



Welcome to the Pioneering Care Centre's monthly What's On guide. To find out more or book your place please call 01325 321234 or email: enquiries@pcp.uk.net

We hope to see you soon...

Monday

Colour Your Life - Members Art Group A self led art session, supported by volunteers, allowing members to come along and be creative using their own art materials. New members are welcome. Cost: £3.00 donation	10.00 - 12.00
Beginners Cycling Enjoy the health benefits of cycling whilst building up cycling and road confidence. Equipment provided. Ran by Durham County Council and led by trained marshals. Cost: Free	10.00 - 12.00
Advanced Cycling For more experienced cyclists, rides can be over 20 miles. Cost: Free	13.00 - 15.00
Mixed Hydropool Session Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. Cost: £6.80 (£4.60 concession)	13.00 - 14.00 17.15 - 18.15 19.30 - 20.30
Dementia Café Do you have dementia or know someone with dementia? Come along to your local memory cafe, at the Pioneering Care Centre, bi-weekly. Monday 12th February & Monday 26th February.	14.00 - 16.00
Parent & Toddler Hydropool Session A friendly session in the warmth of our hydrotherapy pool; an ideal way to build your child's swimming confidence. Cost: adult £6.80 (£4.60 concession) child £2.50	15.00 - 16.00
Ladies Only Hydropool Session Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. Cost: £6.80 (£4.60 concession)	16:15 - 17:15
Weight Watchers Learn everything you need to know about losing weight and keeping it off! Cost: Registration fee & weekly fee payable.	17.00 - 18.00 18.30 - 19.30

Tuesday

Water Workout Gentle exercise in water. Burns fat and tones the body but is softer on the joints. Cost: £6.80 (£4.60 concession)	9.00 - 10.00
Weight Watchers Learn everything you need to know about losing weight and keeping it off! Cost: Registration fee & weekly fee payable.	9.30 - 10.30
Health Walk Explore Newton Aycliffe and beyond at a leisurely pace, whilst meeting new people. Cost: Free	10.00 - 11.00

Tuesday continued

<p>Colour Your Life - Craft Workshops Learn a variety of different crafts such as scrapbooks, weaving, book folding, jewellery making, bottle decoupage, string art, duct tape craft to name but a few! Cost: Free to new participants, members to pay £3.00 donation</p>	10.00 - 12.30
<p>Mummy Fitness - Starts Tuesday 06.02.18 for 8 weeks A fun exercise class for mums, designed to improve fitness and strengthen and tone the muscles. No need for childcare bring your child with you. Places are limited so booking is required. Free trial for your first session. Cost: £3.50</p>	11.00 - 12.00
<p>Pilates Express - Starts Tuesday 06.02.18 for 8 weeks Do you suffer with back pain, neck and shoulder tension, RSI or postural issues? Then this 30 minute express Pilates class is for you. This class is designed for people working in the local area to squeeze into your working day. Free trial for your first session. Cost: £2.50</p>	12.00 - 12.30
<p>Pilates - Starts Tuesday 06.02.18 for 8 weeks Pilates aims to strengthen the body in an even way, with particular emphasis on core strength. Pilates is a great workout for developing overall strength, flexibility and coordination and generally improving general fitness and wellbeing. Pilates has something to offer people of all ages and levels of ability and fitness! Free trial for your first session. Cost: £4.50</p>	13.00 - 14.00
<p>Mixed Hydropool Session Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. Cost: £6.80 (£4.60 concession)</p>	13.00 - 14.00 14.00 - 15.00 16.15 - 17.15 17.15 - 18.15 18.30 - 19.30
<p>Pilates A holistic exercise, which is designed to strengthen the core and restore the body's balance. Cost: £6.00. Please call Barbara Hemingway on 07716 997844 to book.</p>	18.15 - 19.30
<p>Wishing Well Promotes and provides leisure opportunities for people with learning disabilities. Cost: £1.50</p>	19.00 - 21.30

Wednesday

<p>Water Workout Gentle exercise in water. Burns fat and tones the body but is softer on the joints. Cost: £6.80 (£4.60 concession)</p>	9.00 - 10.00 19.45 - 20.45
<p>Nordic Walking This full body exercise uses specially designed poles to improve joint mobility, and is estimated to burn 46% more calories than normal walking. Cost: £2.00</p>	9.45 - 10.45
<p>Parent and Toddler Pool Session A friendly session in the warmth of our hydrotherapy pool; an ideal way to build your child's swimming confidence. Cost: adult £6.80 (£4.60 concession) child £2.50</p>	10.00 - 11.00
<p>Back on your Bike Enjoy the health benefits of cycling whilst building up cycle and road confidence. Equipment provided. Cost: £1.00 Call Andy on 07827307814 for further information.</p>	10.00 - 11.00
<p>Zumba Easy-to-follow, dance-fitness session for those looking for a low impact workout. Spaces are limited, please call to check availability. Cost: £2.00</p>	9.30 - 10.25 10.30 - 11.25 11.30 - 12.25
<p>Dig-in Gardening Discover the health benefits of gardening. Learn about and take part in flower and wildlife gardening and growing your own vegetables. Cost: Free</p>	10.00 - 12.00
<p>Waterbabies These highly sociable lessons encourage parents to make new friends whilst learning how to teach their babies to swim. Please call Waterbabies on 01325 728728 to book.</p>	14.00 - 17.30
<p>Step Forward & Dance (North East Dance) - Started Wednesday 10.01.18 for 7 weeks - Places still available Enjoy learning Salsa and Burlesque dance styles in free, fun informal workshops. Improve your health and fitness, increase your stamina and Step Forward and Dance! Cost: Free</p>	18.00 - 19.00

Thursday	
Ladies Only Hydropool Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. Cost: £6.80 (£4.60 concession)	9.00 - 10.00 10.00 - 11.00
Lingotot French A 50 minute French class for babies and toddlers aged 6 months to 5 years. The session includes singing, dancing, games, craft and stories—all in French. Book online at www.lingotot.com or email Joanna at southdurham@lingotot.com to book.	10.00 - 10.50
Health Walk Explore Newton Aycliffe and beyond at a leisurely pace, whilst meeting new people. Cost: Free	10.30 - 11.30
Waterbabies These highly sociable lessons encourage parents to make new friends whilst learning how to teach their babies to swim. Please call Waterbabies on 01325 728728 to book.	12.30 - 14.30
Time to Talk Event Come along to our event for tea or coffee and a chat at the Pioneering Care Centre, There will be lots of information on display and top tips cards, giving ideas on how to start your conversation.	13.00 - 15.00
Mixed Hydropool Session Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. Cost: £6.80 (£4.60 concession)	14.45 - 15.45 15.45 - 16.45
Back Exercise Classes Delivered by a qualified physiotherapist, designed to benefit people who have back, neck or joint problems. Cost: £4.00 Call Greg Henderson on 07969 096719 to book.	17.00 - 17.50 18.00 - 18.50 19.00 - 19.50 20.00 - 20.50
Options Social Club Activities for disabled people including pool, table-tennis, bingo, quizzes, discos and karaoke. Cost: £2.00	18.00 - 20.00
Water Workout Gentle exercise in water. Burns fat and tones the body but is softer on the joints. Cost: £6.80 (£4.60 concession)	19.15 - 20.15
Friday	
Water Workout Gentle exercise in water. Burns fat and tones the body but is softer on the joints. Cost: £6.80 (£4.60 concession)	9.00 - 10.00
UK Cookery - Started Friday 12.01.18 for 11 weeks - Places still available Introduction to learning about foods from around the UK Learn to cook a range of tasty, delicious nutritious meals and take them home for lunch. Cost: Free to those on income related benefits or £66 for the course.	10.00 - 12.00
Dig-in Gardening Discover the health benefits of gardening. Learn about and take part in flower and wildlife gardening and growing your own vegetables. Cost: Free	1.00 - 3.00
Saturday	
Waterbabies These highly sociable lessons encourage parents to make new friends whilst learning how to teach their babies to swim. Please call Waterbabies on 01325 728728 to book.	9.00 - 12.00
Intermediate Cycling Enjoy the health benefits of cycling. Equipment provided. Cost: Free	10.00 - 12.00
Mixed Hydropool Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. Cost: £6.80 (£4.60 concession)	12.15 - 13.15 13.15 - 14.15

Upcoming Courses

Ceramics - Starts Thursday 15.03.18 for 6 weeks

Come and join a friendly and experienced arts tutor to learn the basics behind creating your very own ceramic works of art. You will be guided through a range of techniques and given support to create your own ceramic works. The course will also cover glazing and you will get to take home and keep everything you create. All participants must bring their NI number to the first session and be aged 19 or over. **Cost: £2.00**

10.00 - 13.00

Batik - Starts Thursday 15.03.18 for 6 weeks

Come and join a friendly and experienced arts tutor to learn the basics behind creating your very own beautiful batik art work. Learn how to use fabrics, hot wax, inks and dyes to create your own inspired designs using this ancient Indonesian art form. All participants must bring their NI number to the first session and be aged 19 or over. **Cost: £2.00**

14.00 - 17.00



ON YOUR LUNCH BREAK?

YOU CAN TALK ABOUT MENTAL HEALTH ANYWHERE

1 February 2018

#timetotalk

**time to change
time to talk
day 2018**
let's end mental health discrimination

Come along to our event on Thursday 1 February for tea or coffee and a chat at the Pioneering Care Centre, 1.00pm - 3.00pm.

There will be lots of information on display and top tips cards, giving ideas on how to start your conversation.

There is also information about how to support friends, family and colleagues, and where to go if you need support.

For further information: T | 01325 321234 E | enquiries@pcp.uk.net



pcp.uk.net



[@PCPandCentre](https://www.facebook.com/PCPandCentre)



[@PioneeringCare](https://twitter.com/PioneeringCare)



Pioneering Care Centre

Carers Way, Newton Aycliffe, County Durham, DL5 4SF

Company limited by guarantee No: 3491237

Registered Charity No. 1067888