

Healthy Activities

for all ages

in and around

Sonning Common



Introduction

Dr William Bird started the Health Walks in 1975 with the aim of improving 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 also in many other areas.

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 km from the Health Centre. I would be happy to correct any omissions or errors, please email sue.HAT1999@gmail.com .

Sue Litchfield Fourth Edition March 2022.

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/or children

C = Activities for children

Mainly for children and parents

Active Leaders **AC**

We like to do all we can to keep the village active and help young people become Active Leaders and Junior Active Leaders. You can find out more about our courses on our Website: www.activeleaders.co.uk and you can Email: info@activeleaders.co.uk if you are interested in joining our courses or becoming an accredited Active Leader Trainer. Please also see our Facebook page: [@activeleaderssonningcommon](https://www.facebook.com/activeleaderssonningcommon) to see updates of local activities, such as walking netball.

DDA-DIVAS & DUDES Dance Academy **C**

Classes Wednesdays at St Michael's Hall
4.15 – 4.55 pm Pre Primary Tap & Ballet
5.10 – 5.55 pm Contemporary & Lyrical Jazz(11yrs+)
6.00 – 7.15 pm Grade 5 Tap & Grade 4 Ballet and Pointe Prep
Website: www.ddacademy.co.uk Phone: 07711 087427
Email: steph@ddacademy.co.uk

Flow with Frey **AC**

Peppard Cricket Pavilion
Teens yoga class on Fridays 2.45-3.45 pm
She also runs one to one classes and goes to clients' homes to do this.
Email: flowwithfrey@gmail.com Website: www.flowwithfrey.co.uk
Phone: 07469 205922 Instagram: @flow.with.frey

Kennylands Gymnastics **C**

Offers classes for girls and boys of all ages.
Bird Wood Court, Sonning Common, RG4 9RF
Email: enquiries@kennylandsgymnastics.com

Kidmore End Cricket Club

Junior Cricket - Weekly training for boys and girls ages 4-15 on Fridays.

Contact: Jake Leach Phone: 07584 091101

Email: jake.leach1997@gmail.com. Website: kidmoreendcc.co.uk

Girls Cricket – Weekly training for girls ages 8-15 on Tuesdays
6.15 pm - 7.45 pm Contact Jules Cook Phone: 07717 000761

Email: jules.c.cook@gmail.com

The club runs three senior Saturday teams in the Thames Valley Cricket League, Sunday friendlies. The Hamlet, Gallowstree Common, Reading, RG4 9BU

Kidmore End Football Club

Squad members have been training and playing competitive football for the past 2-3 years. This small friendly family club is run and managed by the parents and coaches.

This will be our first season playing 7-a-side matches, having played 5-a-side for the last 2 seasons. Training is usually on a Wednesday at 5:30-6.30 pm, based at Kidmore End Cricket Club.

Contact Phone: 07776 256801 or Email kidmorefc@gmail.com

Iinkai School Judo & Fundo Club

Sonning Common Primary School, Grove Road, RG4 9RJ

Wednesdays from 15.30 to 16.20 pm

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 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 league teams from U9s upwards competing in Berkshire & Oxfordshire Youth Cricket Leagues. Over 200 Juniors ranging from U6 to U19 that train mainly on Sunday mornings and Friday nights. Picturesque grounds at Peppard Common and Stoke Row. Contact Nichola Watts on 07880 743112 for the Junior section and Gerry Bacon on 07785 771847 for Senior players.

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 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

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. £2 entry (membership form must be completed by a parent/guardian.)

Youth Wing, Maiden Erlegh Chiltern Edge,

Reades Lane, Sonning Common.

School years 6-11

Wednesday and Thursday 6.30 pm-8.30 pm

Contact: Sunny Smithers Email:

youthleader@sonningcommonparishcouncil.gov.uk

www.facebook.com/sonningcommonyouthclub or

www.sonningcommonparishcouncil.gov.uk/youthclub

Mainly adults – Outdoor activities

Abbey Rugby Club

Peppard Road, Emmer Green, RG4 8XA

Reading Abbey was born in the early 1950s as a youth side meeting the playing demand of boys who went to non-rugby playing schools

Contact phone: 0118 9722881. Email: support@abbeyrfc.co.uk

Website: <https://readingabbeyrfc.rfu.club/>

Active Leaders

They like to do all they can to keep the village active and help young people become Active Leaders and Junior Active Leaders. You can find out more about the courses on their Website: www.activeleaders.co.uk and you can email: info@activeleaders.co.uk if you are interested in joining courses or becoming an accredited Active Leader Trainer.

Please also see Facebook page: [@activeleaderssonningcommon](https://www.facebook.com/activeleaderssonningcommon) to see updates of local activities, such as walking netball.

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 9724228.

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. Dog Lane, Rotherfield Peppard For further information, contact them. Phone: 01491 629967
Email: info@greysgreengolf.co.uk. Website: www.greysgreengolf.co.uk.

Informal Cycle Rides

Every Tuesday 6.30 pm and Sunday 9.30 am (all year), meet at Sonning Common Health Centre. All levels welcome. On-road and off-road groups. Just turn up.

Kidmore End Cricket Club

Junior Cricket - Weekly training for boys and girls ages 4-15 on Fridays. Contact: Jake Leach Phone: 07584 091101

Email: jake.leach1997@gmail.com. Website: kidmoreendcc.co.uk

Girls Cricket – Weekly training for girls ages 8-15 on Tuesdays 6.15 pm - 7.45 pm Contact Jules Cook Phone: 07717 000761

Email: jules.c.cook@gmail.com

The club runs three senior Saturday teams in the Thames Valley Cricket League, Sunday friendlies. The Hamlet, Gallowstree Common, Reading, RG4 9BU.

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 09.00 am and work until about 12.00 pm with a coffee break.

Contact Matthew Davis Email: matthewdavis550@outlook.com or Phone: 07990 573220

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

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Website: www.peppardstokerow.play-cricket.com

Rotherfield United Football Club

Bishopswood Sports Ground, Gallowstree Common

Contact Andy Tidswell on Phone: 07710 875728 or

Email: andytidswell@gmail.com More information at

www.rotherfieldfc.co.uk

Rotherfield Walking Football Club

Bishopswood Sports Ground. Mondays 6-7 pm. Thursdays 10-11 am

Open to men and women aged 50+ Cost £3 per session

Contacts Ian Massey Email: ian.massey28@gmail.com or

Martin Smith 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 at Bishopswood Sports Ground, Gallowstree Common Road. Contact: info@sonningcommontennisclub.org
Website: www.sonningcommontennisclub.org

Sonning Common Village Gardeners

VGs keep the flower beds and tubs in the village tidy and colourful!
They are all volunteers - More are always welcomed!
Gardening skill & knowledge not essential - Helpful guidance is always nearby. No commitment required - Just turn up.
When? - Normally 1st Sunday and 3rd Thursday each month, unless the weather is really dire. Just show up at 10 am for about an hour.
Where? - Outside the Post Office.
New volunteers can contact. Phone 0118 972 2141 or
Email: enquires@scvg.uk before attending.

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 9722609
or Email: chris.brook@sonningcommonhealthwalks.co.uk
or Website: www.sonningcommonhealthwalks.co.uk

South Oxon Archery Club

Based at Reading Abbey Rugby Club, Soac South Oxon Archery Club Peppard Road Emmer Green. Contact: Phone: 0118 9477245
Email: soacenquiries@gmail.com Website: www.SOAC.org.uk
Facebook at: South Oxon Archery Club.

Mainly for Adults – Indoor Activities

Caversham Squash Club @ Maiden Erlegh Chiltern Edge School

Contact Shaun Milne on Phone: 07889 557769

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

Clean Well-Being exercise classes and exercise therapy.

Exercise classes: blending Yoga, Pilates, Ballet and the Alexander Technique in a range of online and in-person exercise classes.

Exercise therapy (one-to-one): a simple, effective way of helping your body recover from injury *and* prevent it happening in the future.

Peppard War Memorial Hall, Gallowstree Road, RG9 5JA

Phone: |07764 166112 Email: joanna@cleanwellbeing.com

Bookings www.cleanwellbeing.com/bookings

Wednesdays 9.30 am Website: www.cleanwellbeing.com

Dance Aerobics

Monday 10 am Fitsteps at Peppard Memorial Hall

Monday 6 pm Dance Aerobics at Sonning Common Village Hall

Tuesday 5.30 pm Dance and Tone at Dunsden Village Hall

Wednesday 6 pm Fitsteps at Sonning Common Village Hall

Thursday 10 am Fitsteps at Kidmore End Memorial Hall

Thursday 11 am Stretch and Tone at Kidmore End Memorial Hall

Thursday 6 pm Dance Aerobics at Kidmore End Memorial Hall

Contact Kayleigh Phone 07970074683 or

Email: kayleighrixon@gmail.com or via Facebook page Dance Fit Fun.

Flow with Frey

Peppard Cricket Pavilion

Teens yoga class on Fridays 2.45-3.45 pm

She also runs one to one classes and goes to clients' homes to do this.

Email: flowwithfrey@gmail.com Website: www.flowwithfrey.co.uk

Phone: 07469 205922 Instagram: @flow.with.frey

Functional Physio & Pilates

Face to face classes are suspended until further notice.

Zoom Classes: Tues 6 pm with Jo. Thursday 9.30 am with Catherine

Both are run in 6 week blocks @ £48 per block. Under normal circumstances, they run face to face classes with a maximum of 10 per class in a well ventilated hall. Blocks are 6 weeks @ £70 per block

Phone: 0118 4050089 Email: info@functionalphysio.co.uk

Website: www.functionalphysio.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

Monday nights at Queen Anne's **Hatha Yoga** 7.30pm 1hr

Wednesday morning at Shiplake Memorial Hall **Gentle Yoga** 10 am 1hr

Online classes are also available via Zoom on Tuesdays at 6 pm and Wednesdays at 5.15 pm. More details here: 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 Colin phone 0118 9722193 or Gloria 0118 9723610.

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 07776 376497 or Email: jo.cassells@live.co.uk

Pilates ABC

At Peppard War Memorial Hall, Gallowstree Road Peppard Common on
Wednesdays 8.50 - 9.50 am, 9.55 am - 10.55 am

Contact Alyth Yelland phone: 07521 699265

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.

Contact: Nigel Maltby Email: n.maltby587@btinternet.co.uk or
Phone: 07587 670024.

South Oxfordshire Go Active Gold

Updated activities: www.getoxfordshireactive.org or Phone: 07717 836750

Sport In Mind

This is a local charity. It is to support people's mental health, to provide a place and time to relax and move gently. Joanna runs **Stretch & Relax class** on Wednesdays at 1.30 pm at Springwater Church on Blounts Court Road, RG9 5EU.

Contact Beth for class details Phone: 07760958668

Website: www.sportinmind.org

Generation Games

9 Napier Court, Barton Lane, Abingdon, Oxfordshire, OX14 3YT

Phone: 01235 849403 Website: <https://generationgames.org.uk> for more activity information.

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 9722609 or Email: chris@time4pilates.co.uk

Website: www.time4pilates.co.uk

Yudansha Karate – Sensei Jazz

Jazz McLearnie holds Karate lessons at Peppard War Memorial Hall

Class timetable

Monday 3.45 pm - 4.45 pm Peppard War Memorial Hall

Monday 5 pm – 6 pm Peppard War Memorial Hall

Wednesday 6 pm - 7 pm Adults Peppard War Memorial Hall

Contact phone 01235 850992 Email: yudanshakarate@btinternet.com

Phone: 07891 511788 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

Harmony Singing Group

Barry Wood, Clive Mills and Bernard Winnington decided to start the group after their previous group, Nottakwire, folded in November after 10 years.

The group rehearses every Thursday at Peppard War Memorial Hall with the doors opening at 13.15pm and singing from 13.45pm followed by tea and cake until 17.00. For more information, call Barry Wood on 01491 629982.

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, other times can be arranged.

Jigsaw puzzles can be borrowed.

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