

# GREEN GYM PROGRAMME

**Program 71 - April to June 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

## April 2022

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Saturday 2 <sup>nd</sup> 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage site	On site. Park at roadside by bridge or in village centre as advised in risk assessment	Michael Macleod & Peter Keel	When parking, please avoid bus stop and residents' driveways
Thursday 7 <sup>th</sup> 9.30 – 12.30	Temple Island Meadow	Cut back willows and invasive vegetation and stack. Possible bonfire if conditions allow.	On riverside. Site access is from Henley to Marlow Road, opposite 'Swiss Farm' caravan site	Sally Rankin & Peter Taylor	NB: access gate to site will be locked at 9.25 am
Saturday 9 <sup>th</sup> 9.30 – 12.30	Mill Farm, Mapledurham	Hedge trimming and scrub clearance	On site. Park at the farm	Martin Rhodes & Peter Keel	Turn off A4074 opposite Pack Saddle PH and follow signs to site
Thursday 14 <sup>th</sup> 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance	On site. Park at Peppard crossroads	Sally Rankin & Martin Rhodes	
Saturday 16 <sup>th</sup> 9.30 – 12.30	Spring Wood	Continue cutting holly + any regrowth. Possible bonfire if conditions allow	On site	Martin Rhodes & Michael Saunders	Access from Blount's Court road. Follow parking instructions on the day
Thursday 21 <sup>st</sup> 9.30 – 12.30	Aston Rowant	Continue conservation tasks	On site - to be advised. See below for directions	Tony Chandler & Brian Gardener	
Saturday 23 <sup>rd</sup> 9.30 – 12.30	Home Farm Wood	Continue clearing rhododendron/laurel	On site	Julia Booker & Ian Woods	Follow signs for parking – off Emmer Green Road
Thursday 28 <sup>th</sup> 9.30 – 12.30	Greys Court	Maintenance tasks	Park as advised in notification email	Brian Gardener & Peter Keel	
Saturday 30 <sup>th</sup> 9.30 – 12.30	Henley Community Orchard	Continue maintenance tasks	On Site. Access from Rotherfield Greys to Henley Road.	Peter Keel & Julia Booker	Park on site, as directed on the day.

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.

## May 2022

<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	Bishopswood	Maintenance tasks (on behalf of Rotherfield United FC)	Use main car park	John Hasler & Alison Holdsworth	Access from Gallowstree Common Road
Saturday 7 <sup>th</sup> 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage site	On site. Park at roadside by bridge or in village centre as advised in risk assessment	Michael MacLeod & Peter Keel	When parking, please avoid bus stop and residents' driveways
Thursday 12 <sup>th</sup> 9.30 – 12.30	Peppard War Memorial Hall	Maintenance tasks which may include hedge trimming.	On site. Park in the Hall car park	John Hasler & Julia Booker	Follow signs from Peppard crossroads
Saturday 14 <sup>th</sup> 9.30 – 12.30	Spring Wood	Continue cutting holly + any regrowth. Possible bonfire if conditions allow	On site	Martin Rhodes & Ian Woods	Access from Blount's Court road. Follow parking instructions on the day
Thursday 19 <sup>th</sup> 9.30 – 12.30	Aston Rowant	Continue conservation tasks	On site - to be advised. See below for directions	Tony Chandler & Brian Gardener	
Saturday 21 <sup>st</sup> 9.30 – 12.30	Nettlebed Common	Continue heathland management	On site. Park at sports ground off B481	Sally Rankin & Peter Taylor	
Thursday 26 <sup>th</sup> 9.30 – 12.30	Cleeve Court	Continue conservation tasks	On site. Follow signs from A329, north of Streatley.	Keith May & Brian Gardener	Park in car park in side-road off A329. Allow 10 minutes to walk to site.
Saturday 28 <sup>th</sup> 9.30 – 12.30	Mapledurham Village Hall	New site. Tasks will probably involve hedge and bramble cutting. See risk assessment for more information.	On site in the Village Hall car park	John Hasler & Martin Rhodes	Turn off A4074 opposite Pack Saddle PH and follow signs to site

## 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.

## June 2022

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 2 <sup>nd</sup> 9.30 – 12.30	Spring Wood	Continue cutting holly + any regrowth. Possible bonfire if conditions allow	On site	Martin Rhodes & Peter Taylor	Access from Blount's Court road. Follow parking instructions on the day
Saturday 4 <sup>th</sup> 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage site	On site. Park at roadside by bridge or in village centre as advised in risk assessment	Michael Macleod & Peter Keel	When parking, please avoid bus stop and residents' driveways
Thursday 9 <sup>th</sup> 9.30 – 12.30	Greys Court	Maintenance tasks	Park as advised in notification email	Brian Gardener & Martin Rhodes	
Saturday 11 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Heathland Maintenance	On site. Park at Cherry Croft, Colmore Lane or as advised in risk assessment	Sally Rankin & Peter Taylor	Follow signs from Unicorn PH.
Thursday 16 <sup>th</sup> 9.30 – 12.30	Aston Rowant	Continue conservation tasks	On site - to be advised. See below for directions	Tony Chandler & Brian Gardener	
Saturday 18 <sup>th</sup> 9.30 – 12.30	Park Wood	Continue cutting brambles/holly	Follow signs from A4130 Nettlebed to Wallingford Road	Brian Gardener & Michael Saunders	Park in Nuffield Place car park and follow signs to meeting-point
Thursday 23 <sup>rd</sup> 9.30 – 12.30	Streatley Meadow	New site. Tasks will probably involve hedge and bramble cutting. See risk assessment for more information	On site. Follow signs from A329, north of Streatley.	John Hasler & Michael Saunders	Park in same car park as for Cleeve Court. (see below)
Saturday 25 <sup>th</sup> 9.30 – 12.30	Henley Community Orchard	Continue maintenance tasks	On Site. Access from Rotherfield Greys to Henley Road	Peter Keel & Julia Booker	Park on site, as directed on the day.
Thursday 30 <sup>th</sup> 9.30 – 12.30	Cleeve Court	Continue conservation tasks	On site. Follow signs from A329, north of Streatley.	Keith May & Brian Gardener	Park in car park in side-road off A329. Allow 10 minutes to walk to site.