

GREEN GYM PROGRAMME

Program 72 July to September 2022

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



MEETING PLACES: Meet for 9.30am start with a finish time of 12:30.
ASSISTANCE: Please telephone in good time beforehand.
WHAT TO WEAR: Please wear old, warm clothes and sturdy boots and bring waterproofs and gloves.
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 9724228

July 2022

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Saturday 2 nd 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage site	On site. Park at roadside by bridge or in village centre as advised in risk assessment	Michael Macleod and Peter Keel	When parking, please avoid bus stop and residents' driveways
Thursday 7 th 9.30 – 12.30	Home Farm Wood	Continue clearing rhododendron/laurel	On site	Julia Booker and Martin Rhodes	Follow signs for parking – off Emmer Green Road
Saturday 9 th 9.30 – 12.30	3 Oaks Community Orchard	Continue maintenance tasks	On Site. Access from Rotherfield Greys to Henley Road	Peter Keel and Peter Taylor	Park on site, as directed on the day.
Thursday 14 th 9.30 – 12.30	Greys Court	Maintenance tasks	Park as advised in notification email	Brian Gardener and Keith May	
Saturday 16 th 9.30 – 12.30	Streatley Meadow	Hedge Maintenance and Ragwort Pulling	Adjacent to site. Follow signs from A329, north of Streatley.	John Hasler and Peter Keel	Park in the same car park as Cleeve Water Meadow in side-road off A329.
Thursday 21 st 9.30 – 12.30	Aston Rowant	Continue conservation tasks	On site - to be advised. See below for directions	Tony Chandler and Brian Gardener	
Saturday 23 rd 9.30 – 12.30	South Stoke Churchyard	General Maintenance of Churchyard boundaries	On roadside (near to South Stoke primary school) outside the church	John Hasler and Julia Booker	Turn off the B4009 along Ferry Road towards South Stoke village. Pass under rail bridge. Turn left into The Street at the end.
Thursday 28 th 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site. Follow signs from A329, north of Streatley.	Keith May and Brian Gardener	Park in car park in side-road off A329. Allow 10 minutes to walk to site.
Saturday 30 th 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance	On site. Park at Peppard crossroads	Sally Rankin and Martin Rhodes	

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 volunteers.

August 2022

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Home Farm Wood	Continue clearing rhododendron/laurel	On site	Julia Booker and Peter Taylor	Follow signs for parking – off Emmer Green Road
Saturday 6 th 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage site	On site. Park at roadside by bridge or in village centre as advised in risk assessment	Michael Macleod and Martin Rhodes	When parking, please avoid bus stop and residents' driveways
Thursday 11 th 9.30 – 12.30	River & Rowing Museum	Hedge and Boundary Maintenance of site	In Car Park of the Museum	Peter Keel and Julia Booker	Parking will be free
Saturday 13 th 9.30 – 12.30	Nettlebed Common	Continue heathland management	On site. Park at sports ground off B481	Sally Rankin and Peter Taylor	
Thursday 18 th 9.30 – 12.30	Aston Rowant	Continue conservation tasks	On site - to be advised. See below for directions	Tony Chandler and Brian Gardener	
Saturday 20 th 9.30 – 12.30	South Stoke Recreation Ground	Cut back scrub/brambles on railway side of area	Follow signs for parking from B4009, north of Goring	John Hasler and Peter Keel	
Thursday 25 th 9.30 – 12.30	Kingwood Common	Heathland Maintenance	On site. Park at Cherry Croft, Colmore Lane or as advised in risk assessment	Sally Rankin and Peter Taylor	Follow signs from Unicorn PH
Saturday 27 th 9.30 – 12.30	Rokeby Recreation Ground	Hedge cutting and general perimeter maintenance	On site. Follow SCGG direction signs	Martin Rhodes and Brian Gardener	Access from A4074. Turn down Rokeby Drive between Pack Horse PH and Pack Saddle PH

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.

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.

September 2022

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 1 st 9.30 – 12.30	Tartary Wood	Clearing scrub/unwanted vegetation	Park off road, near to entrance to wood	John Hasler and Peter Taylor	Turn off B481 to the south of Highmoor onto Rocky Lane and follow signs.
Saturday 3 rd 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage site	On site. Park at roadside by bridge or in village centre as advised in risk assessment	Michael Macleod and Peter Keel	When parking, please avoid bus stop and residents' driveways
Thursday 8 th 9.30 – 12.30	Mapledurham Village Hall	Hedge and boundary clearance work. May involve a bonfire.	In village hall car park.	Martin Rhodes and Julia Booker	Turn off A4074 opposite Pack Saddle PH and follow signs to site
Saturday 10 th 9.30 – 12.30	3 Oaks Community Orchard	Continue maintenance tasks	On Site. Access from Rotherfield Greys to Henley Road	Peter Keel and Michael Macleod	Park on site, as directed on the day.
Thursday 15 th 9.30 – 12.30	Aston Rowant	Continue conservation tasks	On site - to be advised. See above for directions	Tony Chandler and Brian Gardener	
Saturday 17 th 9.30 – 12.30	Streatley Churchyard	Hedge cutting and general maintenance	On site-follow SCGG signs from A329, north of Streatley	John Hasler and Martin Rhodes	Use same car park as for Cleeve Water Meadow and allow 10 mins for walk across field to site.
Thursday 22 nd 9.30 – 12.30	Greys Court	Maintenance tasks	Park as advised in notification email	Brian Gardener and Keith May	
Saturday 24 th 9.30 – 12.30	Spring Wood	Continue cutting holly + any regrowth. Possible bonfire if conditions allow	On Site	Martin Rhodes and Peter Taylor	Access from Blount's Court road. Follow parking instructions on the day
Thursday 29 th 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site. Follow signs from A329, north of Streatley.	Keith May and Brian Gardener	Park in car park in side-road off A329. Allow 10 minutes to walk to site.