

# What's On Guide July 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](mailto: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

## 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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## 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](mailto:admin@pcp.uk.net).

**6pm to 8pm**

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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.

## **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

### Summer Fair

Join us at the Pioneering Care Centre in Newton Aycliffe on Saturday 2 August, from 10am to midday, for our Summer Fair. Come along and see what stalls and fun activities we have in store.

### Group Soundbath session

Hosted by Catherine Lee, AuraPrana Holistic Wellbeing at the Pioneering Care Centre in Newton Aycliffe, on Tuesday 8 July from 5:30pm to 7:30pm and Monday 28 July 6pm to 8pm. This involves mindfully listening to different sounds and instruments that help sooth the body and mind.

### 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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