

GREEN GYM PROGRAMME

Program 69 October to December 2021

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



MEETING PLACES: Meet for 9.30am start with a finish time of 12:30.
ASSISTANCE: Please call in good time beforehand.
WHAT TO WEAR: Please wear old, warm clothes and sturdy boots and bring waterproofs and 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) and for any medication you may need.

CONTACT: If you need any help, please ring 0118 9724228

October 2021

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Saturday 2 nd 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage site	On site – park at roadside by bridge	Michael MacLeod and Martin Rhodes	When parking, please avoid bus stop and driveways
Thursday 7 th 9.30 – 12.30	Greys Court	Maintenance tasks	On site – park in main NT car park	Brian Gardener and Keith May	
Saturday 9 th 9.30 – 12.30	Kidmore End Memorial Hall Field	Tree planting session plus associated conservation tasks	Car Park of the Hall opposite Chiltern Edge School	Martin Rhodes and Julia Booker	
Thursday 14 th 9.30 – 12.30	Cleeve Court	Continue conservation tasks	On site – follow signs from A329, north of Streatley	Keith May and Brian Gardener	Park in car park off side-road. Allow 5-10 minutes to walk to work site
Saturday 16 th 9.30 – 12.30	Nettlebed Common	Continue heathland management	On site – park at sports ground	Sally Rankin and Peter Taylor	
Thursday 21 st 9.30 – 12.30	Aston Rowant	Continue conservation tasks	On site - to be advised- see below for directions	Tony Chandler and Brian Gardener	
Saturday 23 rd 9.30 – 12.30	Rokeby Drive Recreation Ground	Hedge cutting and general maintenance	On site-follow SCGG direction signs	John Hasler and Ian Woods	Access from A4074– turn down Rokeby Drive between Pack Horse PH and Pack Saddle PH
Thursday 28 th 9.30 – 12.30	Bishopswood	Maintenance tasks (for Rotherfield United FC)	Use main car park	John Hasler and Alison Holdsworth	Access from Gallowstree Common Road
Saturday 30 th 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance	On site – park by Peppard crossroads	Sally Rankin and Michael MacLeod	

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 2021

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Withymead	Continue conservation tasks	On site – follow signs from Goring to Wallingford Road	Peter Taylor and Peter Keel	
Saturday 6 th 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage site	On site – park at roadside by bridge	Michael MacLeod and Alison Holdsworth	When parking, please avoid bus stop and driveways
Thursday 11 th 9.30 – 12.30	Cleeve Court	Continue conservation tasks	On site – follow signs from A329, north of Streatley	Keith May and Brian Gardener	Park in car park off side-road. Allow 5-10 minutes for walk to site.
Saturday 13 th 9.30 – 12.30	Henley Community Orchard	Continue maintenance tasks	On Site - Access from Henley to Rotherfield Greys road	Peter Keel and Martin Rhodes	Park on site, as directed on the day.
Thursday 18 th 9.30 – 12.30	Aston Rowant	Continue conservation tasks	On site - to be advised- see below for directions	Tony Chandler and Brian Gardener	Possible spud roast day. Further information to follow.
Saturday 20 th 9.30 – 12.30	Tartary Wood	Clear scrub/unwanted vegetation	Park off road, near to entrance to wood	John Hasler and Julia Booker	Follow signs off Rocky Lane, to the south of Highmoor.
Thursday 25 th 9.30 – 12.30	Kingwood Common	Heathland maintenance	On site – park at Cherry Croft, Colmore Lane	Sally Rankin and Peter Taylor	Follow signs from Unicorn PH
Saturday 27 th 9.30 – 12.30	Park Wood	Continue cutting brambles/holly	Follow signs from Nettlebed to Wallingford Road	Brian Gardener and Martin Rhodes	Park in Nuffield Place car park and follow signs to meeting point.

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 2021

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 2 nd 9.30 – 12.30	Greys Court	Maintenance tasks	Park in main NT car park	Brian Gardener and Peter Keel	
Saturday 4 th 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage site	On site – park at roadside by bridge	Michael MacLeod and Peter Keel	When parking, please avoid bus stop and driveways
Thursday 9 th 9.30 – 12.30	Spring Wood	Continue cutting holly/regrowth + bonfire/s if conditions allow	On Site	John Hasler and Martin Rhodes	Access from Blount's Court Road – follow parking instructions on the day
Saturday 11 th 9.30 – 12.30	Parsons Wood	Cut back invasive holly/re-growth/bonfire if possible	On site – park by Rotherfield Greys Church	Julia Booker and Peter Taylor	
Thursday 16 th 9.30 – 12.30	Aston Rowant	Continue conservation tasks	On site - to be advised- see above for directions	Tony Chandler and Brian Gardener	
Saturday 18 th 9.30 – 12.30	Peppard War Memorial Hall	Maintenance tasks, including hedge-cutting	On site – park in the Hall car park	John Hasler and Michael MacLeod	Follow signs from Peppard crossroads
Thursday 23 rd 9.30 – 12.30	Nettlebed Common	Continue heathland management	On site – park at sports ground	Sally Rankin and Martin Rhodes	
Saturday 25 th 9.30 – 12.30	NO	SESSION. MERRY	XMAS TO	ONE AND	ALL.
Thursday 30 th 9.30 – 12.30	Bishopswood	Maintenance tasks (for Rotherfield United FC)	Use main car park	Brian Gardener and Alison Holdsworth	Access from Gallowstree Common Road