

September 2023

What's On Guide

The Queen's Award for Voluntary Service



Monday

Gardening Group - Support our Community Garden

We welcome both novice and experienced gardeners of all abilities and age. Contact 01325 321234 for more information.

10am - 11am

Cycling Group - Beginners

Enjoy free group cycle sessions, all routes led by trained marshals. Equipment provided on site if required. Please arrive by 9.45am. Call 01325 321234 for more information.

10am - 11.30am

Book Club

Unleash your inner bookworm! Held on the first Monday of every month, share great reads, and tell fantastic stories, this is a free club with refreshments provided. Contact 01325 321234 for more information.

1.30pm - 3pm
***Can be subject to change**

Kid's Commercial Dance

Enjoy learning dance routines to chart topping hits all while having fun and making new friends. Contact Mia Southerton on 07534944083 or email miasoutherton@gmail.com to book.

5.00pm - 5.45pm

Silver Swans - Ballet lessons suitable over 50's

Authentic ballet lessons suitable for over 50s. Learn professional ballet steps & form routines. Call Lauren Harrison on 07367663606 to book.

6.30pm - 7.30pm



**Sign up to our newsletter
by scanning the QR code!**

Tuesday

Silver Swans - Ballet lessons suitable over 50's

Authentic ballet lessons suitable for over 50s! Call Lauren Harrison on 07367663606 to book.

10am - 11am

Befriending Group - For fun and laughter

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

12.30pm - 2pm

Children's Ballet Classes

Royal Academy of Dance ballet lessons for 3-5 years and 6-8 years. Dance, make friends and have fun with qualified RAD ballet teacher Lauren Harrison. Call Lauren Harrison on 07367663606 to book.

4.45pm - 5.30pm

(3 - 5 years old)

5.30pm - 6.15pm

(6 - 8 years old)

Ballet Class - 14 - 17 year old

Royal Academy of Dance ballet lessons for 3-5 years and 6-8 years. Dance, make friends and have fun with qualified RAD ballet teacher Lauren Harrison. Call Lauren Harrison on 07367663606 to book.

6.15pm - 7pm

Healthy Back Class

For future block booking and prices, Contact Melanie on melanieflinderspilates@gmail.com or call 07828198133 to book.

7pm - 8pm

Ballet class - 18+

For those who may have done ballet as a child or always wanted to. Authentic Royal Academy Dance ballet adapted for adults. Call Lauren Harrison on 07367663606 to book.

7pm - 8pm

Wednesday

Cycling Group - Intermediate

Enjoy free group cycle sessions, all routes led by trained marshals. 90 minute route for intermediate cyclists. Equipment provided on site if required. Please arrive by 9.45am. Call 01325 321234 for more information.

10am - 11.30am

Fun Fitness Class with Luke

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

A fun fitness class with experienced trainer Luke, where you can go at your own pace, whilst increasing your fitness and toning your muscles in a friendly atmosphere. All abilities welcome!

4.45pm - 5.30pm

Bespoke Yoga

Reconnect with yourself, leave feeling refreshed and balanced.
For future block session information contact Tara on
07974 677693 or bespoke.yoga@icloud.com to book.

7pm - 8.15pm

Thursday

Silver Swans - Ballet lessons suitable over 50's

Authentic ballet lessons suitable for over 50s. Learn professional ballet steps & form routines.
Call Lauren Harrison on 07367663606 to book.

10am - 11am

11am - 12pm

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 - 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 - 12.30pm

1pm - 2pm

Befriending Group - For fun and laughter

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

12.30pm - 2pm

Options Social Club

A social club giving adults with physical and learning disabilities the opportunity to socialise and make new friends in a safe environment. Providing carers with a short break from responsibilities. £4 entry, no booking required.

6.30pm - 8.30pm

Friday

Children's Ballet Classes

Royal Academy of Dance ballet lessons for 3-5 years. Dance, make friends and have fun with qualified RAD ballet teacher Lauren Harrison. Call Lauren Harrison on 07367663606 to book.

4.30pm - 5.15pm



Events and services

For more information on our events please visit our website www.pcp.uk.net/activities

Upcoming Events & Courses

- Fully funded mindfulness photography by Sarah Johnson Photography - starting September, bi-weekly. Email - sarah@sarahjohnsonphotography.co.uk
- Volunteering Fayre - 14th September - 10am - 12pm - Pioneering Care Centre
- BSL (British Sign Language) Level 1 Classes - Starting 20th September 6.00pm – 8.00pm - to book please visit www.deafemp.com
- Macmillan Coffee Morning - 28th September - 10am - 12pm

Hydrotherapy Pool

For availability contact PCP reception on 01325 321234

Beauty and Reflexology services

Total Beauty by Pamela

To book an appointment,
contact Pamela on 07511627685

The Reflex Clinic

To book an appointment,
Email - info@thereflexclinic.co.uk or call 07799317664
www.thereflexclinic.co.uk

Garden Kitchen at the Pioneering Care Centre

Opening hours Monday - Friday - 10am - 1.30pm - Saturday 10am - 12pm
Sit in or takeaway!

***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 - 01324 321234



@PCPandCentre



@Pioneeringcare



@Pioneeringcare