

# What's On Guide September 2024



## Monday

### Cycling Group - Intermediate

Free intermediate group cycle sessions for up to three hours with equipment available. Arrive by 9.45am.

10am to 1.30pm

### 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

### Dancercise

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

12.30pm to 1.15pm

### Ballet Classes by Lauren Harrison

Contact Lauren Harrison on 07367663606 for pricing and to book.

Primary Ballet 5-7 years

4.45pm – 5.30pm

Grade 1 Ballet 7-9 years

5.30pm – 6.15pm

Beginners Adult Ballet 18+

6.15pm – 7.15pm

Ballet Barre Fitness 16+

7.15pm – 8pm



Sign up to our newsletter  
by scanning the QR code!

# Tuesday

## **Befriending Group - For fun and laughter**

Meet new people for a friendly get together, a group with free refreshments. No booking required!

**12.30pm to 2pm**

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## **Ballet Classes by Lauren Harrison**

Contact Lauren Harrison on 07367663606 for pricing and to book.

Little Ballerinas Parent and Child 2 to 3 years old

**4.45pm to 5.30pm**

Pre-Primary Ballet 4 to 6 years old

**5.30pm to 6.15pm**

Grade 2 Ballet 8 to 10 years old

**6.15pm to 7pm**

Adult Ballet 18+

**7pm to 8pm**

# Wednesday

## **Cycling Group - Beginners/Novice**

Free beginners cycling sessions with equipment available.  
Arrive by 9.45am.

**10am to 11.30am**

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## **Sewing for Beginners with Racheal Forrest**

Starting 11 September, The course is available to those 19+ and living in County Durham and is free for those with a means tested benefit or £25 for those without.

**1.30pm to 3.30pm**

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## **Fun Fitness Class with Luke**

fun fitness class with experienced trainer Luke. All abilities welcome!  
Only £4 per session.

**4.45pm to 5.30pm**

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## **Bespoke Yoga**

Reconnect with yourself, leave feeling refreshed and balanced.  
For session information contact Tara on 07974 677693 or email to book.

**6.30pm to 7.45pm**

# 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](http://www.durham.gov.uk/walkdurham)

**10.30am to 11.30am**

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## 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 to 11am**

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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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## Love to Knit?

If you would love to learn to knit, or are an experienced knitter, join us knitting group - just turn up! Contact 01325 321234 for more information.

**1.30pm to 3.30pm**

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## Primary Ballet lessons - 5 to 7 years old

Ballet lessons suitable for 5 to 7 years old. Call Lauren Harrison on 07367663606 to book.

**4.45pm to 5.30pm**

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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**

# Friday

## Ballet Classes by Lauren Harrison

Contact Lauren Harrison on 07367663606 for pricing and to book.

Ballet Barre Fitness Class 16+

**4pm to 4.45pm**

Pre Primary Ballet 4 to 6 years old

**4.45pm to 5.30pm**



# Events and services

## Upcoming Events & Courses

### Macmillan Coffee Morning

Cakes, bakes and sweet treats available, as well as our PCP Star Baker competition on Thursday 26 September from 10am to midday.

### Pilates - New Beginners Class

Starting Thursday 19th September 2.15pm to 3.15pm, contact Melanie Flinders on 07828 198133 or email [melanieflinderspilates@gmail.com](mailto:melanieflinderspilates@gmail.com) to book

### Resilience Mind and Body

From mindful breathing, to grounding meditation and improving emotional wellbeing, over five relaxing sessions with our County Durham Resilience service. Contact: [resilience@pcp.uk.net](mailto:resilience@pcp.uk.net) for more information - dates vary.

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### Garden Kitchen at the Pioneering Care Centre

Opening hours from Monday to Friday at 10am to 1.30pm.  
Saturday 10am to 12pm. 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.




### The Reflex Clinic

To book an appointment, Email - [info@thereflexclinic.co.uk](mailto:info@thereflexclinic.co.uk) or call 07799317664, [www.thereflexclinic.co.uk](http://www.thereflexclinic.co.uk)

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\*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](http://www.pcp.uk.net) - 01324 321234

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