

June 2023

What's On Guide

The Queen's Award for Voluntary Service



Monday

Gardening Group - Support our Community Garden

We welcome both novice and experienced gardeners of all abilities and age. Contact 01325 321234 for more information.

10am - 11am

Cycling Group - Beginners

Enjoy free group cycle sessions, all routes led by trained marshals. Equipment provided on site if required. Please arrive by 9.45am. Call 01325 321234 for more information.

10am - 11.30am

Book Club

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

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

Kid's Commercial Dance

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

5.00pm - 5.45pm

Silver Swans - Ballet lessons suitable over 50's

Authentic ballet lessons suitable for over 50s. Learn professional ballet steps & form routines, £25 a month for one class per week, £45 a month for two classes per week, or £7 per drop in session. Call Lauren Harrison on 07367663606 to book.

6.30pm - 7.30pm



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

Tuesday

Silver Swans - Ballet lessons suitable over 50's

Authentic ballet lessons suitable for over 50s. Learn professional ballet steps & form routines, £25 a month for one class per week, £45 a month for two classes per week, or £7 per drop in session. Call Lauren Harrison on 07367663606 to book.

10am - 11am

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. We will dance with props and learn set exercises to ballet music, with options to work towards graded exams if your dancer wishes to.

Call Lauren Harrison on 07367663606 to book.

4.45pm - 5.30pm
(3 - 5 years old)

5.30pm - 6.15pm
(6 - 8 years old)

Healthy Back Class

Enjoy a gentle, balanced workout with Pilates based exercises to help and prevent lower back pain. Six week course £45.

Contact Melanie on melanieflinderspilates@gmail.com or call 07828198133 to book.

7pm - 8pm

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. £25 month for one class per week, £45 month for two classes per week, or £7 per drop in session. Call Lauren Harrison on 07367663606 to book.

7pm - 8pm

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 if required. 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 your fitness and toning your muscles in a friendly atmosphere. All abilities welcome!

4.45pm - 5.30pm

Bespoke Yoga

Reconnect with yourself, leave feeling refreshed and balanced.
£76 for eight sessions. Contact Tara on 07974 677693 or
bespoke.yoga@icloud.com to book.

7.15pm - 8.30pm

Thursday

Silver Swans - Ballet lessons suitable over 50's

Authentic ballet lessons suitable for over 50s. Learn professional ballet steps & form routines, £25 a month for one class per week, £45 a month for two classes per week, or £7 per drop in session.
Call Lauren Harrison on 07367663606 to book.

10am - 11am
11am - 12pm

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

6 week block (£42.00) Contact Melanie Flinders on 07828 198133 or
melanieflinderspilates@gmail.com to book

11.30am - 12.30pm
1pm - 2pm

Befriending Group - For fun and laughter

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

2pm - 4pm

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

Children's Ballet Classes

Royal Academy of Dance ballet lessons for 3-5 years. Dance, make friends and have fun with qualified RAD ballet teacher Lauren Harrison. Call Lauren Harrison on 07367663606 to book. Starting 9th June.

4.30pm - 5.15pm



Events and services

For more information on our events please visit our website www.pcp.uk.net/activities

Upcoming Events & Courses

Summer Fayre - Saturday 19th August - 10am - 2pm

An introductory course to mental health awareness by WEA, this will cover the level 1 award in mental health criteria. FREE for those who receive benefits or £50.40 for those who don't. Contact 07919064741 to join - 8th June - 20th July

Hydrotherapy Pool

For availability contact PCP reception on 01325 321234

Beauty and Reflexology services

Total Beauty by Pamela

To book an appointment,
contact Pamela on 07511627685

The Reflex Clinic

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

Garden Kitchen at the Pioneering Care Centre




Opening hours Monday - Thursday 10am - 1.30pm
Sit in or takeaway

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

Pioneering Care Centre

**Carer's Way, Newton Aycliffe,
DL5 4SF**

www.pcp.uk.net - 01324 321234

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