

# GREEN GYM PROGRAMME

**Program 79 Apr to Jun 2024**

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



**MEETING PLACES:** Meet for 9.30am start with a finish time of 12:30.  
**ASSISTANCE:** Please see map on back or 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 2024

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Thursday 4 <sup>th</sup> 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks.	On site. Follow signs from A329, North of Streatley.	Keith May and Brian Gardener	Allow 5-10 minutes to walk to the site from the car park.
Saturday 6 <sup>th</sup> 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 e-mail).	Michael MacLeod and Peter Keel	When parking, please avoid the bus stop and residents' driveways.
Thursday 11 <sup>th</sup> 9.30 – 12.30	New Copse	Clearing vegetation along a bridleway.	To be advised in the risk assessment.	Julia Booker and Carol Speirs	Parking will be signposted from Horsepond Road.
Saturday 13 <sup>th</sup> 9.30 – 12.30	Peppard 1 <sup>o</sup> School Field	Hedge trimming and general maintenance tasks.	On site, in the lay by off the B481 in Peppard.	Martin Rhodes and John Hasler	Overspill parking will be available on Peppard Common.
Thursday 18 <sup>th</sup> 9.30 – 12.30	Aston Rowant	Continue conservation tasks.	On site. To be advised in the notification e-mail. See below for directions.	Tony Chandler and Peter Keel	
Saturday 20 <sup>th</sup> 9.30 – 12.30	Home Farm Wood	Continue clearing rhododendron and laurel.	On site.	Julia Booker and Peter Keel	Follow signs for parking – off Emmer Green Road.
Thursday 25 <sup>th</sup> 9.30 – 12.30	Greys Court	Maintenance tasks.	Park as advised in the notification e-mail.	Brian Gardener and Keith May	
Saturday 27 <sup>th</sup> 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance.	On site. Parking is at Peppard crossroads.	Sally Rankin and Peter Taylor	

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 2024

<i><b>Date &amp; Time</b></i>	<i><b>Site</b></i>	<i><b>Activity</b></i>	<i><b>Meeting Place</b></i>	<i><b>Leaders</b></i>	<i><b>Notes</b></i>
Thursday 2 <sup>nd</sup> 9.30 – 12.30	River and Rowing Museum	Hedge and boundary maintenance of site.	In the Car Park of the Museum.	Peter Keel and Julia Booker	Parking will be free.
Saturday 4 <sup>th</sup> 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 e-mail).	Michael MacLeod and Martin Rhodes	When parking, please avoid the bus stop and residents' driveways.
Thursday 9 <sup>th</sup> 9.30 – 12.30	New Copse	Clearing vegetation along a bridleway.	To be advised in the risk assessment.	Julia Booker and Carol Speirs	Parking will be signposted from Horsepond Road.
Saturday 11 <sup>th</sup> 9.30 – 12.30	Spring Wood	Continue clearing wooded area of holly and scrub.	On site. Signposted access is from Blount's Court Road.	Martin Rhodes and Peter Taylor	
Thursday 16 <sup>th</sup> 9.30 – 12.30	Aston Rowant	Continue conservation tasks.	On site. To be advised in the notification e-mail. See below for directions.	Tony Chandler and Martin Rhodes	
Saturday 18 <sup>th</sup> 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 23 <sup>rd</sup> 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks.	On site. Follow signs from A329, North of Streatley.	Keith May and Brian Gardener	Allow 5-10 minutes to walk to the site from the car park.
Saturday 25 <sup>th</sup> 9.30 – 12.30	Temple Island Meadow	Continue cutting willow saplings, stacking fallen wood and clearing ditches.	On riverside site – access from Henley to Marlow Road (opposite 'Swiss Farm').	Sally Rankin and Martin Rhodes	<b>NB – access gate to this site will be locked at 9.25 am.</b>
Thursday 30 <sup>th</sup> 9.30 – 12.30	Nettlebed Common	Continue heathland management.	On site. Park at signposted sports ground off the B481 in Nettlebed.	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 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".

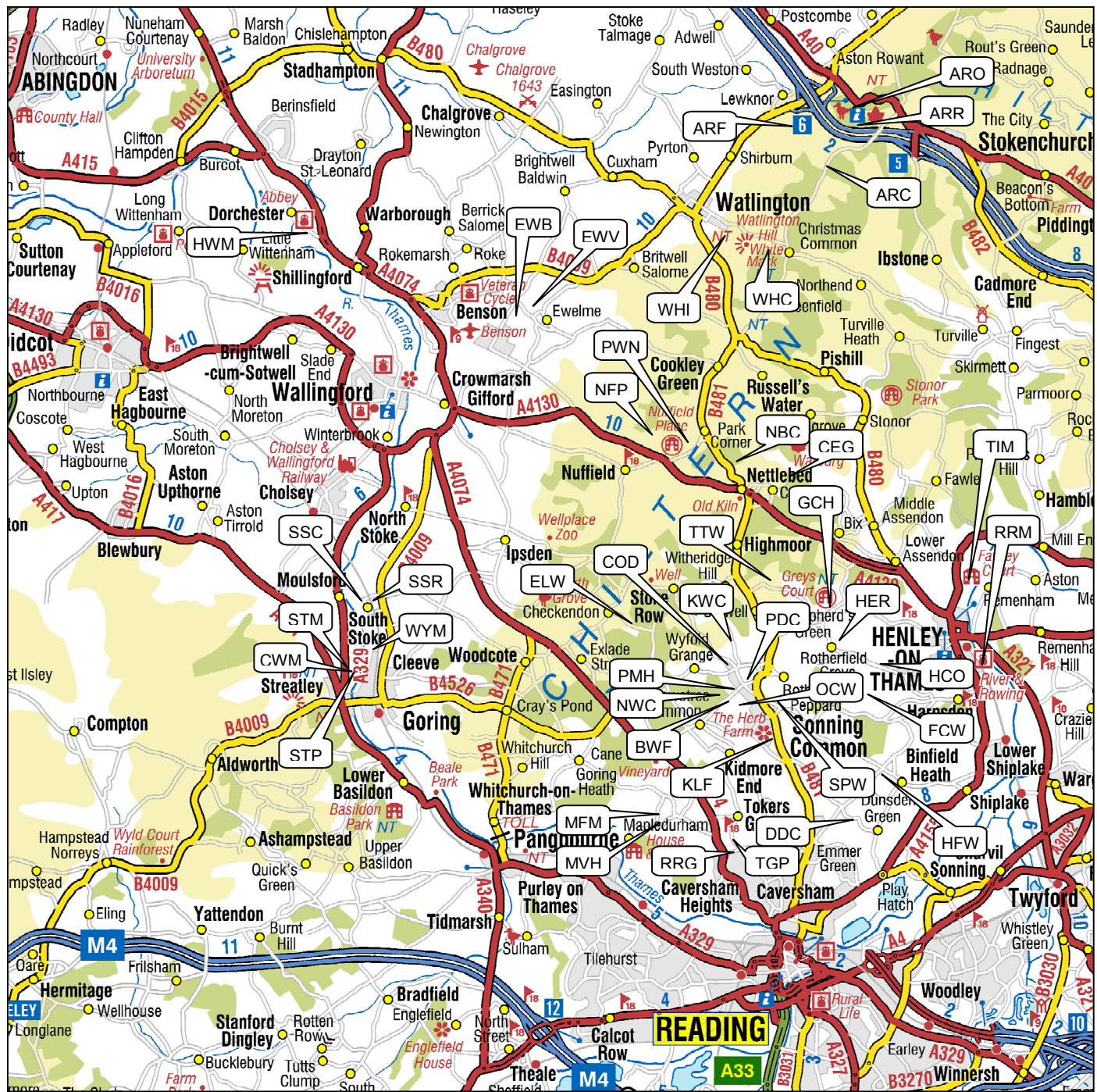
For Nature Reserve and Cowleaze car parks continue on the road and turn right after 1 mile further on at the top of the hill signposted to Christmas Common. The Nature Reserve car park is on the right after ½ mile (brown sign). Cowleaze is a ½ mile further on and on the left after crossing motorway.

From Christmas Common, reverse the directions.

## June 2024

<b>Date &amp; Time</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Place</b>	<b>Leaders</b>	<b>Notes</b>
Saturday 1 <sup>st</sup> 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 e-mail).	Peter Keel and Martin Rhodes	When parking, please avoid the bus stop and residents' driveways.
Thursday 6 <sup>th</sup> 9.30 – 12.30	Greys Court	Maintenance tasks.	Park as advised in the notification e-mail.	Brian Gardener and Keith May	
Saturday 8 <sup>th</sup> 9.30 – 12.30	Kingwood Common	Heathland Maintenance	On site. Park at Cherry Croft, Colmore Lane.	Sally Rankin and Peter Taylor	
Thursday 13 <sup>th</sup> 9.30 – 12.30	Spring Wood	Continue clearing wooded area of holly and scrub.	On site. Signposted access is from Blount's Court Road.	Martin Rhodes and Brian Gardener	
Saturday 15 <sup>th</sup> 9.30 – 12.30	New Copse	Clearing vegetation along a bridleway.	To be advised in the risk assessment.	Julia Booker and Carol Speirs	Parking will be signposted from Horsepond Road.
Thursday 20 <sup>th</sup> 9.30 – 12.30	Aston Rowant	Continue conservation tasks.	On site. To be advised in the notification e-mail. See above for directions.	Tony Chandler and Julia Booker	
Saturday 22 <sup>nd</sup> 9.30 – 12.30	Hurst Water Meadow	Maintenance tasks on riverside site	On site. Follow signs from A4074	Martin Rhodes and Julian Burt	Turn left off A4074 north of Shillingford (signposted to Dorchester).
Thursday 27 <sup>th</sup> 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.
Saturday 29 <sup>th</sup> 9.30 – 12.30	Henley Community Orchard	Continue maintenance tasks.	On Site. Access is from Rotherfield Greys to Henley Road.	Peter Keel and Martin Rhodes	Park on site or as directed in the e-mail.





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All Grid References quoted represent the meeting places. Work area may be some way from this. They fall in the OS grid area SU and locations are therefore given as six digits locating meeting place to the nearest 100m.  
 What Three Words are accurate to the nearest 3m square.

**Key Meeting Place SU Grid GPS What Three Words**

ARC	Aston Rowant Cowleaze	726957	N 51.655576	W 0.951403	sprinter.self.toasted
ARF	Aston Rowant Hill Farm	721967	N 51.664794	W 0.957573	saddens.twee.walnuts
ARO	Aston Rowant Office	728976	N 51.672582	W 0.949395	takeovers.yield.broken
ARR	Aston Rowant Reserve Car Park	731966	N 51.663536	W 0.943363	guitars.adopters.clash
ART	Aston Rowant Cherry Tree Corner	734967	N 51.664713	W 0.939455	genetics.expansion.websites
BFH	Binfield Heath Arch Hill Wood	746785	N 51.501307	W 0.926357	bond.rentals.unlisted
BPT	Burnt Platt	692824	N 51.542490	W 1.008303	focus.couches.receiving
BWF	Bishopswood Field	698807	N 51.520982	W 0.995166	natively.pelt.potential
CEG	Crocker End Green Common	708868	N 51.576169	W 0.978531	trap.tailwind.stitch
COD	Carling Orchard	699812	N 51.530930	W 0.993760	lined.poker.kiosk
CWM	Cleeve Water Meadow	596812	N 51.527149	W 1.141352	decently.imposes.elevate

<u>Key</u>	<u>Meeting Place</u>	<u>SU Grid</u>	<u>GPS</u>	<u>What Three Words</u>
DDC	Dunsden Church	733775	N 51.492332 W 0.944928	wizard.ended.intend
ELW	Emmens Lane Wood	673828	N 51.540926 W 1.029765	shaky.juices.brilliant
EWB	Ewelme WC Beds Bridge	638918	N 51.622096 W 1.078928	pulse.chapters.disbelief
EWV	Ewelme WC Beds Visitor Centre	641917	N 51.620540 W 1.075022	then.cards.height
FCW	Flowercroft Wood	727814	N 51.527100 W 0.952892	backtrack.signs.collide
GCH	Greys Court House	726834	N 51.545184 W 0.953586	mailings.poppy.lawn
GCP	Greys Court Pissen Wood	721832	N 51.543399 W 0.961518	cascade.precautions.overused
HCO	Henley Community Orchard	739818	N 51.530095 W 0.935867	donates.cleanser.strongly
HEB	Hernes Estate Badgemoor	747831	N 51.542035 W 0.923636	chosen.fruity.bath
HER	Hernes Estate Rotherfield Greys	726823	N 51.535347 W 0.954193	hopefully.roofed.deadline
HFT	Home Farm Wood TGL	738784	N 51.500310 W 0.937630	hyddrant.name.bead
HFV	Home Farm Wood	741789	N 51.504649 W 0.933685	persuade.recording.dissolve
HLS	Holly Shaw Exlade Street	660816	N 51.530310 W 1.049111	turned.chuckle.mills
HMM	Henley Mill Meadows	770817	N 51.529013 W 0.890891	unusable.moped.outlooks
HSW	Henley Scout Hut	757822	N 51.533810 W 0.909318	hiker.movements.spices
HWM	Hurst Water Meadow Dorchester	581938	N 51.640042 W 1.161772	signified.dupe.cringe
HVR	Henley Valley Road	752820	N 51.532247 W 0.916645	treatable.spiking.blotting
JGT	Joyce Grove Triangle	701867	N 51.575585 W 0.988532	reliving.indoor.lump
KLF	Kennylands Field Car Park	713794	N 51.509500 W 0.972750	panics.ghosts.grain
KWC	Kingwood Cherry Croft	698826	N 51.538150 W 0.993865	milkman.derailed.exams
KWG	Kingwood Great Davids	696829	N 51.541204 W 0.996606	vitamins.unravel.windmills
KWR	Kingwood Red House	693822	N 51.535050 W 1.000932	examine.save.resonated
KWT	Kingwood Southern Triangle	698826	N 51.538150 W 0.993865	milkman.derailed.exams
KWS	Kingwood Salt Depot	693828	N 51.540467 W 1.002059	haystack.pint.huddle
MFM	Mill Farm Mapledurham	676777	N 51.494873 W 1.026781	fade.scout.paced
MVH	Mapledurham Village Hall	682776	N 51.493580 W 1.017700	fully.defend.first
NBC	Nettlebed Common Cricket Ground	700870	N 51.578415 W 0.991220	contoured.bespoke.gravy
NBG	Nettlebed Common The Green	702868	N 51.575700 W 0.988277	importing.mimics.giggled
NFP	Nuffield Place	680878	N 51.585799 W 1.019249	ruffle.float.refusals
NWC	New Copse	697809	N 51.523178 W 0.995992	reward.portable.boardroom
ODC	Old Copse	703807	N 51.561218 W 0.987444	canine.detective.snipe
PDC	Peppard Common Crossroads	704813	N 51.526318 W 0.986321	apricot.frostbite.scrub
PCP	Peppard Common Pavilion	702815	N 51.528100 W 0.989122	aspect.blotchy.acrobats
PDT	Peppard Top Common	708816	N 51.529475 W 0.980226	design.fruit.directors
PMH	Peppard War Memorial Hall	702812	N 51.526075 W 0.988402	crinkled.roaming.bathtubs
PSF	Peppard Primary School Field	710819	N 51.532375 W 0.977718	rotations.towels.introduce
PWN	Park Wood Nuffield	684876	N 51.583751 W 1.013173	clicker.writers.zealous
PWO	Park Wood Nuffield Offices	679879	N 51.585870 W 1.020559	rejects.flask.similar
RRG	Rokeby Recreation Ground	698775	N 51.492898 W 0.995950	badly.bucks.calculating
RRM	River and Rowing Museum	766820	N 51.532388 W 0.896085	switched.sized.ribs
SPW	Spring Wood	709808	N 51.521763 W 0.978343	darting.buying.jubilant
SSR	South Stoke Recreation Ground	601835	N 51.547820 W 1.133636	acoustics.efficient.interupt
SSC	South Stoke Churchyard	598836	N 51.547987 W 1.138202	Pods.pursue.openly
STC	Streatley Churchyard	594809	N 51.524656 W 1.144557	grid.fatherly.cheerily
STP	Streatley Churchyard CWM Parking	593812	N 51.526750 W 1.146439	manliness.typed.revived
STM	Streatley Meadow	593812	N 51.526734 W 1.146477	dilute.plantings.thrones
TIM	Temple Island Meadow	761835	N 51.545526 W 0.903570	chair.perusing.betrayed
TTW	Tartary Wood	710844	N 51.554363 W 0.976156	routine.adhesive.flops
TGP	Tokers Green Pond	700776	N 51.493037 W 0.992367	last.bend.curiosity
WFC	Wyfold Centre	680825	N 51.537907 W 1.020096	examiner.witless.liability
WYM	Withymead	601827	N 51.540386 W 1.134430	rounds.trappings.rests