

GREEN GYM PROGRAMME

Program 89 Oct to Dec 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**

October 2026

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 1 st 9.30 – 12.30	Nettlebed Common	Continue heathland management.	On site. Park at signposted sports ground off the B481 in Nettlebed.	Sally Rankin and Richard Turner	
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 e-mail).	Peter Keel and Geoff Bond	When parking, please avoid the bus stop as well as 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 Julia Booker	Allow 5-10 minutes to walk to the site from the car park.
Saturday 10 th 9.30 – 12.30	Flowercroft Wood	Clear brash from area adjacent to entrance gate and removing a fallen tree from pathway.	Meeting place is by the 5-bar gate on the track beyond Crosslanes Farm. See RA for further details.	Julia Booker and Martin Rhodes	Access is from Rotherfield Greys or Harpsden Road – some may prefer to park by Rotherfield Greys Church.
Thursday 15 th 9.30 – 12.30	Cleeve Water Meadow	Continue conservation tasks.	On site. Follow signs from A329, North of Streatley.	Keith May and Peter Keel	Allow 5-10 minutes to walk to the site from the car park.
Saturday 17 th 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 22 nd 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 24 th 9.30 – 12.30	Hurst Water Meadow	Maintenance tasks on riverside site	On site.	Martin Rhodes and Peter Keel	Turn left off A4074 north of Shillingford (signposted to Dorchester).
Thursday 29 th 9.30 – 12.30	Home Farm Wood	Continue clearing rhododendron and laurel.	On site, in field off Thanksgiving Lane in Binfield Heath.	Julia Booker and Keith May	Follow signs for parking – off Emmer Green Road.
Saturday 31 st 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	

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

November 2026

<i>Date & Time</i>	<i>Site</i>	<i>Activity</i>	<i>Meeting Place</i>	<i>Leaders</i>	<i>Notes</i>
Thursday 5 th 9.30 – 12.30	Common Wood	Conservation 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 7 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 12 th 9.30 – 12.30	Old Copse (WT)	Clearing vegetation to create glades	Is in the car park at Bishopswood	Julia Booker and Carol Speirs	Parking will be signposted from Horsepond Road.
Saturday 14 th 9.30 – 12.30	Tartary Wood	Clearing scrub/unwanted vegetation.	Park off road, near to entrance to wood.	Peter Keel and Richard Turner	Turn off the B481 South of Highmoor Cross onto Rocky Lane and follow signs.
Thursday 19 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	SPUD ROAST. Information from Tony Chandler nearer the date.
Saturday 21 st 9.30 – 12.30	Streatley Churchyard	Hedge trimming and general site maintenance.	On site. Follow signs from A329, north of Streatley.	Janet Fisher and Martin Rhodes	Use same car park as for Cleeve Water Meadow. Allow 10 mins to walk to site.
Thursday 26 th 9.30 – 12.30	Greys Court	Maintenance tasks.	Park as advised in the notification e-mail.	Peter Keel and Richard Turner	
Saturday 28 th 9.30 – 12.30	Dunsden Churchyard	Various tasks around the car park area.	Church car park.	Martin Rhodes and Peter Taylor	

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.

December 2026

Date & Time	Site	Activity	Meeting Place	Leaders	Notes
Thursday 3 rd 9.30 – 12.30	Old Copse (WT)	Clearing vegetation to create glades	Is in the car park at Bishopswood	Julia Booker and Carol Speirs	Parking will be signposted from Horsepond Road.
Saturday 5 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 10 th 9.30 – 12.30	Bottom Wood, Whitchurch.	Raking a grassland area to allow regeneration of orchids	On site. See risk assessment for more information and follow SCGG direction signs.	Sally Rankin and Peter Keel	
Saturday 12 th 9.30 – 12.30	Rokeby Rec	Tree planting, scrub removal and general maintenance.	On site. Follow the SCGG direction signs.	Martin Rhodes and Peter Taylor	Access is from A4074 Turn down Rokeby Drive between Pack Horse PH and Pack Saddle PH.
Monday 14 th lunchtime	SCGG Xmas	meal to be held at	Badgemore GC. Please	arrive between	12.00 & 12.30
Thursday 17 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 19 th 9.30 – 12.30	Old Copse (WT)	Clearing vegetation to create glades	Is in the car park at Bishopswood	Julia Booker and Carol Speirs	Parking will be signposted from Horsepond Road.
Thursday 24 th 9.30 – 12.30	NO	SESSION TODAY.	SO HAVE A GREAT	XMAS.	
Saturday 26 th 9.30 – 12.30	NO	SESSION TODAY.	SO HAVE A GREAT	XMAS.	
Thursday 31 st 9.30 - 12.30	Kingwood Common	Ongoing heathland maintenance.	On site. Park at Cherry Croft, Colmore Lane.	Sally Rankin and Guiseppe Scozzafava	



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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
BWW	Bottom Wood Whitchurch	650780	N 51.497300 W 1.064750	gently.galaxy.slice
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

<u>Key</u>	<u>Meeting Place</u>	<u>SU Grid</u>	<u>GPS</u>	<u>What Three Words</u>	
COW	Common Wood	650805	N 51.519526	W 1.064148	decently.stubble.outfit
CWD	College Wood	663809	N 51.523030	W 1.046458	remix.prompting.reckoned
CWM	Cleeve Water Meadow	596812	N 51.527149	W 1.141352	decently.imposes.elevate
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
EMA	Eversdown Middle Assenden	741857	N 51.565227	W 0.932358	dramatic.tourist.onlookers
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
HFW	Home Farm Wood	741789	N 51.504649	W 0.933685	persuade.recording.dissolve
HGF	Henley Gillotts Field	745815	N 51.527507	W 0.927474	regularly.warthog.textiles
HMM	Henley Mill Meadows	770817	N 51.529013	W 0.890891	unusable.moped.outlooks
HSH	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	import