

# GREEN GYM PROGRAMME

## July to September 2019

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



**MEETING PLACES:** Meet for 9.30am start with a finish time of 12:30 unless otherwise stated.  
**ASSISTANCE:** See Pleasemap on back 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

## July 2019

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 4 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site - follow signs from A329, north of Streatley	Keith May Martin Rhodes	Use car park in side road/allow 5 to 10 minutes for walk to site
Saturday 6 <sup>th</sup> 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Sian Hickman	<b>When parking, please avoid bus stop/entrances</b>
Thursday 11 <sup>th</sup> 9.30 – 12.30	Greys Court (NT)	To be agreed	Park in main NT car park	Brian Gardener Keith May	
Saturday 13 <sup>th</sup> 9.30 – 12.30	Greys Road Community Orchard, Henley	Continue removal of unwanted vegetation, including birch saplings	On site – access from Henley to R Greys road	Sally Rankin Peter Taylor	Park on site , as directed
Thursday 18 <sup>th</sup> 9.30 – <b>2.30pm</b>	Aston Rowant (NNR)	Continue conservation tasks	To be advised – see below for directions	Tony Chandler Peter Keel	<b>Remember packed lunch if staying for extra hour</b>
Saturday 20 <sup>th</sup> 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Continue cutting holly/regrowth	On site	Robin Howles John Hasler	Access from Blounts Court Road – <b>parking arrangements to be advised</b>
Thursday 25 <sup>th</sup> 9.30 – 12.30	Home Farm Woods, Binfield Heath	Continue clearing rhododendron	Follow signs off Emmer Green Road	Martin Rhodes Alison Holdsworth	
Saturday 27 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Heathland management	Cherry Croft	Julia Booker Peter Taylor	Park at Cherry Croft – follow signs from Unicorn PH

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.

## August 2019

<i><b>Date &amp; Time</b></i>	<i><b>Site</b></i>	<i><b>Activity</b></i>	<i><b>Meeting Place</b></i>	<i><b>Leaders</b></i>	<i><b>Notes</b></i>
Thursday 1 <sup>st</sup> 9.30 – 12.30	Park Wood, Nuffield	Continue cutting brambles/holly	Follow signs from Nettlebed to Wallingford road	Brian Gardener Keith May	Park in Nuffield Place car park and follow signs to meeting-point
Saturday 3 <sup>rd</sup> 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	Roadside by bridge	Mike Macleod Alison Holdsworth	<b>When parking, please avoid bus stop, entrances</b>
Thursday 8 <sup>th</sup> 9.30 – 12.30	Withymead NR, Goring	Continue conservation tasks	Follow signs from Goring to Wallingford road	Alison Holdsworth Peter Taylor	
Saturday 10 <sup>th</sup> 9.30 – 12.30	Borocourt Wood (FE)	Continue clearing rhododendron/laurel	Park by roadside	Robin Howles John Hasler	From Gallowstree Common follow Wyfold Road towards Stoke Row for about 1 mile
Thursday 15 <sup>th</sup> 9.30 – <b>2.30pm</b>	Aston Rowant (NNR)	Continue conservation tasks	To be advised – see below for directions	Tony Chandler Brian Gardener	<b>Remember packed lunch if staying for extra hour</b>
Saturday 17 <sup>th</sup> 9.30 – 12.30	Peppard Common	Heathland maintenance/ enhancement on top heath/ski slope	Park by Peppard crossroads	Sally Rankin Peter Taylor	
Thursday 22 <sup>nd</sup> 9.30 – 12.30	Flowercroft Woods	To be advised	By main gate – of f Cross Lanes	Sally Rankin Peter Keel	Access from R Greys <b>OR</b> Harpsden Road – some may choose to park by R Greys Church
Saturday 24 <sup>th</sup> 9.30 – 12.30	Nettlebed Common	Continuing heathland management	Park by sportsfield	Julia Booker John Hasler	
Thursday 29 <sup>th</sup> 9.30 – 12.30	Borocourt Wood (FE)	Continue clearing rhododendron/laurel	Park by roadside	Peter Keel Martin Rhodes	From Gallowstree Common follow Wyfold Road towards Stoke Row for about 1 mile
Saturday 31 <sup>st</sup> 9.30 – 12.30	Home Farm Woods, Binfield Heath	Continue clearing rhododendron	Follow signs off Emmer Green Road	Julia Booker Robin Howles	

## 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.

## September 2019

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 5 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Heathland maintenance on verge where bell heather used to grow	Park in Red House Square	Sally Rankin Peter Taylor	Access from Stoke Row road
Saturday 7 <sup>h</sup> 9.30 – 12.30	Hurst Water Meadow, Dorchester	Maintenance tasks on riverside site	On site – follow signs from A4074	Martin Rhodes Sian Hickman	
Thursday 12 <sup>th</sup> 9.30 – 12.30	Greys Court (NT)	To include raking	On site – meet in main NT car park	Brian Gardener Robin Howles	
Saturday 14 <sup>h</sup> 9.30 – 12.30	Kennylands Field	Hayraking/hedge trimming and scraping	Park at Bird Wood Court	Tony Chandler Alison Holdsworth	Limited parking so car share please
Thursday 19 <sup>th</sup> 9.30 – <b>2.30pm</b>	Aston Rowant (NNR)	Continue conservation tasks	To be advised – see above for directions	Tony Chandler Brian Gardener	<b>Remember packed lunch, if staying for extra hour</b>
Saturday 21 <sup>st</sup> 9.30 – 12.30	Moorend Common (SSSI)	Ongoing conservation tasks	Park at roadside	Sian Hickman Mike Macleod	Access from Frieth to Lane End road <b>Not on map</b>
Thursday 26 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Including raking and burning of cuttings	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 28 <sup>th</sup> 9.30 – 12.30	Burnt Platt (FE)	Continue glade-making/removal of birch saplings/brambles	On site	John Hasler Martin Rhodes	Look for right turning off Peppard to Stoke Row road



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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.

Key	Meeting Place	Grid Ref	Key	Meeting Place	Grid Ref
ARC	Aston Rowant Cowlease	725959	GCH	Greys Court House	727835
ARF	Aston Rowant Hill Farm	722967	GFH	Gillotts Field Henley	747815
ARR	Aston Rowant Reserve Car Park	732966	HFH	Home Farm Wood	741790
ARO	Aston Rowant Office	728976	HWM	Hurst Water Meadow Dorchester	578939
BPT	Burnt Platt	692825	KLF	Kennylands Car Park	713794
BTW	Borocourt Wood	678824	KWC	Kingwood Cherry Croft	699826
BWF	Bishopswood Field	698807	KWR	Kingwood Red House	694823
COH	Community Orchard Henley	739818	MEC	Moorend Common	802905
CWM	Cleeve Water Meadow	593812	NBC	Nettlebed Common	700871
DDC	Dunsden Church	733775	PDC	Peppard Common	704813
EWB	Ewelme WC Beds Bridge	638919	PWN	Park Wood Nuffield	685877
EWV	Ewelme WC Beds Visitor Centre	641917	SPW	Spring Wood	710808
FCW	Flowercroft Wood	727814	WYM	Withymead	601827