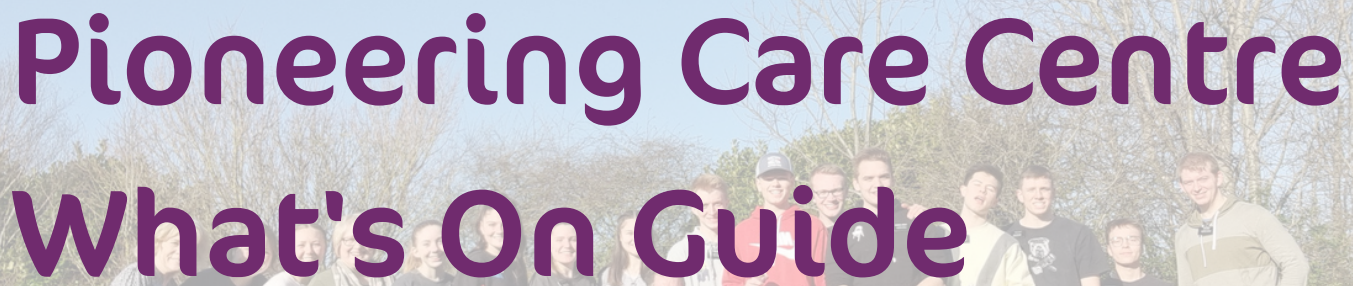


Pioneering Care Centre

What's On Guide



Monday

Gardening Group - Support our Community Garden

We welcome both novice and experienced gardeners of all abilities and age range. Contact 01325 321234.

10.00 - 11.00

Cycling Group - Beginners

Enjoy free group cycle sessions, all routes led by trained marshals' - 60 minute route for beginners. Equipment provided on site. Please arrive by 9.45am.

10.00 - 11.30

Dementia Café - Starting 21st November for 6 weeks

This free support group for anyone living with dementia who would like friendship and support. Enjoy a cuppa and a chat. For more details contact Tina Irving on 07826 869085, or visit www.wellbeingforlife.net

13.00 - 14.30

Kids Commercial Dance

Enjoy learning commercial dances to chart topping hits all while having fun and making new friends. Aged 6 -11, £4.50 per session. Contact Mia Southerton on 07534944083 or email miasoutherton@gmail.com

16.45 - 17.45

Silver Swans - Ballet lessons suitable over 50's

Learn professional ballet steps and form routines with dance teacher Lauren Harrison. £5.00 per class or £20 for five classes. Call Lauren on 07367663606 to book a place.

18.00 - 19.00

19.00 - 20.00

Tuesday

Befriending Group - Meet new people

Meet new people for a friendly get together – a group with FREE refreshments – no booking required!

12.30 - 14.00

Pilates Healthy Back Class

Enjoy a gentle, balanced workout with specially designed Pilates based exercises to help and prevent lower back pain.

6 week course for £45.00.

Contact Melanie on melanieflinderspilates@gmail.com or call 07828198133

19.00 - 20.00

Wednesday

Cycling Group - Intermediate

Enjoy free group cycle sessions, all routes led by trained marshals' - 90 minute route for intermediate cyclists. Equipment provided on site. Please arrive by 9.45am.

10.00 - 11.30

North East Dance - Advanced Dance Level One - FREE

Improve fitness and mental health through dance! Increase knowledge, skills and confidence. Contact Clare on 0191 565 7270 or clare@northeastdance.com

18.00 - 19.00

Bespoke Yoga

Reconnect with yourself, leave feeling refreshed, balanced and calm and both stronger physically and mentally.

7 week course for £63.00

Contact Tara on 07974 677693 or bespoke.yoga@icloud.com to book

19.15 - 20.30

Fitness Bootcamp

With PT Luke Liddell, join in intense, full body circuits class promoting lean muscle mass with a mixture of cardio, resistance and core exercises! Only £4 per session, to book contact 01325 321234.

**16.45 -
17.30**

Thursday

Silver Swans - Ballet lessons suitable over 50's

Learn professional ballet steps and form routines with dance teacher Lauren Harrison. £5.00 per class or £20 for five classes. Call Lauren on 07367663606 to book a place.

10.00 - 11.00
11.00 - 12.00

Seated Dance

Specifically designed for those with limited movements, disabilities or illnesses which may prevent you from being able to stand up and move for long periods of times. £4.00 per session. Contact Mia Southerton on 07534944083 or email miasoutherton@gmail.com

10.15 - 11.00

Walking Group

Free weekly guided walks hosted by Durham County Council to improve health and wellbeing. Starting at Pioneering Care Centre. Book at www.durham.gov.uk/walkdurham

10.30 - 11.30

Pilates - Starting 3rd November for 7 weeks

Improve flexibility, strength and balance and relax. £45.00 for 7 sessions. Contact Melanie Flinders on 07828198133 or email melanieflinderspilates@gmail.com

11.00 - 12.00
13.00 - 14.00

Warm Spaces Scheme

The Pioneering Care Centre will be offering a 'Warm Space' for local people to come together and enjoy a range of activities and a hot snack. We'll have games, seasonal crafts, children's fitness and much more. To confirm attendance please call 01325 321234.

15.30- 17.30

Child & Parent Massage & Relaxation Class - Starting 3rd November for 6 weeks

Learn clothed massage techniques, improving child's behaviour, self-esteem and respect for others. Free if in receipt of benefits. Call 0300 303 3464 quoting course reference: C2528130 or book online at www.wea.org.uk

15.45- 16.45

PCP Social Club

A social club giving adults with physical and learning disabilities the opportunity to socialise and make new friends in a safe and comfortable environment. Providing carers with a short break from their caring responsibilities. £4.00 entry, no booking required.

18.30 -
20.30

Events



November

Community Roadshow - Newton Aycliffe Youth Centre

Come and chat with a host of organisations who can offer advice and support with the cost of living crisis, access to food, housing issues, money management & benefits, and help with work or volunteering. Refreshments provided.

**Thursday 24th
November
10.00 - 12.00**

December

Christmas Fayre

Stallholders will be selling crafted presents, whilst children can enjoy a range of festive activities and meet Santa Claus and his reindeer!

**Saturday 10th
December
10.00 - 14.00**

Hydrotherapy Pool

For availability contact PCP reception on 01325 321234

Waterbabies

Contact 01642 711734 for booking & info

Monday 10.00 – 11.30

Friday 10.00 – 14.00 & 15.30 – 17.00

Saturday 9 – 11.30



www.pcp.uk.net



01325 321234

Pioneering Care Centre

Carer's Way, Newton Aycliffe, DL5 4SF