

Healthy Activities

for all ages

in and around Sonning
Common



Introduction

Dr William Bird started the Health Walks in 1975 with the aim to improve people's fitness for both body and mind, by encouraging them to use their local countryside for walking. They remain very popular not only in Sonning Common but in many other counties in the UK.

My intention is to inform our community of the great choice of activities there is in Sonning Common and nearby. It is hoped this booklet might inspire the young and not so young to take up a new challenge, maybe as a family group or on your own, it is never too late to start. Research shows that exercise reduces the incidence of Dementia, Cancer, High Blood Pressure and Diabetes and helps to promote a healthy old age. Starting young increases the benefits and together with a healthy diet will help control obesity.

The activities are within a radius of about 4.0 km from the Health Centre. I would be happy to correct any omissions or errors, please email sue.HAT1999@gmail.com .

Sue Litchfield May 2018

Sonning Common Resident and SCHC patient/volunteer

Sonning Common Health
Centre has funded the
publication of this booklet.



Printed by Just Tickets

Mainly for children and parents

Fox Yoga

Yoga for children and families.

Contact email: foxyoga13@gmail.com or

Website: www.foxyoga.co.uk

Kennylands Gymnastics

Offer classes for girls and boys of all ages.

Bird Wood Court, Sonning Common, RG4 9RF

Contact phone 0118 9724401 Mobile 07846185905

Email: kennylandsgymnastics@hotmail.com

Komurakwai Aikido Club

Aikido is a modern Japanese form of self-defence and martial art that uses locks, holds, throws, and the 'attackers' own movements.

Kidmore End Hall

Friday Evenings, Juniors 6.30 -8.00 pm, Adults 8.00pm – 10.00 pm

Contact Rod Hayward 0118 9723860

Iinkai School Judo & Fundo Club 2018

Sonning Common Primary School, Grove Road, RG4 9RJ

Tel/Fax: 0118 9889899, Email: info@iinkai-judo.co.uk

Website: www.iinkai-judo.co.uk follow us on [Twitter.com/iinkaijudo](https://twitter.com/iinkaijudo)

On your bike

An annual bike ride through Oxfordshire's leafy lanes, starting and finishing from Sonning Common Primary School. Held in spring, usually April. For all ages.

Website: www.onyourbikesonningcommon.co.uk

Peppard Stoke Row Cricket Club

A family friendly local club. They have teams from U13's upwards competing in the Berkshire Youth Cricket League. Picturesque grounds at Peppard Common and Stoke Row.

Contact Gerry Bacon on 07785771847 for Senior players and Nichola Watts on 07880743112 for the Junior section.

Website: www.peppardstokerow.play-cricket.com

Peppard Lawn Tennis Club

Peppard Common, behind The Red Lion

Club nights on Tuesday and Thursday evening from 6.30 pm, also Sunday mornings. Coaching for children and more.

Website: www.peppardtennisclub.co.uk

Sonning Common & District Tennis Club

Two good quality tarmac courts, ideal for families, beginners or just playing with friends.

Bishopswood Sports Ground, Gallowstree Common Road.

Contact: info@sonningcommontennisclub.org

Website: www.sonningcommontennisclub.org

Sonning Common Judo Club

Kidmore End War Memorial Hall, Reades Lane, Sonning Common
Adults and Children, all levels

Wednesday 6pm – 7pm, Thursday 6pm-7pm, 7pm-8pm, Seniors:
8pm-9.30pm. Juniors school terms only.

Senior Judo on Thursdays 8pm-9:30pm is continuous

Contact Victoria Hayden Mobile 07411070777

Email: jimlawson@bushidozazen.com or toria.hayden@hotmail.co.uk

Sonning Common Primary School Swimming Pool

Sonning Common Primary School has an on-site swimming pool and our **Sonning Common Primary Swim School** offers lessons to all children (regardless of whether they attend the school or not).Contact

Email: swimming@sonning-common.oxon.sch.uk

Liz Sealey Email: liz.sealey@btinternet.com Phone 0118 9482917
or mobile 07842 210419 (texts welcome as she may be teaching).

Julie Barnett 0118 972250

Website: www.swimming@sonning-common.oxon.sch.uk

For adults – Outdoor activities

Abbey Rugby Club

Peppard Road, Emmer Green, RG4 8XA

Contact Phone 0118 9722881.

Website: <http://www.pitchero.com/clubs/readingabbey>

Couch to 5k

This is a running plan for absolute beginners.

Download the free [Couch to 5K podcasts](#) to your mobile device or computer.

Website: www.nhs.uk/Livewell/c25k/Pages/couch-to-5k.aspx

Green Gym

A great way to keep fit in the countryside and combine this with giving a helping hand in your community.

For further information phone 0118 9723528

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

Greys Green Golf Course

Greys Green Golf course is a unique, friendly & relaxed club. We offer both membership and pay and play options. For further information, please do not hesitate to contact us.

Dog Lane, Rotherfield Peppard, Henley-on-Thames, RG4 5JU

Phone: 01491 629967 Email: info@greysgreengolf.co.uk.

Website: <http://www.greysgreengolf.co.uk>

Informal Cycle Rides British Summer time only

Every Tuesday 6.30 pm and Sunday 10 am, meet at Sonning Common Health Centre. All levels welcome. On-road and off- road groups. Just turn up.

Kidmore End Cricket Club

New players are always welcome to play in any of our weekend or midweek teams. The club runs three senior Saturday teams in the Thames Valley Cricket League, Sunday friendlies.

The Hamlet, Gallowstree Common, Reading, RG4 9BU

Contact phone 0118 9724143 Website: <http://kidmoreendcc.co.uk>

Kidmore End Football Club

Sport-Mens 11 aside Football.

Team Name-Kidmore End/The Mod FC.

We play every Sunday from September through to the end of April (weather permitting). Our home ground is Kidmore End Cricket Club. Pre Season Training starts late July/early August. Contact can be made through our website: www.teamstats.net/themodfc

Kingwood Common Conservation Group

The group meets on the first Monday in a month and the third Saturday. We meet at Cherry Croft, Colmore Lane RG9 5NA Grid Ref SU696 829 at 09.45 and work until about 1.00pm.

Contact Matthew Davis Email: matthewdavis550@outlook.com or Mobile: 07990573220

On your bike

An annual bike ride through Oxfordshire's leafy lanes, starting and finishing from Sonning Common Primary School. Held in spring usually April. For all ages.

Website: www.onyourbikesonningcommon.co.uk

Parkrun

A free 5k jog/run for all ages and levels, nearest local run at Henley-on-Thames, every Saturday at 9.00 am.

Website: <http://www.parkrun.org.uk/henleyonthames/>

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Website: www.peppardstokerow.play-cricket.com

Rotherfield United Football Club

Bishopswood Sports Ground, Gallowstree Common

Sunday mornings 9-10 am

Contact Andy Tidswell on Mobile 07710875728 or

Email: andytidswell@gmail.com

Rotherfield Walking Football

Bishopswood Sports Ground every Wednesday morning at 10.30 am
and Monday evening at 6.30 pm

Contact Martin Smith on 07713981188 or

Email: sunshinetowers@hotmail.com

Sonning Common Cricket Club

Informal Friendly matches, Sundays

Contact Nick Pitson Phone 01491 411904 or

Email: welsh366@hotmail.com

Sonning Common & District Tennis Club

Two good quality tarmac courts, ideal for families, beginners or just playing with friends.

Bishopswood Sports Ground, Gallowstree Common Road.

Contact: info@sonningcommontennisclub.org

Website: www.sonningcommontennisclub.org

Sonning Common Village Gardeners

Meet outside the Village Hall at 10 am on the first Sunday and the third Thursday of every month. Just turn up.

Sonning Common Health Walks

The 'Health Walks' project was set up by Dr William Bird, a GP in the village of Sonning Common in Oxfordshire. The aim of the project was to improve people's fitness both in body and mind, by encouraging them to use their local countryside for walking.

For more information contact: Colin Phone 0118 9722527
or Email : chris.brook@sonningcommonhealthwalks.co.uk
or Website: www.sonningcommonhealthwalks.co.uk

South Oxon Archery Club

Based at Reading Abbey Rugby Club, Emmer Green
See on Facebook at: South Oxon Archery Club or
Website: www.SOAC.org.uk

For Adults – Indoor Activities

Chiltern Edge Squash and Racketball Club

Chiltern Edge School, Reades Lane, Sonning Common, RG4 9LN

Contact Nigel Spencer Email: n.spencer327@btinternet.com

or Carmen Murphy Email: cos24@cantab.net

Dance Aerobics

For all ages and abilities.

Monday and Wednesday evening. Monday at 6pm is Dance Aerobics.

Wednesdays at 6pm Fitsteps and other classes.

Contact Kayleigh Mobile 07970074683 or

Email: kayleighrixon@gmail.com

Functional Physio & Pilates

Numerous classes held during the week.

Sonning Common Health Centre, Wood Lane, RG4 9SW

Contact the surgery on 0118 9722745 to leave a message or

Email: info@funtionalphysio.co.uk

Website: <http://www.functionalphysio.co.uk/>

Fusion

Blending Yoga, Pilates, Ballet and the Alexander Technique in a new exercise class.

Peppard War Memorial Hall, Gallowstree Road, RG9 5JA

Wednesdays, 9.30-10.30 am

Website: www.cleanwellbeing.com

Fox Yoga

Yoga for children and families.

Contact email: foxyoga13@gamil.com or

Website: www.foxyoga.co.uk

Go Active Gold

Yoga on Thursday 10 am -11 am.

Senior Circuits on Mondays 10 am -11 am.

Both in the Village Hall.

Contact Simone Passeri on 07717326661

Email: simone.passeri@southvale.gov.uk

Indoor Bowls

At the village hall on Wednesday evenings, 8-10 pm, September – May.

Contact Pat Foster phone 0118 9723909

Komurakwai Aikido Club

Aikido is a modern Japanese form of self-defence and martial art that uses locks, holds, throws, and the ‘attackers’ own movements.

Kidmore End Hall

Friday Evenings, Juniors 6.30 -8.00 pm, Adults 8.00pm – 10.00 pm

Contact Rod Hayward 0118 9723860

Pilates ABC

Sonning Common on Wednesday 10 am and 6.30 pm

Contact Alyth Yelland Mobile 07521699265

Email: alyth@pilatesabc.co.uk

Website: www.pilatesabc.co.uk

Sonning Common Judo Club

Kidmore End War Memorial Hall, Reades Lane, Sonning Common
Adults and Children, all levels

Wednesday 6pm-7pm, Thursday 6pm-7pm, 7pm-8pm. Seniors: 8pm-9.30pm. Juniors school terms only.

Senior Judo on Thursdays 8pm-9:30pm is continuous

Contact Victoria Hayden Mobile 07411070777

Email: jimlawson@bushidozazen.com or toria.hayden@hotmail.co.uk

Sonning Common & Peppard Table Tennis Club

At Peppard War Memorial Hall, Gallowstree Road, Peppard

The club enters up to 8 senior teams in the Reading & District Table Tennis League

- Junior Coaching available Summer Practice sessions every other Thursday June – August
- Pre-season practice sessions every Thursday August - Mid September
- League playing season mid-September to April
- Junior coaching sessions every Monday evening 5pm-7pm

Contact: Nigel Maltby Email: N.Maltby587@btinternet.co.uk or phone 07587 670024.

Tai Chi

I am a member of the Chinese Internal Arts Association.

Monday 11am -12pm at The Pavilion, Kidmore End Cricket Club,
The Hamlet, Gallowstree Common, RG4 9B

Drop in Chen Style class - part of the Go Active Gold initiative.

Contact Mobile 07802347943 Email: debbiepage1961@gmail.com

Website: <http://www.debbiepage.org>

Time 4 Pilates

Classes in Sonning Common area Monday evening/Tuesday morning and evening/Thursday afternoon.

Beginners and Intermediates. Max 12 in group, 6 in Pregnancy classes. Private sessions also available. Block of 6 classes £66

Christine Brook – Member of Body Control Pilates Association.

Phone 0118 9242515 or Email: chris@time-4pilates.co.uk

Website: www.time4pilates.co.uk

Yudansha Karate - Sensei Jazz

Jazz McLearnie holds Karate lessons at the following halls.

Class timetable

Monday 3.45-4.45pm Peppard War Memorial Hall

Tuesday 5pm -6pm Nettlebed Village Hall

Wednesday 6pm-7pm Peppard War Memorial Hall

Thursday 5pm-6pm Nettlebed Village Hall

We are affiliated with the KUGB and only teach the Shotokan Karate Syllabus..

We also offer one to one tuition.

Contact phone 01235 850992 Mobile 07891511788

Email: yudanshakarate@btinternet.com

Website: <http://www.yudanshakarate.co.uk/>

Gyms

Henley Leisure Centre

Gillotts Lane, RG9 1PA

Phone: 01491 577909

Website: <https://www.better.org.uk/>

Henley Leisure Centre offers the local community a large range of facilities including a 50 station gym, 25m swimming pool, separate cycling and fitness class studio with over 20 classes per week, 4 court badminton hall, 2 squash courts, children's swimming lessons, Starbucks coffee bar, martial arts, gymnastics and 5 a side football. HEALTHWISE Physical Activity Referral Scheme.

The Club at Mapledurham

Chazey Heath, Mapledurham, Reading. RG4 7UD

Phone: 0118 9463353

Website: <https://www.theclubatmapledurham.com/>

State-of-the-art gym with: Cardio equipment, Weights, Functional training area, Studios offering over 125 classes per week, Holistic studio, Aerobic studio, Spin studio

Swimming pool

Championship 18 hole golf course (5,698 yards)

Badgemore Park Gym

Badgemore Park Golf Club

Badgemore

Henley on Thames

Oxfordshire

RG9 4NR

Telephone: 01491 637300

Email: info@badgemorepark.com

Website: <http://www.badgemorepark.com/focus/>

And for a healthy mind

Nottakwire

Nottakwire is a community singing group for anyone, with or without previous experience and/or musical skills, to sing with other like minded people. It is a voluntarily run, self-funding, members subscribe at each session attended which is £4.00 to cover the cost of the hall, tea/coffee, concert staging and recording.

Contact:Email: margaret.moola@btinternet.com

Facebook <https://en-gb.facebook.com/Nottakwire/>

Sonning Common Library

Grove Road
Sonning Common
RG4 9RH

Librarian is Rosemary Dunstan

Tel: 01189 722448

Email: sonningcommon.library@oxfordshire.gov.uk

Scrabble club, Fridays 10.00 -12.00

Gadget sessions, Thursdays 10.00-11.30

Jigsaw puzzles can be borrowed.