site – park at Cherry Croft – follow signs from Unicorn PH	Robin Howles Robert Watson	
Thursday 14 th 9.30 – 12.30	Greys Court (NT)	To be agreed	On site – meet in main NT car park	Brian Gardener Keith May	
Saturday 16 ^h 9.30 – 12.30	Flowercroft Woods	Clear scrub from grassy bank/foster growth of wild flowers	On site – by main gate – off Cross Lanes	Sally Rankin Peter Keel	Access from Rotherfield Greys or Harpsden Road – some may prefer to park by R Greys Church
Thursday 21 st 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 23 rd 9.30 – 12.30	Peppard Common	Heathland management	On site - park by Peppard crossroads	Sally Rankin Robert Watson	
Thursday 28 th 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 30 th 9.30 – 12.30	Badgemore P School, Henley	Grounds maintenance tasks	On site – park in school grounds	Tony Chandler Ian Woods	Access to school from Hop Gardens