

# GREEN GYM PROGRAMME

## January to March 2020

<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

## January 2020

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 2 <sup>nd</sup> 9.30 – 12.30	Chalk bank, Valley Road, Henley	Scrub clearing/ preparation for tree planting	By site - park at roadside in Valley Road	Sally Rankin Peter Taylor	
Saturday 4 <sup>th</sup> 9.30 – 12.30	Ewelme Watercress Beds	Ongoing maintenance of riverside heritage site	On site – park at roadside by bridge	Mike Macleod Alison Holdsworth	<b>When parking, please avoid bus stop/entrances</b>
Thursday 9 <sup>th</sup> 9.30 – 12.30	Crowsley Quarry (Forestry C)	Replacing fence	On site - follow signs off Sonning Common to Binfield Heath road	Tony Chandler Martin Rhodes	<b>NEW SITE</b> Quarry lies to east of Crowsley Park
Saturday 11 <sup>th</sup> 9.30 – 12.30	Crowsley Quarry (Forestry C)	Replacing fence	On site – follow signs off SC to Binfield Heath road	Tony Chandler Julia Booker	Quarry lies to east of Crowsley Park
Thursday 16 <sup>th</sup> 9.30 -12.30pm	Greys Court (NT)	Maintenance tasks	On site – park in main NT car park	Brian Gardener Keith May	
Saturday 18 <sup>th</sup> 9.30 – 12.30	Spring Wood, Rotherfield Peppard	Continue cutting holly/regrowth+ bonfire/s if conditions allow	On site	Robin Howles Peter Taylor	Access from Blounts Court Road – follow parking instructions on the day
Thursday 23 <sup>rd</sup> 9.30 – 2.30pm	Aston Rowant (NNR)	Continue conservation tasks	On site- to be advised- see below for directions	Tony Chandler Brian Gardener	<b>Remember packed lunch if staying for full session</b>
Saturday 25 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Heathland maintenance	On site – park at Cherry Croft, Colmore Lane	Sally Rankin Robin Howles	Follow signs from Unicorn PH
Thursday 30 <sup>th</sup> 9.30-12.30	Burnt Platt (Forestry C)	Continue glade- making/removal of unwanted saplings and scrub	On site – follow signs off Peppard to Stoke Row road	John Hasler Robin Howles	

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.

## February 2020

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Saturday 1 <sup>st</sup> 9.30 – 12.30	Community Orchard, Henley	Continue maintenance tasks	Access from Henley to R Greys road	Peter Keel Mike Macleod	Park on site, as directed
Thursday 6 <sup>th</sup> 9.30 – 12.30	Greys Court (NT)	Continue maintenance tasks	On site – park in main NT car park	Brian Gardener Keith May	
Saturday 8 <sup>th</sup> 9.30 – 12.30	South Stoke - recreation ground	Complete installation of rabbit fence	Follow signs from B4009, north of Goring	John Hasler Julia Booker	Follow signs in village for parking
Thursday 13 <sup>th</sup> 9.30 – 12.30	Watlington Hill (NT)	Clear scrub – conditions may allow bonfire	On site – meet in NT car park	Martin Rhodes Keith May	
Saturday 15 <sup>th</sup> 9.30 – 12.30	Rokeby rec. ground, Mapled'm	Clearing scrub/ restoring hedge	On site - follow signs	Peter Keel Julia Booker	Access from A4074 – turn off between Pack Horse PH and Pack Saddle PH
Thursday 20 <sup>th</sup> 9.30 – <b>2.30pm</b>	Aston Rowant (NNR)	Continue conservation tasks	On site – to be advised – see below for directions	Tony Chandler Brian Gardener	<b>Remember packed lunch if staying for full session</b>
Saturday 22 <sup>nd</sup> 9.30 – 12.30	Bishopswood Field	Maintenance tasks (for RUFC)	Use main car park	John Hasler Peter Taylor	Access from Gallowstree Common Road
Thursday 27 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	On site – follow signs from A329, north of Streatley	Keith May Brian Gardener	<b>Park in car park off side-road/allow 5-10 minutes for walk to site</b>
Saturday 29 <sup>th</sup> 9.30 – 12.30	Parson's Wood (Hernes Estate)	Cut back invasive holly/re-growth/bonfire if possible	On site – park by Rotherfield Greys Church	Julia Booker 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.

## March 2020

<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	Nettlebed Common	Continue heathland management	On site – park at sports ground	Sally Rankin Peter Taylor	
Saturday 7 <sup>h</sup> 9.30 – 12.30	Ewelme Watercress Beds	Maintenance tasks on riverside heritage site	On site – park on roadside by bridge	Mike Macleod Alison Holdsworth	<b>When parking, please avoid bus stop/entrances</b>
Thursday 12 <sup>th</sup> 9.30 – 12.30	Tartary Wood	Clear scrub/unwanted vegetation	On site – park off road, near entrance to wood	John Hasler Peter Keel	Follow signs off Rocky Lane, to South of Highmoor
Saturday 14 <sup>h</sup> 9.30 – 12.30	Home Farm Wood, Binfield Heath	Continue clearing rhododendron/laurel	On site	Julia Booker Robin Howles	Follow signs for parking – off Emmer Green Road, near Home Farm
Thursday 19 <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 afternoon</b>
Saturday 21 <sup>st</sup> 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance	On site – park by Peppard crossroads	Sally Rankin Peter Taylor	
Thursday 26 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks	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 28 <sup>th</sup> 9.30 – 12.30	Badgemore PS, Henley	Grounds maintenance tasks	On site – park in school grounds	Tony Chandler Mike Macleod	Access from Hop Gardens

