



BTCV Green Gym in Watford

July 2011, Tuesdays & Thursdays 10am – 1pm

Please arrive by 9:45 as the warm-up and health and safety demonstration will start at 10:00

BOOKING

Please ring BTCV on **01923 278 220** or email GG-Watford@btcv.org.uk to book your place

MEETING POINTS

On-site, see below.

CHILDREN

Under 16s accompanied by a guardian are welcome.

WE PROVIDE All tools, and refreshments.
PLEASE WEAR Outdoor clothes and sturdy shoes or boots (trainers not advisable).

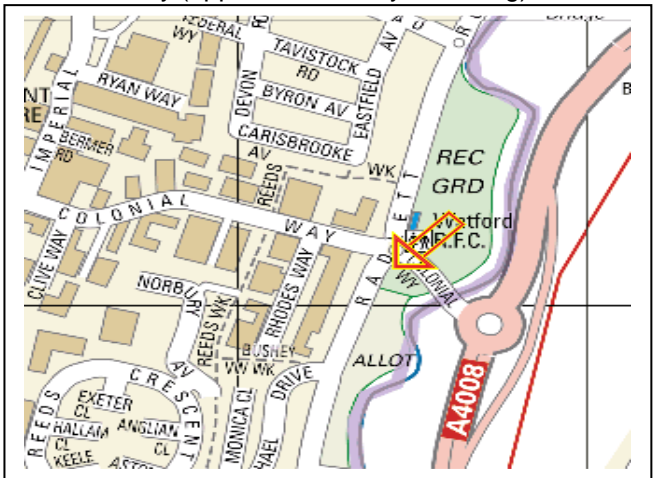
TETANUS

Please ensure that your tetanus inoculation is up to date.

PROJECT CONTACT: Alex Sylvester

MOBILE NUMBER: 07717 494 476

Come along for as long as you like, enjoy the outdoors and work at your own pace!

Date	Site	Activity	Meeting Point for all projects	Directions
05/07/11	Timberlake Meadow	Meadow maintenance	<p>At 09:45 in the car park on corner of Radlett Road and Colonial Way (opposite the Sanyo Building) WD24 4JL</p> 	<p>Train: from Watford Junction Station, turn left onto Woodford Road, left at roundabout onto Orphanage Road, straight ahead at second roundabout, under the road bridge, turn left onto Radlett Road</p> <p>Bus: W19 stops on Colonial Way (from North Bushey) and Radlett Road (from Watford High Street)</p>
07/07/11	Timberlake Riverside path	Himalayan Balsam clearance		
12/07/11	Radlett Road playing fields	Himalayan Balsam clearance		
14/07/11	Radlett Road playing fields	Himalayan Balsam clearance		
19/07/11	Knutsford Playing Fields	Japanese knotweed clearance		
21/07/11	Knutsford Playing Fields	Hedgerow maintenance		
26/07/11	Knutsford Playing Fields	Path maintenance		
28/07/11	Munden Meadow	Meadow maintenance		



If you know anyone who would be interested in the Green Gym, please do pass on the word!