

GREEN GYM PROGRAMME

April to June 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 internet 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

April 2019

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Burnt Platt (FC)	Glade-making/remove birch saplings/brambles	On site - look for right turning off Peppard to Stoke Row road	Peter Keel Julia Booker	
Saturday 6 th 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Alison Holdsworth	When parking, please avoid bus stop/entrances
Thursday 11 th 9.30 – 12.30	Greys Road Community Orchard, Henley	Dig out hawthorn saplings/cut back long grass under trees/bonfire	On site - situated off Henley to Rotherfield Greys road	Robin Howles Peter Taylor	New site – parking on site – car sharing would be helpful
Saturday 13 th 9.30 – 12.30	Burnt Platt (FC)	Continue glade-making/removal of birch saplings/brambles	On site – look for right turning off Peppard to Stoke Row road	Peter Taylor John Hasler	
Thursday 18 th 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 20 th 9.30 – 12.30	Home Farm Wood, Binfield Heath	Continue clearing rhododendron	On site	Julia Booker Alison Holdsworth	Park on site, opposite Home Farm – off Emmer Green Road
Thursday 25 th 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance	On site – park by Peppard crossroads	Sally Rankin Martin Rhodes	
Saturday 27 th 9.30 – 12.30	Moorend Common (SSSI)	Ongoing conservation tasks	Park at roadside	Sian Hickman Ian Woods	Access from Frieth to Lane End 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.

May 2019

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
Thursday 2 nd 9.30 – 12.30	Kingwood Common	Heathland management	On site – park at Cherry Croft – follow signs from Unicorn PH	Sally Rankin Peter Taylor	
Saturday 4 rd 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 9 th 9.30 – 12.30	Greys Court (NT)	To be agreed	On site – park in main NT car park	Brian Gardener Keith May	
Saturday 11 th 9.30 – 12.30	Borocourt Wood (FC)	Continue clearing rhododendron/laurel	On site – park by roadside	John Hasler Julia Booker	From Gallowstree Common follow Wyfold Road towards Stoke Row for about 1 Mile
Thursday 16 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 to 10 minutes for walk to site
Saturday 18 th 9.30 – 12.30	Home Farm Wood, Binfield Heath	Continue clearing rhododendron	On site	Peter Taylor Robin Howles	Park on site, opposite Home Farm – off Emmer Green Road
Thursday 23 rd 9.30 – 2.30pm	Aston Rowant (NNR)	To be agreed	On site – to be advised – see below for directions	Tony Chandler Peter Keel	Don't forget packed lunch, if staying for afternoon
Saturday 25 th 9.30 – 12.30	Borocourt Wood (FC)	Continue clearing rhododendron/laurel	On site – park by roadside	Ian Woods Alison Holdsworth	From Gallowstree Common follow Wyfold Road towards Stoke Row for about 1 mile
Thursday 30 th 9.30 – 12.30	Home Farm Wood, Binfield Heath	Continue clearing rhododendron	On site	Robin Howles Julia Booker	Park on site, opposite Home Farm – access from Emmer Green Road

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.

June 2019

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Saturday 1 st 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 6 th 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance	On site – park by Peppard crossroads	Sally Rankin Martin Rhodes	
Saturday 8 ^h 9.30 – 12.30	Bishopswood Field	Ground maintenance tasks (for RUFC)	On site – park in main car park area	John Hasler Brian Gardener	Access from Gallowstree Common Road
Thursday 13 th 9.30 – 12.30	Greys Court (NT)	To be agreed	On site – meet in main NT car park	Brian Gardener Keith May	
Saturday 15 ^h 9.30 – 12.30	Nettlebed Common	Clear Himalayan Balsam	On site – park by sportsfield	Sally Rankin Alison Holdsworth	
Thursday 20 th 9.30 – 2.30pm	Aston Rowant (NNR)	Continue conservation tasks	To be advised – see below for directions	Tony Chandler Peter Keel	Remember packed lunch, if staying for afternoon
Saturday 22 nd 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Continue cutting holly/re-growth + bonfire (if conditions allow)	On site	Robin Howles John Hasler	Off Blounts Court Road – parking arrangements to be advised
Thursday 27 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 29 th 9.30 – 12.30	Gillots Field, Greys Road, Henley	Get ready for annual ragwort challenge	On site	Sally Rankin Peter Keel	Park in lay-by/neighbouring side-roads