

Lonely? You're not alone

At any age it is good to: - Meet new people - Learn a skill

Work in a group - Find a purpose - Volunteering.

These are all things that could help conquer loneliness. The first step is the hardest.

Organisations that offer help and some list social activities

AGE UK WWW.communitynetworkdirectory.org.uk

AGE UK Phone Friends Website:- www.ageuk.org.uk/oxfordshire Email :-
phonefriends@ageukoxfordshire.org.uk or phone 03454501276

BBC Article on loneliness, you can feel lonely at any age.

<https://www.bbc.co.uk/news/stories-45561334>

Campaign against Loneliness <https://www.campaigntoendloneliness.org>

Living Well <https://livingwell.oxfordshire.gov.uk>

MIND Website:- <https://www.mind.org.uk> Phone 01865 247788

Email:- info@oxfordshire-mind.org.uk

Opening hours Monday to Friday: 9.30am-4.30pm

Which? How to get help for loneliness <https://www.which.co.uk/after-life-care/home-care/loneliness/how-to-get-help-for-loneliness-avwgk8f93mym>

The following are local organisations, clubs or societies that offer social events which would help if you are feeling lonely. Most also welcome new volunteers who are much needed – just get in touch. This leaflet doesn't cover everything available but gives ideas and links to get started.

Chiltern Edge Horticultural Society (CEHS)

Your local gardening club serving Sonning Common, Peppard and the surrounding area.

The Society was formed in 1959 and has membership of about 150.

The Society holds evening talks during the winter months and coach trips to interesting gardens during the summer. We hold two flower and produce shows a year and a summer garden reception for members and guests.

We are a friendly bunch, always happy to welcome new members so why not come along to one of our winter talks or shows and give us a try. Then you might like to become a full member of the Society (annual cost £6). You don't need any qualifications to join – just an interest in gardens and/or growing things..

Phone:- Nigel Crush Chairman on 01189722167 or Email:- ncrush@hotmail.com

Email: cehsociety@outlook.com

Film Club (Sonning Common)

Organiser: Age UK Oxfordshire

Screening of a classic film with a cup of tea and cake for £3.50

Monthly - 4th Week Month (Thursdays), 2pm - 4pm in Sonning Common Village Hall, RG4 9SL

Phone Rachel Poole 07827 235 460 or Email:- rachelpoole@ageukoxfordshire.org.uk

FISH

Operates from Springhill, Kennylands Road, Sonning Common, RG4 9NT.

FISH Volunteer Home Visitors. Do you feel you sometimes spend too much time by yourself? Would you like to have a regular friendly visitor. Call the FISH Volunteer centre.

FISH Provide transport through a network of private car drivers their minibus.

Run trips out - both for shopping and leisure.

Monthly Afternoon Tea parties

Afternoon Tea with entertainment and a free raffle. For residents of Sonning Common and the surrounding villages. Transport possible but please contact ahead of the Tea Party to arrange.

Monthly - 2nd Week of Month (Mondays), 2pm - 4pm

If you would like to use of any of the services FISH offers, or would like to offer your time as a volunteer, they would love to hear from you.

The office is open Monday-Friday from 9.30-11.30, contact details

Telephone: 0118 972 3986

Email:- office@fishvolunteercentre.org.uk

Green Gym

Working with the Sonning Common Green Gym is a great way to be active and stay fit both physically and mentally (increasingly important as we are living longer). At the same time by undertaking various tasks and projects we are able to help the community and the environment. The Green Gym is also a great way to learn new skills and meet like-minded people. We are open to participants of all ages and ability (the only restriction is that under 16's need to be accompanied by an adult). We also have Duke of Edinburgh students from time to time.

We're a friendly group and there's ample time to catch up with how everyone is getting on at the morning coffee and cake sessions. Further information phone 0118 9723528

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

'Healthy Activities for all ages in and around Sonning Common' Booklet is available at the Health Centre, Day Lewis, Library and Dentist this will give you other activity ideas for meeting people.

Health Walks

Email:- chris.brook@sonningcommonhealthwalks.co.uk

Website: - <http://www.sonningcommonhealthwalks.co.uk/>

The 'Health Walks' project was set up by Dr William Bird, a GP in Sonning Common. 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. Together with Val Lunn, a local fitness instructor, Dr William Bird promoted the project which has now grown into a very successful scheme that has been adopted nationwide. A good way to get to know new people.

Kingwood Common Conservation Group

The Kingwood Common Conservation Group runs as part of the Chiltern Society helping to maintain diverse wildlife, historic heritage and public access to our local common.

The group meets on the first Monday and the third Saturday in a month. We meet at 09.45 and work until about 1.00pm. We use hand tools, chiefly saws, rakes, scythes. We stop for coffee & a chat at 11.00, and may visit a pub after "down tools".

Outdoor exercise is good for body and mind. Volunteers don't need experience. We aim to provide a variety of tasks to avoid boredom and ease tired muscles.

You could walk or cycle there and may be able to get a lift from Sonning Common. Contact our group leader Matthew Davis to obtain details of the next work party. You can come for all or part of a session and we can provide maps which will allow you to find us if you can't be there at the start time.

Email: - matthewdavis550@outlook.com Phone: - 07990 573220

Nettlebed Lunch Club

Contact:- Sue Abbott to book, Phone number: 07968870408

Held at Nettlebed village hall on the 1st Tuesday of the month at 12.30, the cost is £5.00 for a two course lunch and coffee. There is a free coffee morning on the 3rd Tuesday of the month 10.30-12. Carers and those affected by Dementia are very welcome.

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.

Every other week on Fridays 9.45-11.30 am in Sonning Common Village hall.

Contact:- Margaret Moola Phone:- 0118 9721248 or Email: margaret.moola@btinternet.com

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

Rotherfield Peppard Lunch Club

The lunch club meet monthly at Peppard War Memorial Hall at 12.30 to 14.30. We look forward to seeing our current and new members. Further information can be obtained by contacting 01491 628677

Snack & Chat

Free monthly Snack and Chat lunch at St Michael's church hall (behind the church), Peppard Road. These take place on the 3rd Tuesday of the month at 12.30pm. Come alone or with friends to enjoy a bowl of home made soup, bread and slice of cake while having a chat. For more information phone: 0118 9723418, email: stmichaels.rc@hotmail.co.uk. For up to date information check our weekly newsletter at www.saintmichaelsonningcommon.org.uk.

Sonning Common Library

Grove Road, Sonning Common

Librarian is Rosemary Dunstan

Tel: 01189 722448 Email: sonningcommon.library@oxfordshire.gov.uk

Scrabble club, Fridays 10.00 -12.00

Gadget sessions (help with smart phones, tablets and laptops), Thursdays 10.00-11.30

Jigsaw puzzles can be borrowed.

Sonning Common Lunch Club

Phone Freda 01189722924

Held in the village hall on the 2nd Wednesday in the month from 12.30.

The cost is £3.50 for a main course and pudding. Carers and those affected by Dementia are very welcome.

Sonning Common Village Gardeners

A very friendly group of gardeners.

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

The Ark - Springwater Peppard Congregational Church -

The Ark is a warm, friendly and welcoming group for parents/carers with toddlers aged 1-3 (up to the term of 3rd birthday). The session operates on a Wednesday morning between 10.00 and 12.00. During the sessions, we provide lots of fun activities to do. These include crafts, construction, role play and a book corner. We have a great music time followed by outside or inside play with relevant toys. If you would like more information, please contact the church office on 0118 9724519 or why not pop in and see it for yourself?

The Peppard Baby and Toddler Group is open Tuesday 9.30-11.30 (term time) at the Peppard Memorial Hall.

Run by a friendly group of volunteers we have craft activities, snack time and we always finish with a story and songs. In the summer we have the use of the wonderful garden which is fully enclosed. Sustenance for carers is also provided in the form of hot drinks and biscuits

It costs just £3 per family or £1 for under 1's.

If you would like more information, you can find us on Facebook or call Catherine on 01491 640861.

WI Peppard

Since 1919 Peppard W.I. has been offering women in the area opportunities to enjoy friendship, good speakers and education.

Visitors are welcome on the 2nd Wednesday of the month at 2 p.m. at Peppard War Memorial Hall

For local information contact: Irene Lindsay Phone 0118 947 8392 or Ruth Whitaker Phone 0118 972 2704

WI Sonning Common

Meet on the 3rd week in the month, Thursdays at 7.30 pm in Sonning Common Village Hall.

Coffee Morning Monthly - 1st Week of Month (Wednesdays), 10.30am - 12pm in the Village Hall

A Comment written by a member

I joined the WI at Sonning Common last year. I moved from Kent to be near my family. Giving up a job that I loved, the move and leaving old friends, was a huge step. My daughter-in-law recognised that I needed to meet new people. Her friend's mother is a member of Sonning Common WI and she invited me to go to a meeting. I was very apprehensive on the first evening but was overwhelmed by the atmosphere of kindness and the welcome. At no time was I left to my own devices and from the first moment I began to make friends.

WI Sonning Common Information and Advice Drop-in

Organiser: Age UK Oxfordshire **Rachel Poole** 07827 235 460 Email:-rachelpoole@ageukoxfordshire.org.uk

Whether you want to meet people, find out about a local computer or exercise class, get help at home, find out about benefits or volunteer in your local community, the Community Information Network is there to help you.

Monthly - 1st Week of Month (Wednesdays), 10.30am - 12pm Village Hall, Wood Lane, Sonning Common,