

Pioneering Care Centre

What's On Guide

Monday

Gardening Group - Support our Community Garden

We welcome both novice and experienced gardeners of all abilities and age range. Contact 01325 321234.

10.00 - 11.00

Kids Commercial Dance

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

16.45 - 17.45

Young Adults Support Café (YASC)

Giving young people the opportunity to come together and make friends. Ages 16 - 21 welcome. Drop in, enjoy a 'cuppa' and take part in fun activities! Contact donna.kelly@pcp.uk.net for more information.

17.30 - 19.30

Silver Swans - Ballet lessons suitable over 50's

Learn professional ballet steps and form routines with dance teacher Lauren Harrison. £5.00 per class or £20 for five classes. Call Lauren on 07367663606 to book a place.

18.00 - 19.00
19.00 - 20.00

Tuesday

Befriending Group - Meet new people

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

12.30 - 14.00

Tuesday continued

Pilates Healthy Back Class - Starting 13th September

Enjoy a gentle, balanced workout with specially designed Pilates based exercises to help and prevent lower back pain.

6 week course for £45.00.

Contact Melanie on melanieflinderspilates@gmail.com or call 07828198133

19.00 - 20.00

Wednesday

North East Dance - Advanced Dance Level One - FREE

Improve fitness and mental health through dance! Increase knowledge, skills and confidence. Contact Clare on 0191 565 7270 or clare@northeastdance.com

18.00 - 19.00

Bespoke Yoga - Starting 7th September

Reconnect with yourself, leave feeling refreshed, balanced and calm and both stronger physically and mentally.

7 week course for £63.00

Contact Tara on 07974 677693 or bespoke.yoga@icloud.com to book

19.15 - 20.30

Fitness Bootcamp

Only £4 per session, to book contact 01325 321234.

With PT Luke Liddell, join in intense, full body circuits class promoting lean muscle mass with a mixture of cardio, resistance and core exercises!

**16.45 -
17.30**

Thursday

Seated Dance

Specifically designed for those with limited movements, disabilities or illnesses which may prevent you from being able to stand up and move for long periods of times. £4.00 per session. Contact Mia Southerton on 07534944083 or email miasoutherton@gmail.com

10.15 - 11.00

Silver Swans - Ballet lessons suitable over 50's

Learn professional ballet steps and form routines with dance teacher Lauren Harrison. £5.00 per class or £20 for five classes. Call Lauren on 07367663606 to book a place.

**10.00 - 11.00
11.00 - 12.00**

Thursday continued

Pilates - For all ages and levels of fitness

£6.50 per class. Contact Melanie Flinders on 07828198133 or email melanieflinderspilates@gmail.com

11.30 - 12.30

13.00 - 14.00

Befriending Gardening Group - with John Cummins

Enjoy gardening and laughter with new friends! Come along to our weekly gardening befriending group and enjoy our PCP garden – no booking required

13.00 - 15.00

Options Social Club

A social club giving adults with physical and learning disabilities the opportunity to socialise and make new friends in a safe and comfortable environment. Providing carers with a short break from their caring responsibilities. £4.00 entry, no booking required.

18.30 -

20.30

Hydrotherapy Pool

For availability contact PCP reception on 01325 321234

Waterbabies

Contact 01642 711734 for booking & info

Monday 10.00 – 11.30

Friday 10.00 – 14.00 & 15.30 – 17.00

Saturday 9 – 11.30

Events



September

Macmillan Coffee Morning

Will host a range of different bakery stalls to raise money for Macmillan Cancer Support.

**Thursday 29th
September
10.00 - 12.00**

October

Community Roadshow - Newton Aycliffe Youth Centre

Come and chat with a host of organisations who can offer advice and support with the cost of living crisis, access to food, housing issues, money management & benefits, and help with work or volunteering. Refreshments provided.

**Thursday 6th
October
10.00 - 12.00**

Halloween - Children's Fun Day

Enjoy spooky activities and trick or treating! Don't forget to dress up!

**Wednesday
26th October
12.00 - 16.00**

November

Community Roadshow - Newton Aycliffe Leisure Centre

Come and chat with a host of organisations who can offer advice and support with the cost of living crisis, access to food, housing issues, money management & benefits, and help with work or volunteering. Refreshments provided.

**Thursday 24th
November
10.00 - 12.00**

December

Christmas Fayre

Stallholders will be selling crafted presents, whilst children can enjoy a range of festive activities and meet Santa Claus and his reindeer!

**Saturday 10th
December
10.00 - 14.00**



www.pcp.uk.net



01325 321234

Pioneering Care Centre

Carer's Way, Newton Aycliffe, DL5 4SF