



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](mailto: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 from Monday 15 January 2018

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.

18.30 - 19.30

### Nia (Non-Impact Aerobics)

Teaches you to move in a gentler way to optimise health and promote wellbeing. Chairs are also available for those with limited mobility. **Cost:** £5.00. **Call Anne Cosgrove on 07762 148661 to book.**

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

## Tuesday continued

<p><b>Introduction to Confidence Building &amp; Personal Development (BA College) - Starts Tuesday 16.01.18 for 5 weeks</b></p> <p>Gain skills to manage everyday living. Understand the reasons for lacking confidence &amp; understand what makes you feel confident &amp; learn to develop confident body language and Communication skills. <b>Cost:</b> Free to those on income related benefits or £37.50 for the course.</p>	9.30 - 12.30
<p><b>Health Walk</b></p> <p>Explore Newton Aycliffe and beyond at a leisurely pace, whilst meeting new people. <b>Cost:</b> Free</p>	10.00 - 11.00
<p><b>Colour Your Life - Craft Workshops</b></p> <p>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!</p> <p><b>Cost:</b> Free to new participants, members to pay £3.00 donation</p>	10.00 - 12.30
<p><b>Mixed Hydropool Session</b></p> <p>Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. <b>Cost:</b> £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><b>Pilates</b></p> <p>A holistic exercise, which is designed to strengthen the core and restore the body's balance.</p> <p><b>Cost:</b> £6.00. <b>Please call Barbara Hemingway on 07716 997844 to book.</b></p>	18.15 - 19.30
<p><b>Wishing Well</b></p> <p>Promotes and provides leisure opportunities for people with learning disabilities. <b>Cost:</b> £1.50</p>	19.00 - 21.30

## Wednesday

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

## Thursday

<p><b>Ladies Only Hydropool</b></p> <p>Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. <b>Cost:</b> £6.80 (£4.60 concession)</p>	9.00 - 10.00 10.00 - 11.00
<p><b>Living Spaces Gardening Course - From Thursday 30.11.17 for 6 weeks</b></p> <p>Redesigning, planning &amp; preparing the PCP wild flower garden. <b>Cost:</b> Free</p>	9.30 - 12.30

## Thursday continued

<p><b>Lingotot French - Starts Thursday 18.01.18</b> 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. <b>Book online at <a href="http://www.lingotot.com">www.lingotot.com</a> or email Joanna at <a href="mailto:southdurham@lingotot.com">southdurham@lingotot.com</a> to book.</b></p>	10.00 - 10.50
<p><b>Spanish - Starts Thursday 11.01.18 for 10 weeks</b> Take part in these practical sessions aimed at beginners wanting to learn basic Spanish. The aim of the course is to develop skills to help you speak and understand Spanish and help improve your confidence when speaking a foreign language. Ideal for your holidays! <b>Cost: £3.00 weekly</b></p>	10.00 - 11.30
<p><b>Health Walk</b> Explore Newton Aycliffe and beyond at a leisurely pace, whilst meeting new people. <b>Cost: Free</b></p>	10.30 - 11.30
<p><b>Let's All Boogie (North East Dance) - Starts Thursday 11.01.18 for 12 weeks</b> Preschool dance class - Our new Lets All Boogie classes are a great way to have fun and get moving with your little ones. Enjoy dancing and singing in a fun informal class while helping your child to develop physical, language and social skills. The classes are for 18 months to 3/4 years. <b>Cost: Free</b></p>	11.00 - 12.00
<p><b>Waterbabies</b> These highly sociable lessons encourage parents to make new friends whilst learning how to teach their babies to swim. <b>Please call Waterbabies on 01325 728728 to book.</b></p>	12.30 - 14.30
<p><b>Mixed Hydropool Session</b> Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. <b>Cost: £6.80 (£4.60 concession)</b></p>	14.45 - 15.45 15.45 - 16.45
<p><b>Back Exercise Classes</b> Delivered by a qualified physiotherapist, designed to benefit people who have back, neck or joint problems. <b>Cost: £4.00 Call Greg Henderson on 07969 096719 to book.</b></p>	17.00 - 17.50 18.00 - 18.50 19.00 - 19.50 20.00 - 20.50
<p><b>Options Social Club</b> Activities for disabled people including pool, table-tennis, bingo, quizzes, discos and karaoke. <b>Cost: £2.00</b></p>	18.00 - 20.00
<p><b>Water Workout</b> Gentle exercise in water. Burns fat and tones the body but is softer on the joints. <b>Cost: £6.80 (£4.60 concession)</b></p>	19.15 - 20.15

## Friday

<p><b>Water Workout</b> Gentle exercise in water. Burns fat and tones the body but is softer on the joints. <b>Cost: £6.80 (£4.60 concession)</b></p>	9.00 - 10.00
<p><b>Colour Your Life - Be Your Own Detective - Starts Friday 12.01.18 for 4 weeks</b> The work shops enable us to explore local history, crimes and customs through group interaction, object handling and activities. Our findings may highlight facts or fiction that may have a reflection on how we see our local region, its past, present and future. <b>Cost: Free to new participants, members to pay £3.00 donation.</b></p>	10.00 - 12.00
<p><b>UK Cookery - Starts Friday 12.01.18 for 11 weeks</b> 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. <b>Cost: Free to those on income related benefits or £66 for the course.</b></p>	10.00 - 12.00
<p><b>Dig-in Gardening</b> Discover the health benefits of gardening. Learn about and take part in flower and wildlife gardening and growing your own vegetables. <b>Cost: Free</b></p>	1.00 - 3.00

## Saturday

<p><b>Waterbabies</b> These highly sociable lessons encourage parents to make new friends whilst learning how to teach their babies to swim. <b>Please call Waterbabies on 01325 728728 to book.</b></p>	9.00 - 12.00
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## Saturday continued

<p><b>Level 3 Personal Trainer Diploma (Academy of Fitness) - Course starts Saturday 20.01.18 for 10 weeks</b></p> <p>You do not require any qualifications to enrol on this course, although it is highly recommended that you possess some prior experience of gym-based exercises, including free weights, and are physically fit. Learners should also ideally have basic Level 2 communication skills.</p> <p><b>Cost:</b> £2882.00, funding available via Advanced Learner Loans</p>	9.30 - 16.00
<p><b>Intermediate Cycling</b></p> <p>Enjoy the health benefits of cycling. Equipment provided. <b>Cost:</b> Free</p>	10.00 - 12.00
<p><b>Mixed Hydropool</b></p> <p>Safe for non-swimmers and a great way to relieve pain and improve mobility or just relax with the pool's massaging jets. <b>Cost:</b> £6.80 (£4.60 concession)</p>	12.15 - 13.15 13.15 - 14.15

## Upcoming Courses

<p><b>Colour Your Life - Mindfulness - Starts Friday 02.02.18 for 6 weeks</b></p> <p>Are you feeling stressed, anxious or depressed? Mindfulness-Based Cognitive Therapy (MCBT) might be able to help. Habits of the mind can be difficult to manage and leave us feeling stressed and down. MCBT can help you to see things in a different way.</p> <p><b>Cost:</b> Free to new participants, members to pay £3.00 donation.</p>	10.00 - 12.00
<p><b>Colour Your Life - Chi Kung - Starts Monday 12.02.18 for 6 weeks</b></p> <p>A form of Tai Chi which focuses on improving the natural store of 'positive' energy within the body and so gently increases a sense of wellbeing, focus and new cell growth to improve physical health.</p> <p><b>Cost:</b> Free to new participants, members to pay £3.00 donation.</p>	13.00 - 14.30

**The Mall Coffee Shop** is open to the public for freshly made sandwiches, light bites, homemade cakes and scones and a selection of drinks.

Monday - Friday 9.00am - 3.00pm

Saturday 9.00am - 12.30pm



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



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**Pioneering Care Centre**

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