

April 2024

What's On Guide



Monday

Cycling Group - Intermediate

Enjoy free group cycle sessions, all routes led by trained marshals. Rides can be three hours for intermediate cyclists. Equipment available to use. Please arrive by 9.45am. Call 01325 321234 for more information.

10am - 1.30pm

Batik Course - Starting 8th April - for four weeks

An opportunity for sharing ideas and social integration and being creative. Free for those with means tested benefit or £20 for those without one. To book contact Reception on 01325 321234 or reception@pcp.uk.net or ann.bell@pcp.uk.net

10am - 12.30pm

Book Club

Unleash your inner bookworm! Held on the first Monday of every month, this is a free club with refreshments provided. Contact 01325 321234 for more information.

1.30pm - 3pm
***Can be subject to change**

Children's Ballet Classes

Children's ballet classes for 5 - 7 and 9 - 13 year olds, call Lauren Harrison on 07367663606 to book.

5pm - 5.45pm
(5 - 7 years old)
5.45pm - 6.30pm
(9 - 13 years old)

Silver Swans - Ballet lessons suitable over 50's

Authentic ballet lessons suitable for over 50s. Learn professional ballet steps & form routines. Call Lauren Harrison on 07367663606 to book.

6.30pm - 7.30pm



**Sign up to our newsletter
by scanning the QR code!**

Tuesday

Befriending Group - For fun and laughter

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

12.30pm - 2pm

Children's Ballet Classes

Royal Academy of Dance ballet lessons for 3-5 years and 6-8 years. Dance, make friends and have fun with qualified RAD ballet teacher Lauren Harrison. Call Lauren Harrison on 07367663606 to book.

4.45pm - 5.30pm

(3 - 5 years old)

5.30pm - 6.15pm

(6 - 8 years old)

Ballet Class - 14 - 17 year old

Royal Academy of Dance ballet lessons for 3-5 years and 6-8 years. Dance, make friends and have fun with qualified RAD ballet teacher Lauren Harrison. Call Lauren Harrison on 07367663606 to book.

6.15pm - 7pm

Ballet class - 18+

For those who may have done ballet as a child or always wanted to. Authentic Royal Academy Dance ballet adapted for adults. Call Lauren Harrison on 07367663606 to book.

7pm - 8pm

Wednesday

Cycling Group - Beginners/Novice

Enjoy free group cycle sessions, all routes led by trained marshals. Equipment available to use. Please arrive by 9.45am. Call 01325 321234 for more information.

10am - 11.30am

Fun Fitness Class with Luke

Only £4 per session, to book contact 01325 321234. A fun fitness class with experienced trainer Luke, where you can go at your own pace, whilst increasing fitness. All abilities welcome!

4.45pm - 5.30pm

Bespoke Yoga

Reconnect with yourself, leave feeling refreshed and balanced. For future block session information contact Tara on 07974 677693 or bespoke.yoga@icloud.com to book.

7pm - 8.15pm

Thursday

Walking Group

Free weekly guided walks hosted by Durham County Council to improve health. Starting at Pioneering Care Centre.

Book at www.durham.gov.uk/walkdurham

10.30am - 11.30am

Pilates - For all ages and levels of fitness

For future block booking and prices, contact Melanie Flinders on 07828 198133 or melanieflinderspilates@gmail.com to book

11.30am - 12.30pm
1pm - 2pm

Love to Knit? - Knitting Group

If you would love to learn to knit, or are an experienced knitter, we would love you to join us each week for our new knitting group - just turn up! Contact 01325 321234 for more information.

1.30pm - 3.30pm

Options Social Club

A social club giving adults with physical and learning disabilities the opportunity to socialise and make new friends in a safe environment. Providing carers with a short break from responsibilities. £4 entry, no booking required.

6.30pm - 8.30pm

Friday

Ballet Classes by Lauren Harrison

Contact Lauren Harrison on 07367663606 for pricing and to book.

Parent and Child Preschool Ballet -

2.15pm - 3pm

Ballet Barre Fitness Class -

3.15pm - 4pm

Grade 1/2 Ballet – 9 - 14 years old -

4pm - 4.45pm

Pre Primary Ballet 3 – 5 years old -

4.45pm - 5.30pm



Events and services

Upcoming Events & Courses

Easter Fun Day Wednesday 3rd April, 12pm – 3pm, crafts, snacks and fun for all the family, with an amazing story time by Bev Walton.

Garden Kitchen at the Pioneering Care Centre

Opening hours Monday - Friday - 10am - 1.30pm - Saturday 10am - 12pm
Sit in or takeaway!

JRW Sports Therapy

A range of massages and sport specific diagnosis, Contact Jack Williamson on 07805218501.

Podiatry Service

Podiatry provided by Abbie Lambert, contact 07884550937 for more details.

The Reflex Clinic




To book an appointment, Email - info@thereflexclinic.co.uk or call 07799317664, www.thereflexclinic.co.uk

Centre Redevelopments

Keep up to date with our fantastic Pioneering Care Centre redevelopments of our hydrotherapy pool and Options room at www.pcp.uk.net/pcc-redevelopments

*Information in the What's On Guide is correct on time of publication.

Pioneering Care Centre
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