

GREEN GYM PROGRAMME

Program 87 Apr to Jun 2026

<http://sonningcommon.tcv.org>



- 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.
COST: **There is no charge to join and participate in the activities of Sonning Common Green Gym**
CONTACT: **If you need any help, please ring 0118 9724228**

Apr 2026

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 2 nd 9.30 – 12.30	Kennylands Field	Conservation tasks that may include bramble removal and hedge cutting	Park at Bird Wood Court or Abbeycrest Care Home	Martin Rhodes and Simon Harris	Parking space may be limited so please car share or walk to site
Saturday 4 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 e-mail).	Peter Keel and Geoff Bond	When parking, please avoid the bus stop as well as residents' driveways.
Thursday 9 th 9.30 – 12.30	Peppard Common	Ongoing heathland maintenance.	On site. Parking is at Peppard crossroads on Stoke Row Road.	Sally Rankin and Peter Taylor	
Saturday 11 th 9.30 – 12.30	Peppard Primary School Field	Hedge trimming and general maintenance tasks	On site, in lay by off B481 in Peppard.	Peter Keel and Dave Gavin	Overspill parking will be available on Peppard Common
Thursday 16 th 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 Julia Booker	
Saturday 18 th 9.30 – 12.30	Common Wood	Collecting tree guards and other tasks.	On Long Toll. Roadside parking.	Julia Booker and Carol Speirs	Turn left off A4074 onto B4526, (Deadman's Lane). Travel 1 mile, then turn Right onto Long Toll.
Thursday 23 rd 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks.	On site. Follow signs from A329, North of Streatley.	Keith May and Eric Yarrow	Allow 5-10 minutes to walk to the site from the car park.
Saturday 25 th 9.30 – 12.30	Old Copse (SCPC)	Maintenance tasks to the woodland floor.	At the top of Woodlands Road in Sonning Common.	Martin Rhodes and Peter Keel	Park on roadside at top of Woodlands Road. Don't block resident's drives.
Thursday 30 th 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.

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.

Remember: There is no charge to join and participate in the activities of Sonning Common Green Gym

May 2026

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
Saturday 2 nd 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 Geoff Bond	When parking, please avoid the bus stop as well as residents' driveways.
Thursday 7 th 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks.	On site. Follow signs from A329, North of Streatley.	Keith May and Martin Rhodes	Allow 5-10 minutes to walk to the site from the car park.
Saturday 9 th 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 Guiseppe Scozzafava	
Monday 11 th	DATE	OF	SCGG	AGM.	(Meet 19.00 for 19.30 start)
Thursday 14 th 9.30 – 12.30	Greys Court	Maintenance tasks.	Park as advised in the notification e-mail.	Peter Keel and Keith May	
Saturday 16 th 9.30 – 12.30	Nettlebed Common	Continue heathland management.	On site. Park at signposted sports ground off the B481 in Nettlebed.	Sally Rankin and Peter Taylor	
Thursday 21 st 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 Simon Harris	
Saturday 23 rd 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.
Thursday 28 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.
Saturday 30 th 9.30 – 12.30	Dunsden Churchyard	Various tasks around the car park area.	Church car park.	Martin Rhodes and Richard Turner	

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.

Jun 2026

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 4 th 9.30 – 12.30	Common Wood	Collecting tree guards and other tasks	On Long Toll. Roadside parking.	Julia Booker and Carol Speirs	Turn left off A4074 onto B4526, (Deadman's Lane). Travel 1 mile, then turn Right onto Long Toll.
Saturday 6 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 e-mail).	Peter Keel and Geoff Bond	When parking, please avoid the bus stop as well as residents' driveways.
Thursday 11 th 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks.	On site. Follow signs from A329, North of Streatley.	Keith May and Eric Yarrow	Allow 5-10 minutes to walk to the site from the car park.
Saturday 13 th 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 Guiseppe Scozzafava	
Thursday 18 th 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 Julia Booker	
Saturday 20 th 9.30 – 12.30	Kingwood Common	Heathland Maintenance	On site. Park at Cherry Croft, Colmore Lane.	Sally Rankin and Martin Rhodes	
Thursday 25 th 9.30 – 12.30	Greys Court	Maintenance tasks.	Park as advised in the notification e-mail.	Peter Keel and Simon Harris	
Saturday 27 th 09.30 – 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.