

What's On Guide

August 2025



Monday

Arts for Wellbeing

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.

10am to midday

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

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

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**

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.

1pm to 3pm

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

Arts for Wellbeing

16 to 19 years old sessions commence Thursday 26 June. To book your free place contact reception on 01325 321234 or admin@pcp.uk.net.

6pm to 8pm

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.

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

Upcoming events, classes and courses

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

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.

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

Pioneering Care Centre
Carer's Way, Newton Aycliffe,
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www.pcp.uk.net - 01325 321234

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