

GREEN GYM PROGRAMME

Programme 70: January to March 2022

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



MEETING PLACES: Meet for 9.30am start with a finish time of 12:30.
ASSISTANCE: Please telephone 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

January 2022

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Saturday 1 st 9.30 – 12.30	No session	as Ewelme will	be closed.	Have a	Happy New Year
Thursday 6 th 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance	On site. Park at Peppard crossroads	Sally Rankin and Peter Taylor	
Saturday 8 th 9.30 – 12.30	Mill Farm, Mapledurham	Hedge trimming and scrub clearance	On site. Park at the farm	Martin Rhodes and Peter Keel	Turn off A4074 opposite Pack Saddle PH and follow signs to site
Thursday 13 th 9.30 – 12.30	Greys Court	Maintenance tasks	Park as advised in notification email	Brian Gardener and Keith May	
Saturday 15 th 9.30 – 12.30	3 Oaks Community Orchard, Henley	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 20 th 9.30 – 12.30	Aston Rowant	Continue conservation tasks	On site - to be advised. See below for directions	Tony Chandler and Brian Gardener	
Saturday 22 nd 9.30 – 12.30	Spring Wood	Continue cutting holly + regrowth. Bonfire/s if conditions allow	On site	Martin Rhodes and Julia Booker	Access from Blount's Court Road. Follow parking instructions on the day
Thursday 27 th 9.30 – 12.30	Peppard War Memorial Hall	Maintenance tasks. May include hedge cutting	On site. Park in the Hall car park	John Hasler and Peter Keel	Follow signs from Peppard crossroads
Saturday 29 th 9.30 – 12.30	Withymead	Continue conservation tasks	On site. Follow signs from Goring to Wallingford Road	Peter Taylor and Julia Booker	

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 2022

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 3 rd 9.30 – 12.30	Streatley Churchyard	Hedge trimming and general site maintenance	On site-follow SCGG signs from A329, north of Streatley	John Hasler and Keith May	Use same car park as for Cleeve Water Meadow and allow 10 mins to walk to site.
Saturday 5 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 10 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 10 minutes to walk to site.
Saturday 12 th 9.30 – 12.30	Rokeby Rec Ground	Hedge cutting and general maintenance	On site. Follow SCGG direction signs	John Hasler and Julia Booker	Access from A4074 Turn down Rokeby Drive between Pack Horse PH and Pack Saddle PH
Thursday 17 th 9.30 – 12.30	Aston Rowant	Continue conservation tasks	On site - to be advised. See below for directions	Tony Chandler and Brian Gardener	
Saturday 19 th 9.30 – 12.30	Peppard Primary School	Hedge trimming and general maintenance tasks	On site in lay by off B481	Martin Rhodes and Peter Keel	Overspill parking will be available on Peppard Common
Thursday 24 th 9.30 – 12.30	Bishopswood	Maintenance tasks (for Rotherfield United FC)	Use main car park	John Hasler and Peter Keel	Access from Gallowstree Common Road
Saturday 26 th 9.30 – 12.30	Nettlebed Common	Continue heathland management	On site. Park at sports ground off B481	Sally Rankin and Martin Rhodes	

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 2022

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 3 rd 9.30 – 12.30	Tartary Wood	Clear scrub/unwanted vegetation	Park off road, near to entrance to wood	John Hasler and Peter Taylor	Turn off B481 to the south of Highmoor onto Rocky Lane.
Saturday 5 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 10 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 10 minutes to walk to site.
Saturday 12 th 9.30 – 12.30	Rokeby Rec 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 17 th 9.30 – 12.30	Aston Rowant	Continue conservation tasks	On site - to be advised. See below for directions	Tony Chandler and Brian Gardener	
Saturday 19 th 9.30 – 12.30	Temple Island Meadow	Cut back willows/invasive vegetation and stack. Possible bonfire.	On riverside. Site access is from Henley to Marlow Road, opposite 'Swiss Farm' caravan site	Sally Rankin and Peter Taylor	NB: access gate to site will be locked at 9.25 am
Thursday 24 th 9.30 – 12.30	Greys Court	Maintenance tasks	Park as advised in notification email.	Brian Gardener and Keith May	
Saturday 26 th 9.30 – 12.30	Spring Wood	Continue cutting holly + regrowth. Bonfire/s if conditions allow	On site	Martin Rhodes and Julia Booker	Access from Blount's Court Road – follow parking instructions on the day
Thursday 31 st 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.