

What's On Guide December 2024



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



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

Wednesday

Cycling Group - Beginners/Novice

Free beginners cycling sessions, come along and meet up with like minded people. Please arrive by 9.45am.

10am to 11.30am

Fun Fitness Class with Luke

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

4.45pm to 5.30pm

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

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. The warm water eases the mind, relaxes muscles, detoxifies the body, and relieves anxiety and stress to give a real feeling of tranquillity.

Open Hydrotherapy session:

Monday at 12.45pm to 1.45pm and 2:15pm to 3:15pm.

Tuesday at 9am to 10am, midday to 1pm and 3.15pm to 4.15pm.

Wednesday at 12.15pm to 1.15pm, 3.30pm to 4.30pm and 5pm to 6pm.

Thursday at 3.45pm to 4.45pm and 5.15pm to 6.15pm.

Parent and Toddler session:

Tuesday at 10.30am to 11.30am.

Friday at 10.30am to 11.30am.

Social Session

Tuesday at 1.45pm to 2.45pm.

Wednesday at 1.45pm to 2.45pm.

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.

To book your session, please contact 01325 321234 or you can visit the Pioneering Care Centre to book in person. Our online booking system will be going live soon.





Events and services

Upcoming Events & Courses

Carol Concert

Christmas Carol Concert at the Pioneering Care Centre in Newton Aycliffe, taking place on Friday 13 December from 11am to 12.30pm.

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.

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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