

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.

August 2023

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>

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.. Email:- cehs561@gmail.com

Website <https://www.cehs.co.uk>

FISH

Operates from 82 Lea Road, Sonning Common, RG4 9LT.

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 9724228

Website:-<http://sonningcommon.tev.org.uk>

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 13.20pm and singing from 13.45pm followed by tea and cake until 17.00. For more information, call Mr Barrie Wood on 01491 629982.

Healthy Activities for all ages in and around Sonning Common Booklet

New edition 2022 is available at the Health Centre, Day Lewis and Library this will give you other activity ideas for meeting people.

Health Walks

Phone:- 0118 972 2609 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.

Outdoor exercise is good for body and mind. Volunteers don't need experience. The main task of the group is to restore and maintain the network of open glades that support a wide range of important heathland and acid grassland species. There is a varied work programme including bracken and bramble clearance, woodland thinning, wildlife monitoring and footpath and bridleway improvements.

Meeting place: Meet at Cherrycroft, Colmore Lane, Kingwood Common, RG9 5NA, Grid Reference SU696829

No special skills are needed, just come with your boots, old clothes and some work gloves if you have them.

Give Volunteering a try – it's great for your wellbeing and a fabulous way to get active, learn more about the environment, enjoy what we have so close to us, and have fun with like-minded people.

Meet one Thursday and one Saturday of each month 10am-1pm

Meeting and parking at Cherrycroft, RG9 5NA

Interested?

For more information and to register your interest in attending, you can email

getinvolved@chilternsociety.org.uk or call us on 01494 771250 to find out more about this role.

Nettlebed Lunch Club

Contact:- Sue Abbott to book, Phone number: 07968870408. **Email:** susan@theabbotts.co.uk

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 with tea or coffee.

There is a free coffee morning on the 3rd Tuesday of the month 10.00-11.15.

Carers and those affected by Dementia are very welcome.

Peppard Lunch Club

The lunch club meet monthly at Peppard War Memorial Hall at 12.00 to 14.30. Everyone aged 70 and over is very welcome to join us. It's £6 a meal. Give Betty Butler a call on 01491 681780 or Valerie Ross 01491 628677.

Snack & Chat

Free monthly Snack and Chat lunch at St Michael's church hall (behind the church), Peppard Road. For more information phone: 0118 9723418, email: stmichaels.rc@hotmail.co.uk. For up to date information check 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, other times to suit.

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

Keeping the village flower beds tidy and colourful! On the 1st Sunday and 3rd Thursday each month. 10am outside the Village Hall for about one hour.

Email:- enquiries@scvg.uk or phone (0118) 972 2141.

Website:- SonningCommonVillageGardeners.uk

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. If you are interested in joining us phone Irene Lindsay 0118 947 8392 or Ruth Whitaker 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.

Age UK Oxfordshire – Community Link Workers Rachael and Abbie will attend some of the Coffee Mornings. They work alongside your GP and other practice clinicians and can help you connect to all the services, support activities and opportunities that exist locally.

Phone 01235 849445 or Email: communitylink.schc@nhs.net