



October 2018

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

<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
<p>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</p>	10.00 - 12.00
<p>Beginners Cycling Enjoy the health benefits of cycling whilst building up cycling and road confidence. Meet new people and support each other. Equipment provided. Ran by Durham County Council and led by trained marshals. 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>	10.30 - 12.30
<p>ICT Drop In (term time only) Come along for ICT help & advice. Cost: Free</p>	13.00 - 15.00
<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>	17.15 - 18.15
<p>Tai Chi Focusing on improving the natural store of 'positive energy' increasing a sense of wellbeing, focus and new cell growth to improve physical health. Can be fully accessed seated in a chair. Cost: £5</p>	13.00 - 14.00
<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>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 8 October & Monday 22 October.</p>	14.00 - 16.00
<p>Yoga Relaxing yoga class to create a balanced body, mind and spirit. Cost : £5.00</p>	14.30 - 16.00
<p>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</p>	15.00 - 16.00
<p>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)</p>	16:15 - 17:15

Monday continued

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
Step Forward & Dance - Starting Monday 10.09.18 for 6 weeks Enjoy a fantastic fitness dance class featuring Zumba and Salsa styles ran by a fabulous dance teacher. Learn new moves, make new friends and find a fun way to exercise! Cost: Free	18.30 - 19.30
Gentleman 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)	19.30 - 20.30

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
Batik Course - Starting 09.10.18 for 6 weeks Learn the basics behind creating your very own beautiful batik artwork with a range of different materials, tools and techniques. Cost: £2 per session. Participants must bring their NI number	10.00 - 13.00
Ceramic Course - Starting 09.10.18 for 6 weeks Join an experienced art tutor to guide you through the techniques of creating your own beautiful Ceramic art work. Cost: £2 per session. Participants must bring their NI number	14.00 - 17.00
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)	14.00 - 15.00 16.15 - 17.15 17.15 - 18.15 18.30 - 19.30
Wishing Well Promotes and provides leisure opportunities for people with learning disabilities. Cost: £1.50	19.00 - 21.30

Wednesday

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 19.45 - 20.45
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	9.30 - 10.25 10.30 - 11.25 11.30 - 12.25
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	10.00 - 11.00
Beginners Ride Enjoy the health benefits of cycling by whilst building up cycle and road confidence. Meet new people and support each other whilst cycling up to 15 miles. Equipment provided. Ran by Durham County Council and led by trained marshals. Cost: Free	10.00 - 11.00
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	10.00 - 12.00
Veterans Breakfast Club - Monday 3 October. Come along to the Veterans Breakfast Club, at the Pioneering Care Centre on the 1st Wednesday each month. Please call or email Nick Cooke to confirm attendance on 07780 725117 or navbclub@gmail.com	10.00 - 12.00

Wednesday continued

Yoga Relaxing yoga class to create a balanced body, mind and spirit. Cost : £5.00	10.30 - 12.00
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)	12.15 - 13.15 14.15 - 15.15
ICT Drop In Come along for ICT help & advice. Learn new skills and gain independence. Cost: Free	13.30 - 15.30
Wiggles and Wobbles A movement and play session for 0-4 years with relaxing music and fun varied themes. Term time only. Cost: £4 (£1 extra for any subsequent siblings/children) Call Jill on - 07722 422 445 for further information.	13.45 - 14.30
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.	15.30 - 17.30

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
Falling On Your Feet - Starting 25.09.18 for 10 weeks every Tuesday & Thursday Helix Arts' Falling on your Feet is a dance and health programme co-produced with people aged 65+ who are living independently. Improve strength, flexibility, balance and reduce risk and fear of falling. Have fun and make friends. Cost: Free	10.00 - 11.30
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
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
After School Cookery Class - 4th, 11th & 18th Would you like your child to learn how to cook and learn about food? We encourage parents/carers to come along too. Cost: £5.00 per session to include all food, aprons, resources, printouts etc.	16.00 - 17.30
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
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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

For more experienced cyclists, rides can be over 20 miles. 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

Food Safety - Monday 5th November

Learn the importance of food safety and knowledge of the procedures involved. Understand how to control food safety risks. Gain confidence and expertise to safely deliver quality food to customers. **Cost:** Free to those in receipt of means tested benefits or £25.00

8.45 - 16.30



**Ladies Fashion Show
AND Pop-up Shop!**

**SHOP YOUR FAVOURITE HIGH STREET BRANDS
AT 50% OFF OR MORE!**

Colours.
[FUN]DRAISING FASHION SHOWS

  



Saturday 13th October 2018
Pioneering Care Centre
Pioneering Care Centre - Carers Way Newton Aycliffe DL54SF
Doors open 1.30pm, show starts 2pm
Tickets: £6

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



pcp.uk.net



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Pioneering Care Centre

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