

# GREEN GYM PROGRAMME

## Program 73 October to December 2022

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



**MEETING PLACES:** Meet for 9.30am start with a finish time of 12:30.  
**ASSISTANCE:** 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 (eg. against sunburn or bites) and for any medication you may need.

**CONTACT:** If you need any help, please ring 0118 9724228

## October 2022

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Saturday 1st 9.30 - 12.30	Ewelme	Ongoing maintenance of riverside heritage.	On site. Park at roadside by bridge, or in village centre as advised in the risk assessment.	Michael Macleod and Alison Holdsworth	When parking, please avoid bus stop and residents' driveways.
Thursday 6 <sup>th</sup> 9.30 - 12.30	Greys Court	Maintenance tasks.	Park as advised in the notification email.	Brian Gardener and Keith May	
Saturday 8 <sup>th</sup> 9.30 - 12.30	Flowercroft Wood	Clear scrub from grassy bank to foster the growth of wild flowers.	On site - by main gate - off Cross Lanes.	Julia Booker and Peter Taylor	Access from either Rotherfield Greys church or Harpsden Valley Road. Risk assessment letter will provide full details.
Thursday 13 <sup>th</sup> 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 the site.
Saturday 15 <sup>th</sup> 9.30 - 12.30	Parsons Wood	Cut back holly (and regrowth) as well as tree saplings.	On site - park by Rotherfield Greys Church.	Martin Rhodes and Michael Saunders	
Thursday 20 <sup>th</sup> 9.30 - 12.30	Aston Rowant	Continue conservation tasks.	On site - to be advised. See below for directions.	Tony Chandler and Brian Gardener	
Saturday 22 <sup>nd</sup> 9.30 - 12.30	Streatley Churchyard	Hedge trimming and general site maintenance.	On site. Follow signs from A329, north of Streatley.	John Hasler and Peter Taylor	Use same car park as for Cleeve Water Meadow. Allow 10 mins to walk to site.
Thursday 27 <sup>th</sup> 9.30 - 12.30	Bishopswood	Maintenance tasks (for Rotherfield United FC).	Use main car park.	John Hasler and Julia Booker	Access to car park is from Gallowstree Common Road.
Saturday 29 <sup>th</sup> 9.30 - 12.30	Spring Wood	Continue cutting holly + regrowth. Bonfire/s if conditions allow.	On site.	Martin Rhodes And Ian Woods	Access from Blount's Court Road - follow parking instructions on the day.

**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.**

## November 2022

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 3 <sup>rd</sup> 9.30 – 12.30	South Stoke Churchyard and South Stoke Recreation Ground	Maintenance tasks on the perimeter of both sites.	On roadside outside the church (...for all volunteers. The group will then split to work on the 2 sites and re-join at coffee.)	John Hasler and Peter Keel	Turn off the B4009 along Ferry Road towards South Stoke village. Pass under rail bridge. Turn left into The Street at the end.
Saturday 5 <sup>th</sup> 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage.	On site. Park at roadside by bridge, or in village centre as advised in risk assessment.	Michael Macleod and Alison Holdsworth	When parking, please avoid bus stop and residents' driveways.
Thursday 10 <sup>th</sup> 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance.	On site. Park at Peppard crossroads.	Sally Rankin and Peter Taylor	
Saturday 12 <sup>th</sup> 9.30 – 12.30	Dunsden Churchyard	Perimeter hedge cutting as well as other supplementary tasks around car park area.	Church car park.	Tony Chandler and Martin Rhodes	
Thursday 17 <sup>th</sup> 9.30 – 12.30	Aston Rowant	Continue conservation tasks.	On site - to be advised. See below for directions.	Tony Chandler and Brian Gardener	
Saturday 19 <sup>th</sup> 9.30 – 12.30	Old Copse, Sonning Common	Removal of holly trees and bushes to open up the woodland floor.	On Woodlands Road in Sonning Common, adjacent to wood entrance.	Martin Rhodes and Peter Keel	Park on roadside at top of Woodlands Road. Don't block resident's drives.
Thursday 24 <sup>th</sup> 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 26 <sup>th</sup> 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.

## 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.

From Christmas Common, reverse the directions.

## December 2022

<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	Greys Court	Maintenance tasks.	Park as advised in the notification email.	Brian Gardener and Martin Rhodes	
Saturday 3 <sup>rd</sup> 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage	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 <sup>th</sup> 9.30 – 12.30	Nettlebed Common	Continue heathland management	On site. Park at signposted sports ground off B481.	Sally Rankin and Martin Rhodes	
Saturday 10 <sup>th</sup> 9.30 – 12.30	Home Farm Wood	Continue clearing rhododendron/laurel.	On site.	Julia Booker and Peter Keel	Follow signs for parking – off Emmer Green Road.
Thursday 15 <sup>th</sup> 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 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Heathland Maintenance On site.	On site. Park at Cherry Croft, Colmore Lane or as advised in risk assessment.	Sally Rankin and Peter Taylor	Follow signs from Unicorn PH.
Thursday 22 <sup>nd</sup> 9.30 – 12.30	Park Wood	Continue cutting brambles/holly.	Follow signs from A4130 Nettlebed to Wallingford Road.	Brian Gardener and Peter Keel	Park in Nuffield Place car park and follow signs to meeting-point.
Saturday 24 <sup>th</sup> 9.30 – 12.30	<b>NO</b>	<b>SESSION TODAY.</b>	<b>HAVE A</b>	<b>MERRY</b>	<b>CHRISTMAS.</b>
Thursday 29 <sup>th</sup> 9.30 – 12.30	Bishopswood	Maintenance tasks (for Rotherfield United FC).	Use main car park.	John Hasler and Julia Booker	Access to car park is from Gallowstree Common Road.
Saturday 31 <sup>st</sup> 9.30 – 12.30	3 Oaks Community Orchard	Continue maintenance tasks.	On Site. Access from Rotherfield Greys to Henley Road.	Peter Keel and Martin Rhodes	Park on site, as directed on the day.