

# GREEN GYM PROGRAMME

**Program 77 Oct to Dec 2023**

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



**MEETING PLACES:** Meet for 9.30am start with a finish time of 12:30.  
**ASSISTANCE:** Please see map on back or 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 2023

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 5 <sup>th</sup> 9.30 – 12.30	Greys Court	Maintenance tasks.	Park as advised in the notification email.	Brian Gardener and Keith May	
Saturday 7 <sup>th</sup> 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage.	On site. Park at roadside by the bridge, or in village centre (as advised in the risk assessment email).	Michael Macleod and Martin Rhodes	When parking, please avoid the bus stop and residents' driveways.
Thursday 12 <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	Allow 5-10 minutes to walk to the site.
Saturday 14 <sup>th</sup> 9.30 – 12.30	Carling Orchard	Maintenance tasks including hedge laying and gate repairs.	Travel up Stoke Row Road. Take first left after Wyfold Lane. Then first left into Esther Carling Lane. Park at the far end.	John Hasler and Julia Booker	When parking, avoid residents' driveways. There is a 50m walk across a field to the work site.
Thursday 19 <sup>th</sup> 9.30 – 12.30	Aston Rowant	Continue conservation tasks.	On site. To be advised in the notification email. See below for directions.	Martin Rhodes and Geoff	
Saturday 21 <sup>st</sup> 9.30 – 12.30	Parsons Field	Conservation tasks including hawthorn sapling removal from pasture.	On Site. Park by Rotherfield Greys Church.	Julia Booker and Peter Taylor	
Thursday 26 <sup>th</sup> 9.30 – 12.30	Bishopswood	Maintenance tasks (for Rotherfield United FC)	Use main Rotherfield FC car park.	John Hasler and Peter Keel.	Access to car park is from Gallowstree Common Road.
Saturday 28 <sup>th</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 Keel	Use same car park as for Cleeve Water Meadow. Allow 10 mins to walk to site.

**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 2023

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 2 <sup>nd</sup> 9.30 – 12.30	New Copse	Clearing vegetation along a bridleway	To be advised in the risk assessment	Julia Booker and Carol Speirs	Parking will be signposted from Horsepond Road
Saturday 4 <sup>th</sup> 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage.	On site. Park at roadside by the bridge, or in village centre (as advised in the risk assessment email).	Michael Macleod and Peter Keel	When parking, please avoid the bus stop and residents' driveways.
Thursday 9 <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	Allow 5-10 minutes to walk to the site.
Saturday 11 <sup>th</sup> 9.30 – 12.30	Rokeby Recreation Ground	Tree planting, hedge cutting and general maintenance	On site. Follow the SCGG direction signs.	Martin Rhodes and Peter Taylor	Access from A4074 Turn down Rokeby Drive between Pack Horse PH and Pack Saddle PH.
Thursday 16 <sup>th</sup> 9.30 – 12.30	Aston Rowant	Continue conservation tasks.	On site. To be advised in the notification email. See below for directions.	Peter Keel and Julia Booker	
Saturday 18 <sup>th</sup> 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance.	On site. Park at Peppard crossroads.	Sally Rankin and Peter Taylor	
Thursday 23 <sup>rd</sup> 9.30 – 12.30	Kennylands Field	Conservation tasks that may include bramble removal and hedge cutting.	Park at Bird Wood Court.	Martin Rhodes and Keith May	Parking space is limited so please car share or walk to site.
Saturday 25 <sup>th</sup> 9.30 – 12.30	Hurst Water Meadow	Maintenance tasks on riverside site	On site. Follow signs from A4074	Martin Rhodes and Peter Keel	Turn left off A4074 north of Shillingford (signposted to Dorchester).
Thursday 30 <sup>th</sup> 09.30 – 12.30	Nettlebed Common	Continue heathland management	On site. Park at signposted sports ground off B481.	Sally Rankin and Martin Rhodes	

## 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 B481 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 2023

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Saturday 2 <sup>nd</sup> 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage.	On site. Park at roadside by the bridge, or in village centre (as advised in the risk assessment email).	Michael Macleod and Peter Keel	When parking, please avoid the bus stop and residents' driveways.
Thursday 7 <sup>th</sup> 9.30 – 12.30	Greys Court	Maintenance tasks.	Park as advised in the notification email.	Brian Gardener and Peter Taylor	
Saturday 9 <sup>th</sup> 9.30 – 12.30	New Copse	Clearing vegetation along a bridleway	To be advised in the risk assessment	Julia Booker and Carol Speirs	Parking will be signposted from Horsepond Road
Thursday 14 <sup>th</sup> 9.30 – 12.30	Carling Orchard	Maintenance tasks including hedge laying and gate repairs.	Travel up Stoke Row Road. Take first left after Wyfold Lane. Then first left into Esther Carling Lane. Park at the far end.	John Hasler and Peter Keel	When parking, avoid residents' driveways. There is a 50m walk across a field to the work site
Saturday 16 <sup>th</sup> 9.30 – 12.30	Spring Wood	Continue clearing area adjacent to paddock.	On site.	Martin Rhodes and Julia Booker	Signposted access from Blount's Court Road.
Thursday 21 <sup>st</sup> 9.30 – 12.30	Aston Rowant	Continue conservation tasks.	On site. To be advised in the notification email. See below for directions.	Peter Keel and Martin Rhodes	
Saturday 23 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Heathland Maintenance	On site. Park at Cherry Croft, Colmore Lane.	Sally Rankin and Peter Taylor	Follow the signs from Unicorn PH.
Thursday 28 <sup>th</sup> 9.30 – 12.30	Bishopswood	Maintenance tasks (for Rotherfield United FC)	Use main Rotherfield FC car park.	John Hasler and Julia Booker	Access to car park is from Gallowstree Common Road.
Saturday 30 <sup>th</sup> 09.30 – 12.30	Park Wood	Continue cutting brambles and holly.	Follow signs from A4130 Nettlebed to Wallingford Road.	Brian Gardener and Geoff	Park in Nuffield Place car park and follow signs to meeting-point.





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All Grid References quoted represent the meeting places. Work area may be some way from this. They fall in the OS grid area SU and locations are therefore given as six digits locating meeting place to the nearest 100m.  
 What Three Words are accurate to the nearest 3m square.

Key	Meeting Place	SU Grid	GPS	What Three Words
ARC	Aston Rowant Cowleaze	726957	N 51.655576 W 0.951403	sprinter.self.toasted
ARF	Aston Rowant Hill Farm	721967	N 51.664794 W 0.957573	saddens.twee.walnuts
ARO	Aston Rowant Office	728976	N 51.672582 W 0.949395	takeovers.yield.broken
ARR	Aston Rowant Reserve Car Park	731966	N 51.663536 W 0.943363	guitars.adopters.clash
ART	Aston Rowant Cherry Tree Corner	734967	N 51.664713 W 0.939455	genetics.expansion.websites
BFH	Binfield Heath Arch Hill Wood	746785	N 51.501307 W 0.926357	bond.rentals.unlisted
BPT	Burnt Platt	692824	N 51.542490 W 1.008303	focus.couches.receiving
BWF	Bishopswood Field	698807	N 51.520982 W 0.995166	natively.pelt.potential
CEG	Crocker End Green Common	708868	N 51.576169 W 0.978531	trap.tailwind.stitch
COD	Carling Orchard	699812	N 51.530930 W 0.993760	lined.poker.kiosk
CWM	Cleeve Water Meadow	596812	N 51.527149 W 1.141352	decently.imposes.elevate

<u>Key</u>	<u>Meeting Place</u>	<u>SU Grid</u>	<u>GPS</u>		<u>What Three Words</u>
DDC	Dunsden Church	733775	N 51.492332	W 0.944928	wizard.ended.intend
EWB	Ewelme WC Beds Bridge	638918	N 51.622096	W 1.078928	pulse.chapters.disbelief
EWV	Ewelme WC Beds Visitor Centre	641917	N 51.620540	W 1.075022	then.cards.height
FCW	Flowercroft Wood	727814	N 51.527100	W 0.952892	backtrack.signs.collide
GCH	Greys Court House	726834	N 51.545184	W 0.953586	mailings.poppy.lawn
GCP	Greys Court Pissen Wood	721832	N 51.543399	W 0.961518	cascade.precautions.overused
HCO	Henley Community Orchard	739818	N 51.530095	W 0.935867	donates.cleanser.strongly
HEB	Hernes Estate Badgemoor	747831	N 51.542035	W 0.923636	chosen.fruity.bath
HER	Hernes Estate Rotherfield Greys	726823	N 51.535347	W 0.954193	hopefully.roofed.deadline
HFT	Home Farm Wood TGL	738784	N 51.500310	W 0.937630	hyddrant.name.bead
HFV	Home Farm Wood	741789	N 51.504649	W 0.933685	persuade.recording.dissolve
HLS	Holly Shaw Exlade Street	660816	N 51.530310	W 1.049111	turned.chuckle.mills
HMM	Henley Mill Meadows	770817	N 51.529013	W 0.890891	unusable.moped.outlooks
HSB	Henley Scout Hut	757822	N 51.533810	W 0.909318	hiker.movements.spices
HWM	Hurst Water Meadow Dorchester	581938	N 51.640042	W 1.161772	signified.dupe.cringe
HVR	Henley Valley Road	752820	N 51.532247	W 0.916645	treatable.spiking.blotting
JGT	Joyce Grove Triangle	701867	N 51.575585	W 0.988532	reliving.indoor.lump
KLF	Kennylands Field Car Park	713794	N 51.509500	W 0.972750	panics.ghosts.grain
KWC	Kingwood Cherry Croft	698826	N 51.538150	W 0.993865	milkman.derailed.exams
KWG	Kingwood Great Davids	696829	N 51.541204	W 0.996606	vitamins.unravel.windmills
KWR	Kingwood Red House	693822	N 51.535050	W 1.000932	examine.save.resonated
KWT	Kingwood Southern Triangle	698826	N 51.538150	W 0.993865	milkman.derailed.exams
KWS	Kingwood Salt Depot	693828	N 51.540467	W 1.002059	haystack.pint.huddle
MFM	Mill Farm Mapledurham	676777	N 51.494873	W 1.026781	fade.scout.paced
MVH	Mapledurham Village Hall	682776	N 51.493580	W 1.017700	fully.defend.first
NBC	Nettlebed Common Cricket Ground	700870	N 51.578415	W 0.991220	contoured.bespoke.gravy
NBG	Nettlebed Common The Green	702868	N 51.575700	W 0.988277	importing.mimics.giggled
NFP	Nuffield Place	680878	N 51.585799	W 1.019249	ruffle.float.refusals
NWC	New Copse	697809	N 51.523178	W 0.995992	reward.portable.boardroom
ODC	Old Copse	703807	N 51.561218	W 0.987444	canine.detective.snipe
PDC	Peppard Common Crossroads	704813	N 51.526318	W 0.986321	apricot.frostbite.scrub
PCP	Peppard Common Pavilion	702815	N 51.528100	W 0.989122	aspect.blotchy.acrobats
PDT	Peppard Top Common	708816	N 51.529475	W 0.980226	design.fruit.directors
PMH	Peppard War Memorial Hall	702812	N 51.526075	W 0.988402	crinkled.roaming.bathtubs
PSF	Peppard Primary School Field	710819	N 51.532375	W 0.977718	rotations.towels.introduce
PWN	Park Wood Nuffield	684876	N 51.583751	W 1.013173	clicker.writers.zealous
PWO	Park Wood Nuffield Offices	679879	N 51.585870	W 1.020559	rejects.flask.similar
RRG	Rokeby Recreation Ground	698775	N 51.492898	W 0.995950	badly.bucks.calculating
RRM	River and Rowing Museum	766820	N 51.532388	W 0.896085	switched.sized.ribs
SPW	Spring Wood	709808	N 51.521763	W 0.978343	darting.buying.jubilant
SSR	South Stoke Recreation Ground	601835	N 51.547820	W 1.133636	acoustics.efficient.interupt
SSC	South Stoke Churchyard	598836	N 51.547987	W 1.138202	Pods.pursue.openly
STC	Streatley Churchyard	594809	N 51.524656	W 1.144557	grid.fatherly.cheerily
STP	Streatley Churchyard CWM Parking	593812	N 51.526750	W 1.146439	manliness.typed.revived
STM	Streatley Meadow	593812	N 51.526734	W 1.146477	dilute.plantings.thrones
TIM	Temple Island Meadow	761835	N 51.545526	W 0.903570	chair.perusing.betrayed
TTW	Tartary Wood	710844	N 51.554363	W 0.976156	routine.adhesive.flops
TGP	Tokers Green Pond	700776	N 51.493037	W 0.992367	last.bend.curiosity
WFC	Wyfold Centre	680825	N 51.537907	W 1.020096	examiner.witless.liability
WYM	Withymead	601827	N 51.540386	W 1.134430	rounds.trappings.rests