

# What's On Guide May 2025



## Monday

### 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 all change**

### Dancercise

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

**12.30pm to 1.15pm**

## Tuesday

### 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 and toning your muscles in a friendly atmosphere, all abilities are welcome. 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

## Baby Movers and Little Movers

The first session, Baby Movers is perfect for newborn to wobbly walking and the second session Little Movers is ideal for walking to five years. To book contact [darlington@littlemovers.net](mailto:darlington@littlemovers.net)

**9.30am to 10.15am**  
**10.15am to 11am**

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## 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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## Seated Tai Chi by WEA

Learn gentle, flowing movements and breathing techniques to support overall wellbeing, sessions are more than suitable for beginners. To book, contact reception on 01325 321234 or email [enquiries@pcp.uk.net](mailto:enquiries@pcp.uk.net).

**1pm to 3pm**

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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

There are many health and wellbeing benefits of hydrotherapy, including improvements in physical and mental health. Book now at [www.pcp.uk.net/booking](http://www.pcp.uk.net/booking), call 01325 321234 or visit the Pioneering Care Centre.

## **Open Hydrotherapy session**

Monday at midday to 1pm, 3pm to 4pm.

Tuesday at 9.15am to 10.15am, 10.30am to 11.30am.

Wednesday at 12.15 to 1.15pm, 3.15pm to 4.15pm.

Thursday at 5pm to 6pm.

Friday at 12.15pm to 1.15pm, 1.45pm to 2.45pm.

Saturday at 11.45am to 12.45pm.

## **Self-led exercise session**

Monday at 9.15am to 10.15am.

Tuesday at 3pm to 4pm.

Thursday at 3.30pm to 4.30pm.

Friday at 3.30pm to 4.30pm.

## **Relaxation session**

Monday at 1.30pm to 2.30pm.

## **Parent and Toddler session:**

Tuesday at midday to 1pm.

## **Social session**

Tuesday at 1.30pm to 2.30pm.

Wednesday at 1.45pm to 2.45pm.

## **Family Fun SEND session**

Saturday at 10.30am to 11.30am.

## **Family Fun session**

Friday at 5pm to 6pm.

9.15am to 10.15am

## **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

## Upcoming events, classes and courses

### Volunteer Fair

Join us at the Pioneering Care Centre in Newton Aycliffe on Tuesday 3 June from midday to 10am to midday for our Volunteer Fair, come along and find out what opportunities are available for you.

### Group Soundbath session

Hosted by Catherine Lee, AuraPrana Holistic Wellbeing at the Pioneering Care Centre in Newton Aycliffe, on Tuesday 10 June from 6pm to 8pm and Monday 30 June 5.30pm to 7.30pm. This involves mindfully listening to different sounds and instruments that help sooth the body and mind.

### Arts for Wellbeing

Join our free 10 week 'Art for Wellbeing' course at the Pioneering Care Centre in Newton Aycliffe for 16 to 19 years old and 19 years old and over with tutor Thomas Beckensall - all resources are provided and are free. The 16 to 19 years old sessions commence Thursday 26 June from 6pm to 8pm and the 19 years old and over sessions commence Monday 30 June from 10am to midday. To book your free place contact reception on 01325 321234 or [admin@pcp.uk.net](mailto:admin@pcp.uk.net).

# Events and services

## Services

### Community Café at the Pioneering Care Centre

Opening hours are Monday to Friday from 9.30am, you can 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.



\*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) - 01324 321234

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