

# What's On Guide

## November 2025



### Monday

#### **Dancercise**

An upbeat and energetic exercise class, £4 per class book by contacting 01325 321234.

**midday to 12.45pm**

#### **Book Club**

Held on the first Monday of every month, this is a free book club with refreshments and books provided.

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

### Tuesday

#### **Seated Chair Exercise - Nuvo Wellbeing**

Starting Tuesday 23 September, gentle seated exercise, it's £4 per session and is to be booked via PCP Reception either on 01325 321234 or email [enquires@pcp.uk.net](mailto:enquires@pcp.uk.net).

**Midday to 12.45pm**

#### **Befriending Group - For fun and laughter**

Meet new people for a friendly get together, a group with refreshments available. No booking required!

**1pm to 2.30pm**

#### **Fun Fitness Class with Luke**

Reach your fitness goals and go at your own pace whilst increasing your fitness. Sessions are £20 per month or £7 per session. To book please contact Luke on 07825775952.

**4.45pm to 5.30pm**



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

# Wednesday

## Supportive Spaces

Every Wednesday, anyone can drop in and connect with others through a warm and supportive space. Come along and get yourself a free warm meal, socialise and whilst you are here you can charge your phone, tablet or laptop. No booking needed just turn up.

**4pm to 6pm**

# 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](http://www.durham.gov.uk/walkdurham)

**10.30am to 11.30am**

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## Pilates - For all ages and levels of fitness

For future block booking and prices, contact Melanie Flinders on 07828 198133 or [melanieflinderspilates@gmail.com](mailto:melanieflinderspilates@gmail.com) to book

**11.30am to 12.30pm  
1pm to 2pm  
2.15pm to 3.15pm**

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## Love to Knit?

If you love to knit, crochet or sew this is the group for you. Just turn up - no booking required. Equipment available.

**1.30pm to 3.30pm**

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## Options Social Club

A social club giving adults with physical and learning disabilities. Providing carers with a short break from responsibilities.  
£4 entry, no booking required.

**6.30pm to 8.30pm**

# Hydrotherapy Pool

Did you know, hydrotherapy offers numerous benefits, including muscle strengthening, relaxation, pain relief, and improved circulation, all while providing a low-impact, safe environment for exercise?

Take the plunge - if you've been thinking about giving hydrotherapy a go, our hydrotherapy pool at the Pioneering Care Centre in Newton Aycliffe is self-referral - no professional medical referral required.

Open Monday to Saturday, reap the benefits of hydrotherapy, to book your hydrotherapy pool session visit: [www.pcp.uk.net/booking](http://www.pcp.uk.net/booking) or call our team at the Pioneering Care Centre in Newton Aycliffe on 01325 321234.

## **Water Babies**

Every Wednesday and Thursday from 10am to midday, to book with Water Babies specifically please contact them on 01642 711734 or email [offtherail@waterbabies.co.uk](mailto:offtherail@waterbabies.co.uk).



# Events and services

## Maggie's Made - floral workshops

Hosted by Florist Maggie Wright sessions are £30 barring the Christmas sessions which are £35, to booked via 07917626767 or [maggiewright29@yahoo.com](mailto:maggiewright29@yahoo.com).

Sessions:

- Wednesday 12 November from 6pm to 8pm, a modern line arrangement workshop.
- Monday 1 December from 6pm to 8pm, a deluxe Christmas door wreath workshop.
- Wednesday 17 December from 6pm to 8pm, a foliage and flower Christmas table centre workshop.

## Group Soundbath session

Hosted by Catherine Lee, AuraPrana Holistic Wellbeing, book via 07888650190 or [aura.prana.holistics@gmail.com](mailto:aura.prana.holistics@gmail.com)

Sessions:

- Tuesday 4 November from 6.30pm to 7.30pm
- Monday 24 November from 6pm to 7pm

\*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](http://www.pcp.uk.net) - 01325 321234

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# Events and services

## Events

### Christmas Fayre

Join us for our Christmas Fayre at the Pioneering Care Centre in Newton Aycliffe on Saturday 29 November from 10am to 2pm. Enjoy seasonal cheer, local stalls, delicious treats, and fun for all ages.

### Christmas Wreath Making

On Thursday 4 December from 10am £25 per person and will include refreshments. To book your space please contact our reception team on 01325 321234 or email [enquiries@pcp.uk.net](mailto:enquiries@pcp.uk.net)

### Christmas Carol Concert

Celebrate the season with an afternoon of beautiful carols and festive music on Friday 12 December from 11am to 12.30pm.

## Services

### Back to Basics - sports massage therapy and wellness with Andrea Greenwood

Flexible scheduling, book by 07494 681682 or emailing [info.sportbacktobasics@gmail.com](mailto:info.sportbacktobasics@gmail.com).

### Community Café at the Pioneering Care Centre

Opening hours are Monday to Friday from 9.30am, you can sit in or takeaway!

### Podiatry Service

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

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