



The Green Gym is a unique scheme. Develop your fitness and health whilst improving your local environment. It is run by its members in partnership with Sonning Common Health Centre and is linked to the British Trust for Conservation Volunteers (BTCV). *Green Gym* is a registered trade mark of BTCV.

Green Gym Programme July to September 2021

- MEETING POINTS:** Normally meet On Site *for* 9.30am *start*. Finish time is 12.30.
- ASSISTANCE:** Telephone in good time beforehand (0118 972 4228).
- WHAT TO WEAR:** Please wear old, warm clothes and sturdy boots, bring waterproofs and work gloves.
- TETANUS:** Please ensure your tetanus inoculation is up to date.
- MEDICATION:** You must yourself be responsible for creams (e.g. against sunburn or bites) or for any medication you may need.

Directions for the Natural England Nature Reserve, Aston Rowant

OS Map 165 – Usual meeting-point is Reserve office. We occasionally meet at two other sites, the Nature Reserve car park and Cowleaze car park. Please check beforehand.

At Nettlebed take B480 to Watlington; then take B4009 following signs for M40. 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. 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.

July 2021

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thurs 1st (09.30 – 12.30)	Nettlebed Common	Heathland Clearance	Park by the Sports Field off Watlington Road	Sally Rankin and Peter Taylor	Parking is limited
Sat 3rd (09.30 – 12.30)	Ewelme	Channel Clearance of Watercress Beds	On site –park at roadside by bridge or by office in village	Mike MacLeod and Alison Holdsworth	When parking, please avoid bus stop and resident's driveways
Thurs 8th (09.30 – 12.30)	Greys Court	Clearing a footpath	On site – park in main NT car park or as stated in risk assessment	Brian Gardener and John Hasler	
Sat 10th (09.30 – 12.30)	Spring Wood	Holly and Bramble Removal	On Site	Martin Rhodes and Peter Keel	Access is from Blounts Court Rd.
Thurs 15th (09.30 – 12.30)	Aston Rowant	Continuing with a Rabbit Proof Fence	On site –to be advised by leader	Brian Gardener and Martin Rhodes	Finishing time will be 12.30 at this site from now on.
Sat 17th (09.30 – 12.30)	Burnt Platt	Bracken and Bramble removal to facilitate heather re-growth	Look for right turning off the Peppard to Stoke Row road Please arrive promptly.	Sally Rankin and Peter Keel	The gate into the site is padlocked and will be re-locked after the working group has entered the site.
Thurs 22nd (09.30 – 12.30)	Tartary Wood	Bramble removal to facilitate woodland floor flora re-growth	On site –park off road, near to entrance to wood	John Hasler and Peter Taylor	Follow signs off Rocky Lane, to the South of Highmoor village
Sat 24th (09.30 – 12.30)	Peppard Common	Bracken and Bramble removal to facilitate heather re-growth	On site –park by Peppard crossroads or as stated in risk assessment	Sally Rankin and Martin Rhodes	
Thurs 29th (09.30 – 12.30)	Cleeve Court	Various activities	On site-follow signs from A329, north of Streatley	Keith May and Martin Rhodes	Use car park in side road and allow 10 minutes for walk to site
Sat 31st (09.30 – 12.30)	Home Farm Wood	Rhododendron removal to encourage ground floor flora re-growth	On site – to be advised in the risk assessment	Julia Booker and Martin Rhodes	Follow signs for parking – off the Emmer Green Road, near Home Farm

August 2021

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thurs 5th (09.30 – 12.30)	Greys Court	Various Activities	On site – park in main NT car park or as stated in risk assessment	Brian Gardener and Peter Keel	
Sat 7th (09.30 – 12.30)	Ewelme	Channel Clearance of Watercress Beds	On site – park at roadside by bridge or by office in village	Mike MacLeod and Alison Holdsworth	When parking, please avoid bus stop and resident's driveways
Thurs 12th (09.30 – 12.30)	Spring Wood	Holly and Bramble Removal	On Site	John Hasler and Keith May	Access is from Blounts Court Rd. Please follow parking instructions on the day
Sat 14th (09.30 – 12.30)	Home Farm Wood	Rhododendron removal to encourage ground floor flora re-growth	On Site	Julia Booker and Ian Woods	Park in Farm stable yard next to wooded work site – off Emmer Green Road
Thurs 19th (09.30 – 12.30)	Aston Rowant	Continuing with a Rabbit Proof Fence	On site – to be advised by leader in the risk assessment	Tony Chandler and Brian Gardener	Please read the risk assessment to determine where to meet.
Sat 21st (09.30 – 12.30)	Kingsfield House	Clearing a footpath. Hedge maintenance. Post insertion on path.	On site. Park on client's drive (and/or on lawn if dry).	Martin Rhodes and Peter Keel	Turn off Blount's Court Rd onto Devils Hill. In 1 mile turn left along Kings Farm Lane. Site is about 1/2 mile up this narrow road.
Thurs 26th (09.30 – 12.30)	Cleeve Court	Various Activities	On site-follow signs from A329, north of Streatley	Keith May and Brian Gardener	Use car park in side road and allow 10 minutes for walk to site
Sat 28th (09.30 – 12.30)	Nettlebed Common	Bracken and Bramble removal to facilitate heather re-growth.	Park by the sports field off Watlington Road	Sally Rankin and Mike MacLeod	Be aware, parking space can be limited.

September 2021

Date & Time	Site	Activity	Meeting Point	Leaders	Notes
Thurs 2nd (09.30 – 12.30)	Streatley Churchyard	Hedge cutting and general maintenance	On site-follow SCGG signs from A329, north of Streatley	John Hasler and Julia Booker	Use same car park as for Cleeve Water Meadow and allow 10 mins for walk across field to site.
Sat 4th (09.30 – 12.30)	Ewelme	Channel Clearance of Watercress Beds	On site –park at roadside by bridge or by office in village	Peter Keel and Alison Holdsworth	When parking, please avoid bus stop and resident’s driveways
Thurs 9th (09.30 – 12.30)	Spring Wood	Holly and Bramble Removal	On Site	Keith May and Alison Holdsworth	Access is from Blounts Court Rd. Please follow parking instructions on the day
Sat 11th (09.30 – 12.30)	Rokeby Rec Ground	Hedge cutting, fence construction.	On site. Follow SCGG direction signs	John Hasler and Martin Rhodes	Access from A4074–turn off between Pack Horse PH and Pack Saddle PH
Thurs 16th (09.30 – 12.30)	Aston Rowant	Continuing with a Rabbit Proof Fence	On site – to be advised by leader in the risk assessment	Tony Chandler and Brian Gardener	Please read the risk assessment to determine where to meet.
Sat 18th (09.30 – 12.30)	Hurst Water Meadow	Various tasks to conserve water meadow	On site	Martin Rhodes and Julia Booker	Follow signs towards Dorchester on Thames from A4074
Thurs 23rd (09.30 – 12.30)	Tartary Wood	Bramble removal to facilitate woodland floor flora re-growth	On site –park off road, near to entrance to wood	Peter Taylor and John Hasler	Follow signs off Rocky Lane, to the South of Highmoor
Sat 25th (09.30 – 12.30)	Home Farm Wood	Rhododendron removal to encourage ground floor flora re-growth	On Site	Peter Keel and Martin Rhodes	Park in Farm stable yard next to wooded work site – off Emmer Green Road
Thurs 30th (09.30 – 12.30)	Peppard Common	Bracken and Bramble removal to facilitate heather re-growth.	On site - Park by Peppard crossroads.	Sally Rankin and Peter Keel	