

What's On Guide

September 2025



Monday

Dancercise

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

12.30pm to 1.15pm

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.

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

Maggie's Made - Autumn themed table centre workshop

Wednesday 17 September from 6pm to 8pm, enjoy this Autumn themed table centre workshop. The workshop is £30 and can be booked via Florist, Maggie Wright on 07917626767 or maggiewright29@yahoo.com.

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

10.30am to 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 to 12.30pm
1pm to 2pm
2.15pm to 3.15pm**

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

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 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.



Events and services

Group Soundbath session

Hosted by Catherine Lee, AuraPrana Holistic Wellbeing, book via 07888650190 or aura.prana.holistics@gmail.com

Sessions:

- Tuesday 2 September from 6.30pm to 7.30pm.
- Monday 29 September from 6pm to 7pm.
- Tuesday 7 October from 6.30pm to 7.30pm.
- Monday 27 October from 6pm to 7pm.
- Tuesday 4 November from 6.30pm to 7.30pm.
- Monday 24 November from 6pm to 7pm.

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 maggiwright29@yahoo.com.

Sessions:

- Wednesday 8 October from 6pm to 8pm, a floral hat box workshop.
- 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.

*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 - 01325 321234

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Events and services

Events

Macmillan Coffee Morning

Join us for our Macmillan Coffee Morning on Tuesday 23 September from 10am to Midday - there will be a PCP staff baking competition too.

Free Children's Halloween event

Join us for our free children's Halloween event on Tuesday 30 October from midday to 3pm. Come in your best fancy dress for an afternoon of Halloween fun, featuring crafts, face painting, interactive storytelling, a disco, juice and cupcakes, and a spooky tombola.

Services

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

Flexible scheduling, book by 07494 681682 or emailing 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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