

# July 2024

## What's On Guide



### Monday

#### Cycling Group - Intermediate

Enjoy free group cycle sessions. Rides can be three hours for intermediate cyclists. Equipment available to use. Please arrive by 9.45am.  
Call 01325 321234 for more information.

10am - 1.30pm

#### Book Club

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

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

#### 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 - 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 2-3 years**

**4.45pm – 5.30pm**

### **Pre-Primary Ballet 4-6 years**

**5.30pm – 6.15pm**

### **Grade 2 Ballet 7 – 9 years**

**6.15pm – 7pm**

### **Adult Ballet 18+**

**7pm – 8pm**

# Wednesday

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

Enjoy free group cycle sessions. Equipment available to use.  
Please arrive by 9.45am. Call 01325 321234 for more information.

**10am - 11.30am**

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## **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 fitness. All abilities welcome!

**4.45pm - 5.30pm**

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## **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](mailto:bespoke.yoga@icloud.com) to book.

**7pm - 8.15pm**

# 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 - 11.30am

## 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

## 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 - 12.30pm

1pm - 2pm

## Love to Knit? - Knitting Group

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 - 3.30pm

## 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

## Ballet Classes by Lauren Harrison

Contact Lauren Harrison on 07367663606 for pricing and to book.

Little Ballerinas Parent and Child 2-3 years -

2.15pm - 3pm

Ballet Barre Fitness Class 16+ -

3.15pm - 4pm

Primary Ballet 5 - years -

4pm - 4.45pm

Pre Primary Ballet 4 - 6 years -

4.45pm - 5.30pm



# Events and services

## Upcoming Events & Courses

### Volunteer Fair

Tuesday 16th July - 10am - 12.30pm, pop along for a relaxed morning and see what volunteering opportunities there are within PCP.

### Summer Family Fun Day

Saturday 10th August - 10am - 2pm, a few hours of fun for all the family, with stalls and activities.

### 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 Monday - Friday - 10am - 1.30pm - Saturday 10am - 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)




### Centre Redevelopments

Keep up to date with our fantastic Pioneering Care Centre redevelopments of our hydrotherapy pool and Options room at [www.pcp.uk.net/pcc-redevelopments](http://www.pcp.uk.net/pcc-redevelopments)

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

Pioneering Care Centre  
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[www.pcp.uk.net](http://www.pcp.uk.net) - 01324 321234

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