

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 Third Edition March 2020

Sonning Common Resident and Health Champion at SCHC

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



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Activities are coded as follows

A = Activities for adults only

AC = Activities for adults and children (some not together)

C = Activities for children

Mainly for children and parents

Active Leaders

'0-20' **AC**

Similar to 'Couch to 5k. Aim is to get group running for 20 minutes within 6 weeks. **5:30-6:30pm.** Monday 2nd, 9th, 16th, 23rd, 30th March and 6th April. To be held at the **Millennium Field** for Adults and children. Children under 13 must be accompanied by an adult.

EASTER FUN! **C**

10:00-12:00 and 1:00-3:00pm. On Tuesday 7th and Thursday 9th April, Tuesday 14th and Thursday 16th April. For Age 5 +.

MAY HALF TERM FUN AND GAMES AND ACTIVITIES FOR ADULTS AND CHILDREN **AC**

9:30-11:00am. Activities for all. From Tuesday 26th - Friday 29th May. For Adults and age 8+.

SUMMER FUN! **C**

10:00-12:00 and 1:00-3:00pm. On 28th, 29th, 30th **July.** 4th, 5th, 6th 18th, 19th, 20th, 25th, 26th, 27th **August.** For Age 5 +

The above will be held at Memorial Hall Field, Reades Lane unless otherwise stated.

All children must be accompanied by an adult for the entire session.

No booking necessary. All dates are for 2020.

Contact amanda@activeleaders.co.uk



DDA-DIVAS & DUDES Dance Academy

Classes Weds at St Michael's Hall between 4.00 - 7.30 pm for children aged 3-16 yrs. Tiny Toes Tap & Ballet for age 3 upwards.

ISTD Tap & Ballet, Street Dance age 4+

Website: www.ddacademy.co.uk Mobile: 07711087427

Email: steph@ddacademy.co.uk

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

Rod Hayward has now retired. Winter 2020

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

On your bike

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

Website for registration: www.onyourbikesonningcommon.co.uk

Peppard Stoke Row Cricket Club

A family friendly local club. They have teams from U13s 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 7.00 pm. 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 6 - 7 pm, Thursday 6 - 7 pm, 7 - 8 pm.

Seniors: 8 - 9.30 pm. Juniors school terms only.

Senior Judo on Thursdays 8 - 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 07842210419 (texts welcome as she may be teaching).

Julie Barnett 0118 972250

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

Sonning Common Youth Club

‘Ambition Quality’ youth club run by Sonning Common Parish Council. Sports, crafts, cooking and fun trips out offered to young people of the village and surrounding area. £1 entry (membership form must be completed by a parent/guardian.)

Youth Wing, Maiden Erlegh Chiltern Edge,

Reades Lane, Sonning Common.

School years 6-11

Tuesday 7-9pm (years 9-11)

Wednesday 6.30pm-8.30pm (years 6-8)

Contact: Sunny Smithers Email: Sunny.clubsc@gmail.com

www.facebook.com/sonningcommonyouthclub or www.clubsc.co.uk

Mainly adults – Outdoor activities

Abbey Rugby Club

Peppard Road, Emmer Green, RG4 8XA

Contact phone 0118 9722881.

Website: 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

The Green Gym was the brainchild of Dr. William Bird, a GP at Sonning Common Health Centre, in addition to the Health Walks. The pioneer group was set up in Sonning Common in 1998.

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: www.sonningcommon.tcv.org.uk

Greys Green Golf Course

Greys Green Golf course is a unique, friendly & relaxed club. Offers 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: 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: kidmoreendcc.co.uk

Kidmore End Football Club

Mens 11 aside Football.

The team name Kidmore End/The Mod FC.

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 the

Website: www.teamstats.net/themodfc/home

Kingwood Common Conservation Group

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

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 the spring usually March/April. **For all ages.**

Website for registration: 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: www.parkrun.org.uk/henleyonthames

Peppard Lawn Tennis Club

Peppard Common, behind The Red Lion

Club nights on Tuesday and Thursday evening from 7.00 pm. Coaching for children and more. Website: www.peppardtennisclub.co.uk

Peppard Stoke Row Cricket Club

A family friendly local club. They have teams from U13s upwards competing in the Berkshire Youth Cricket League. Picturesque grounds at Peppard Common and Stoke Row. Contact Gerry Bacon Mobile 07785771847 for Senior players and Nichola Watts on Mobile 07880743112 for the Junior section.

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 is to improve people's fitness both in body and mind, by encouraging them to use their local countryside for walking.

For more information contact: Chris on 0118 9242515

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

Walking Netball...

At Sonning Common Primary School **6:00-7:00pm.**

Monday 20th, 27th April. 4th, 11th, 18th May.

1st, 8th, 15th, 22nd, 29th June.

6th, 13th, 20th July. **All dates for 2020**

Contact amanda@activeleaders.co.uk No booking necessary.



Mainly for Adults – Indoor Activities

Caversham Squash Club @ Maiden Erlegh Chiltern Edge School

Contact Shaun Milne on Mobile 07889557769

Email: peccavi66@hotmail.co.uk Website: cavershamsquashclub.co.uk

Clean Well-Being

Blending Yoga, Pilates, Ballet and the Alexander Technique in a unique exercise class called Fusion.

Peppard War Memorial Hall, Gallowstree Road, RG9 5JA

Wednesdays 9.30 - 10.30 am

Website: www.cleanwellbeing.com

Dance Aerobics

Mondays at 10am is Fitsteps at Peppard memorial hall,

Mondays at 6pm is Dance Aerobics at Sonning Common Village hall,

Tuesdays at 6.15pm is Dance and Tone at Sonning Common Primary School,

Wednesdays at 6pm is Fitsteps at Sonning Common Village hall,

Fridays at 11am is Fitsteps at Peppard memorial hall,

Fridays at 12.30pm is Dance and Tone at Dunsden Village hall.

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 on 0118 4050089 to leave a message or book online via the website: www.functionalphysio.co.uk

Email: info@functionalphysio.co.uk

Fox Yoga

Yoga for children and families.

Contact Email: foxyoga13@gmail.com or

Website: www.foxyoga.co.uk

Generation Games AGE UK Oxfordshire's physical activity service.

For up to date activities visit Website: www.generationgames.org.uk

Phone: 01235 848403

Gentle Yoga

Held on Thursdays 10 - 11am at Christ the King Church Hall, Sedgewell Road. Website: www.serenyoga.com or Email: info@serenyoga.com.

Indoor - Short Mat Bowling

At the village hall on Wednesday evenings, 7.45 - 10 pm, Sept - April.

Contact Barry phone 0118 9724268 or Michael 01199723626

Line Dancing

Peppard War Memorial Hall, Gallowstree Road.

Thursdays 10 - 11 15 am. For beginners and improvers, all ages.

Contact Diane 07704588072 or Email: diane.moore7817@gmail.com

Low impact Keep Fit to Music for over 50s

Mondays 10 - 11 am. at Christ the King Hall, Sedgewell Road

All abilities welcome.

Contact Jo Cassells on 07776376497 or Email: jo.cassells@live.co.uk

Millstream Pilates

Classes at The Pavilion, The Hamlet, Gallowstree Common.

Wednesdays 10.30 - 11.30 am, Mixed Ability/Remedial Class

You may be looking for an effective way to exercise, strengthen the core muscles of the body and improve your posture. Contact Claire to discuss private lessons, classes or Body Control Pilates.

Call Millstream Pilates Mobile: 07801298978

Email: claire@millstreampilates.co.uk

Website : www.millstreampilates.co.uk

Pilates ABC

Sonning Common at the Kidmore End War Memorial Hall on

Wednesdays 10.00 am, 11.00 am and 6.30 pm

Contact Alyth Yelland Mobile 07521699265

Email: alyth@pilatesabc.co.uk Website: www.pilatesabc.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 Sept
- League playing season mid-September to April
- Junior coaching sessions every Monday evening 5 pm-7 pm

Contact: Nigel Maltby Email: N.Maltby587@btinternet.co.uk or phone 07587670024.

South Oxfordshire Go Active Gold

Updated activities: www.getoxfordshireactive.org or 01235 422226

Strength & Balance Generation Games Class

Held, Fridays 1.30 - 2.30 pm

At Sonning Common Village Hall, Cost: £4.00 - First session free.

Please call to book your place on 01235 849403.

Tai Chi

Mondays 11am - 12pm at The Pavilion, Kidmore End Cricket Club,
The Hamlet, Gallowstree Common,

Tuesdays 9.30 - 10.30am at Kidmore End War Memorial Hall, Reades
Lane,

Contact Mobile 07802347943 Email: debbiepage1961@gmail.com

Website: www.debbiepage.org

Time 4 Pilates

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

Beginners and Intermediates. Max 12 in group.

Antenatal classes and Postnatal classes (with Babies) - max 6 in group.

Private sessions also available .

Christine Brook – Member of Body Control Pilates Association.

Phone 0118 9242515 or Email: chris@time4pilates.co.uk

Website: www.time4pilates.co.uk

Yudansha Karate - Sensei Jazz

Jazz McLeerie holds Karate lessons at the following halls.

Class timetable

Monday 3.45 pm - 4.45 pm Peppard War Memorial Hall

Tuesday 5 pm - 6 pm Nettlebed Village Hall

Wednesday 6 pm - 7 pm Peppard War Memorial Hall

Thursday 5 pm - 6 pm Nettlebed Village Hall

Contact phone 01235 850992 Mobile 07891511788

Email: yudanshakarate@btinternet.com

Website: www.yudanshakarate.co.uk

Gyms

Henley Leisure Centre

Gillotts Lane, RG9 1PA

Phone: 01491 577909

Website: 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: 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: www.badgemorepark.com/focus

And for a healthy mind

Chiltern Edge Orchestra

We are a small (about 30 members) orchestra meeting on Tuesday evenings at Maiden Erlegh Chiltern Edge during term time from September until the end of May.

Website: www.chilternedgeorchestra.org.uk or contact

Ruth Winchester: ruth@segment.co.uk Phone: 0118 9722164

Nottakwire

Nottakwire is a Sonning Common based singing group, for anyone with or without previous experience and/or musical skills, who would like to sing with other like-minded people. It is voluntarily run, self-funding and all costs are covered via a member subscription of £3 for each session attended. The group is very friendly, relaxed and supportive and we have great fun. We are now in our tenth year and have held regular fund-raising events, the proceeds of which have been donated to groups in the village, to UK charities and occasionally abroad as well.

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

Phone: 0118 9722448

Email: sonningcommon.library@oxfordshire.gov.uk

Scrabble club, Fridays 10.00 - 12.00 noon

Gadget sessions, Thursdays 10.00 - 11.30 am

Jigsaw puzzles can be borrowed.

Large print, short stories for those with Dementia are available.