

GREEN GYM PROGRAMME

Program 75 April to June 2023

<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 (eg. against sunburn or bites) and for any medication you may need.

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

April 2023

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Saturday 1 st 9.30 – 12.30	Burnt Platt	Glade making to include removal of birch saplings and brambles	On site. Look for signposted right turning off Peppard to Stoke Row Road	Julia Booker and Martin Rhodes	Entrance gate will be locked at 0930. This is the SCGG 25th Anniversary Celebration Session
Thursday 6 th 9.30 – 12.30	Crocker End Green Common	Hedge/tree trimming and other maintenance tasks.	On site. See risk assessment for full details.	Martin Rhodes and Sally Rankin	
Saturday 8 th 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage.	On site. Park at roadside by the bridge, or in village centre (as advised in the risk assessment)	Michael MacLeod And Peter Keel	When parking, please avoid the bus stop and residents' driveways
Thursday 13 th 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance.	On site. Park at Peppard crossroads	Sally Rankin and Peter Taylor	
Saturday 15 th 9.30 – 12.30	Hurst Water Meadow	Maintenance tasks on riverside site	On site. Follow signs from the A4074	Martin Rhodes and Carol Speirs	Turn left off the A4074 North of Shillingford village (signposted to Dorchester)
Thursday 20 th 9.30 – 12.30	Aston Rowant	Continue conservation tasks.	On site. To be advised in the notification email. See below for directions.	Peter Keel and Peter Taylor	
Saturday 22 th 9.30 – 12.30	Home Farm Wood	Continue clearing rhododendron and laurel.	On site.	Julia Booker and Martin Rhodes	Follow signs for parking off Emmer Green Road.
Thursday 27 th 9.30 – 12.30	Greys Court	Maintenance tasks.	Park as advised in the notification email.	Brian Gardener and Keith May	
Saturday 29 th 9.30 – 12.30	Henley Community Orchard	Continue maintenance tasks.	On Site. Access from Rotherfield Greys to Henley Road.	Peter Keel and Sally Rankin	Park on site or 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 volunteers.

May 2023

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks.	On site. Follow signs from A329, North of Streatley	Keith May and Brian Gardener	Park in car park in side-road off A329. Allow 5-10 minutes to walk to the site
Saturday 6 th 9.30 – 12.30	NO	SESSION DUE	TO THE	CORONATION	OF KING CHARLES
Thursday 11 th 9.30 – 12.30	River and Rowing Museum	Hedge and boundary maintenance of site	In the Car Park of the Museum	Peter Keel and Sally Rankin	Parking will be free
Saturday 13 th 9.30 – 12.30	Nettlebed Common	Continue heathland management	On site. Park at sports ground which signposted off B481.	Sally Rankin and Martin Rhodes	
Thursday 18 th 9.30 – 12.30	Aston Rowant	Continue conservation tasks.	On site. To be advised in notification email. See below for directions.	Peter Keel and Martin Rhodes	
Saturday 20 th 9.30 – 12.30	Home Farm Wood	Continue clearing rhododendron and laurel.	On site.	Julia Booker and Peter Taylor	Follow signs for parking – off Emmer Green Road.
Thursday 25 th 9.30 – 12.30	Greys Court	Maintenance tasks.	Park as advised in the notification email.	Brian Gardener and Keith May	
Saturday 27 th 9.30 – 12.30	Kingwood Common	Heathland Maintenance	On site. Park at Cherry Croft, Colmore Lane	Sally Rankin and Peter Taylor	Follow the signs from Unicorn PH

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 B481 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 2023

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 1 st 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 Julia Booker	Follow signs from Peppard crossroads
Saturday 3 rd 9.30 – 12.30	Ewelme	Ongoing maintenance of riverside heritage.	On site. Park at roadside by the bridge, or in village centre (as advised in the risk assessment)	Michael MacLeod and Peter Keel	When parking, please avoid the bus stop and residents' driveways
Thursday 8 th 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks.	On site. Follow signs from A329, north of Streatley	Keith May and Brian Gardener	Park in car park in side-road off A329. Allow 5-10 minutes to walk to the site
Saturday 10 th 9.30 – 12.30	Home Farm Wood	Continue clearing rhododendron and laurel.	On site.	Julia Booker and Peter Taylor	Follow signs for parking – off Emmer Green Road.
Thursday 15 th 9.30 – 12.30	Aston Rowant	Continue conservation tasks.	On site. To be advised in notification email. See above for directions.	Peter Keel and Martin Rhodes	
Saturday 17 th 9.30 – 12.30	Spring Wood	Continue cutting holly and regrowth. Bonfire/s if conditions allow.	On site	Martin Rhodes and Michael MacLeod	Access from Blount's Court Road.
Thursday 22 nd 9.30 – 12.30	Greys Court	Maintenance tasks.	Park as advised in the notification email.	Brian Gardener and John Hasler	
Saturday 24 th 9.30 – 12.30	Peppard Primary School Field	Hedge trimming and general maintenance tasks	On site, in lay by off B481 in Peppard.	Martin Rhodes and Carol Speirs	Overspill parking will be available on Peppard Common
Thursday 29 th 9.30 – 12.30	Park Wood	Continue cutting brambles and holly.	Follow signs from A4130 Nettlebed to Wallingford Road	Brian Gardener and Julia Booker	Park in Nuffield Place car park and follow signs to meeting-point.