

What's On Guide

March 2025



Monday

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

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 and toning your muscles in a friendly atmosphere, all abilities are welcome. 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

Welcome Spaces

Every Wednesday, anyone can drop in and connect with others through a warm and welcoming space. Sessions are free, and visitors can access family activities, hot drinks, a hot meal. Thanks to Point North for supporting us with funding for the Welcome Spaces.

4pm to 6.30pm

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

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

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

Events and services



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.

Hydrotherapy pool

here are many health and wellbeing benefits of hydrotherapy, including improvements in physical and mental health. Book now at www.pcp.uk.net/booking, call 01325 321234 or visit the Pioneering Care Centre.

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.



Total Beauty by Pam

A range of face treatments to support you to feel your best, treatments are £30. Contact Pam on 07511627685 to book.



*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

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