

# 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](mailto: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.



Printed by Just Tickets

## 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 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> March and 6<sup>th</sup> 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 7<sup>th</sup> and Thursday 9<sup>th</sup> April, Tuesday 14<sup>th</sup> and Thursday 16<sup>th</sup> 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 26<sup>th</sup> - Friday 29<sup>th</sup> May. For Adults and age 8+.

**SUMMER FUN!** **C**

**10:00-12:00 and 1:00-3:00pm.** On 28<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> **July.** 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup> **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](mailto: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](http://www.ddacademy.co.uk) Mobile: 07711087427

Email: [steph@ddacademy.co.uk](mailto:steph@ddacademy.co.uk)

## **Fox Yoga**

Yoga for children and families.

Contact email: [foxyoga13@gmail.com](mailto:foxyoga13@gmail.com) or

Website: [www.foxyoga.co.uk](http://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](mailto: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 attacker's movements.

Kidmore End Hall

Friday Evenings, Juniors 6.30 - 8.00 pm, Adults 8.00 - 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](mailto:info@iinkai-judo.co.uk)

Website: [www.iinkai-judo.co.uk](http://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](http://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](http://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](http://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](mailto:info@sonningcommontennisclub.org)

Website: [www.sonningcommontennisclub.org](http://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](mailto:jimlawson@bushidozazen.com) or [toria.hayden@hotmail.co.uk](mailto: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](mailto:swimming@sonning-common.oxon.sch.uk)

Liz Sealey Email: [liz.sealey@btinternet.com](mailto: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](http://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](mailto:Sunny.clubsc@gmail.com)

[www.facebook.com/sonningcommonyouthclub](http://www.facebook.com/sonningcommonyouthclub) or [www.clubsc.co.uk](http://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](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](http://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](http://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](mailto:info@greysgreengolf.co.uk).

Website: [www.greysgreengolf.co.uk](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: [kidmoreendcc.co.uk](http://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](http://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](mailto: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](http://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](http://www.parkrun.org.uk/henleyonthames)

## **Peppard Lawn Tennis Club**

Peppard Common, behind The Red Lion

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## **Peppard Stoke Row Cricket Club**

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Website: [www.peppardstokerow.play-cricket.com](http://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](mailto: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](mailto:sunshinetowers@hotmail.com)

## **Sonning Common Cricket Club**

Informal friendly matches, Sundays. Contact Nick Pitson Phone 01491 411904 or Email: [welsh366@hotmail.com](mailto: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](mailto:info@sonningcommontennisclub.org)

Website: [www.sonningcommontennisclub.org](http://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](mailto:chris.brook@sonningcommonhealthwalks.co.uk)

or Website: [www.sonningcommonhealthwalks.co.uk](http://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](http://www.SOAC.org.uk)

## Walking Netball...

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

Monday 20<sup>th</sup>, 27<sup>th</sup> April. 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> May.

1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June.

6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> July. **All dates for 2020**

Contact [amanda@activeleaders.co.uk](mailto: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](mailto:peccavi66@hotmail.co.uk) Website: [cavershamsquashclub.co.uk](http://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](http://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](mailto: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](http://www.functionalphysio.co.uk)

Email: [info@functionalphysio.co.uk](mailto:info@functionalphysio.co.uk)

## **Fox Yoga**

Yoga for children and families.

Contact Email: [foxyoga13@gmail.com](mailto:foxyoga13@gmail.com) or

Website: [www.foxyoga.co.uk](http://www.foxyoga.co.uk)

## **Generation Games AGE UK Oxfordshire's physical activity service.**

For up to date activities visit Website: [www.generationgames.org.uk](http://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](http://www.serenyoga.com) or Email: [info@serenyoga.com](mailto: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](mailto: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](mailto: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](mailto:claire@millstreampilates.co.uk)

Website : [www.millstreampilates.co.uk](http://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](mailto:alyth@pilatesabc.co.uk) Website: [www.pilatesabc.co.uk](http://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](mailto:N.Maltby587@btinternet.co.uk) or phone 07587670024.

## **South Oxfordshire Go Active Gold**

Updated activities: [www.getoxfordshireactive.org](http://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](mailto:debbiepage1961@gmail.com)

Website: [www.debbiepage.org](http://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](mailto:chris@time4pilates.co.uk)

Website: [www.time4pilates.co.uk](http://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](mailto:yudanshakarate@btinternet.com)

Website: [www.yudanshakarate.co.uk](http://www.yudanshakarate.co.uk)



## Gyms

### Henley Leisure Centre

Gillotts Lane, RG9 1PA

Phone: 01491 577909

Website: [www.better.org.uk](http://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](http://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](mailto:info@badgemorepark.com)

Website: [www.badgemorepark.com/focus](http://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](http://www.chilternedgeorchestra.org.uk) or contact

Ruth Winchester: [ruth@segment.co.uk](mailto: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](mailto: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](mailto: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.