

What's On Guide

April 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

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

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

Hydrotherapy Pool

There 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.

Open Hydrotherapy session

Monday at midday to 1pm, 3pm to 4pm.

Tuesday at 9.15am to 10.15am, 10.30am to 11.30am.

Wednesday at 12.15 to 1.15pm, 3.15pm to 4.15pm.

Thursday at 5pm to 6pm.

Friday at 12.15pm to 1.15pm, 1.45pm to 2.45pm.

Saturday at 11.45am to 12.45pm.

Self-led exercise session

Monday at 9.15am to 10.15am.

Tuesday at 3pm to 4pm.

Thursday at 3.30pm to 4.30pm.

Friday at 3.30pm to 4.30pm.

Relaxation session

Monday at 1.30pm to 2.30pm.

Parent and Toddler session:

Tuesday at midday to 1pm.

Social session

Tuesday at 1.30pm to 2.30pm.

Wednesday at 1.45pm to 2.45pm.

Family Fun SEND session

Saturday at 10.30am to 11.30am.

Family Fun session

Friday at 5pm to 6pm.

9.15am to 10.15am

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.



Events and services

Events

PCP Spring Easter Event

Join us at the Pioneering Care Centre in Newton Aycliffe on Tuesday 15 April from midday to 3pm for an afternoon of fun for children and families. Enjoy free activities, including face painting, interactive storytelling, a garden Easter trail, crafts, and a juice and cupcake for children - no booking needed.

Arts for Wellbeing

Arts sessions that mixes creativity with wellbeing, this will be open to anyone aged 18 or over and free of charge – all resources will be provided. Dates and times TBC, to register your interest please contact ann.bell@pcp.uk.net.

Seated Tai Chi

Commencing Thursday 1 May, enjoy this gentle, low-impact exercise that promotes relaxation, balance, and flexibility. Further dates and times TBC, to register your interest please contact ann.bell@pcp.uk.net.

Events and services

Services

Community Café 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

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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 - 01324 321234

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