

GREEN GYM PROGRAMME

October to December 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 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

October 2019

| Date & Time | Site | Activity | Meeting Place | Leaders | Notes |
|---|--------------------------------------|--|---|------------------------------------|--|
| Thursday 3 rd 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 5 th 9.30 – 12.30 | Greys Road Community Orchard, Henley | Continue maintenance/apply grease bands to trees | On site – access from Henley to R Greys road | Sally Rankin Peter Taylor | Park on site, as directed |
| Thursday 10 th 9.30 – 12.30 | Greys Court (NT) | To be agreed | On site - park in main NT car park | Brian Gardener Keith May | |
| Saturday 12 th 9.30 – 12.30 | Badgemore PS, Henley | Continue cutting back unwanted vegetation | On site – park in school grounds | Tony Chandler Alison Holdsworth | Access form Hop Gardens |
| Thursday 17 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 19 th 9.30 – 12.30 | South Stoke – recreation ground | Cut back scrub/brambles | Follow signs from B4009, north of Goring | John Hasler Peter Taylor | Follow signs in village for parking |
| Thursday 24 th 9.30 – 12.30 | Watlington Hill (NT) | Clear scrub/conditions may allow bonfire | NT car park | Martin Rhodes Robin Howles | |
| Saturday 26 th 9.30 – 12.30 | Streatley Church (churchyard) | Help control of scrub around boundary hedge | On site – follow signs to parking at The Swan (far end) | John Hasler Julia Booker | |
| Thursday 31 st 9.30-12.30 | Nettlebed Common | Continue heathland management | On site – park by the Green | Sally Rankin Peter Taylor | |

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.

November 2019

| <i>Date & Time</i> | <i>Site</i> | <i>Activity</i> | <i>Meeting Place</i> | <i>Leaders</i> | <i>Notes</i> |
|---|----------------------------------|--|--|------------------------------------|---|
| Saturday 2 nd 9.30 – 12.30 | Bishopswood Field | Ground maintenance tasks (for RUFC) | On site – park in main car park | John Hasler Brian Gardener | Access from Gallowstree Common Road |
| Thursday 7 th 9.30 – 12.30 | Spring Wood, Rotherfield Peppard | Continue cutting holly/re-growth + bonfire/s if conditions allow | On site | Robin Howles Peter Taylor | Access from Blounts Court Road – follow parking instructions on the day |
| Saturday 9 th 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 14 th 9.30 – 12.30 | Greys Court (NT) | To be agreed | On site – park in main NT car park | Brian Gardener Keith May | |
| Saturday 16 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 Keel Julia Booker | |
| Thursday 21 st 9.30 – 2.30pm | Aston Rowant (NNR) | Continue conservation tasks | On site – to be advised – see below for directions | Tony Chandler Brian Gardener | *** ANNUAL AUTUMN SPUD ROAST *** |
| Saturday 23 rd 9.30 – 12.30 | Hurst Water Meadow, Dorchester | Maintenance tasks on riverside site | On site – follow signs from A4074 | Martin Rhodes Alison Holdsworth | |
| Thursday 28 th 9.30 – 12.30 | Tartary Wood | Clear scrub/unwanted vegetation | On site – park off road, close to entrance to wood | John Hasler Peter Keel | NEW SITE Follow signs off Rocky Lane, close to Highmoor |
| Saturday 30 th 9.30 – 12.30 | Peppard Common | Heathland maintenance | On site – park by Peppard crossroads | Alison Holdsworth Peter Taylor | |

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 2019

| Date & Time | Site | Activity | Meeting Place | Leaders | Notes |
|---|------------------------------------|--|--|---------------------------------|--|
| Thursday 5 th 9.30 – 12.30 | Rokeby Recreation Ground, Mapled'm | Clearing hedge-line/scrub | On site | John Hasler Keith May | |
| Saturday 7 th 9.30 – 12.30 | Ewelme Watercress Beds | Maintenance tasks on riverside heritage site | On site – park on roadside by bridge | Mike Macleod Sian Hickman | When parking, please avoid bus stop/entrances |
| Wedn'day 11 th 7 for 7.30pm | The Highwayman | Exlade Street | **XMAS DINNER** | Details later from Julia | Be sure to sign up! |
| Thursday 12 th 9.30 – 12.30 | Cleeve Water Meadow | To 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 14 th 9.30 – 12.30 | Kingwood Common | Heathland management | Cherry Croft cottage | Sally Rankin Peter Keel | |
| Thursday 19 th 9.30 – 2.30pm | Aston Rowant (NNR) | Continue conservation tasks | To be advised – see below for directions | Tony Chandler Julia Booker | Remember packed lunch, if staying for afternoon |
| Saturday 21 st 9.30 – 12.30 | Hernes Estate (Parson's Wood) | Cut back holly and re-growth/bonfire | On site – park by Rotherfield Greys Church | Julia Booker Robin Howles | |
| Thursday 26 th | ** NO | MEETING ** | *** XMAS | GREETINGS | TO ALL *** |
| Saturday 28 th 9.30 – 12.30 | Bishopswood Field | Grounds maintenance tasks (for RUFC) | On site – park in main car park area | Brian Gardener Martin Rhodes | Access from Gallowstree Common Road |