

October 2021.

Get Fit!!

So many ways to do this at Pelton Community Centre.

Accidents/Incidents reported – 0
Complaints received – 0

This report is written collectively from all staff, with snippets and photos from our busy centre allowing us to share some of our good news stories, successes, achievements and also lessons learnt.

Please note - all activities are being carried out in a COVID-19 secure way, with appropriate social distancing, adhering to strict infection control procedures, using correct personal protective equipment while adhering to the current Government guidelines in accordance with corona virus restrictions.

Gemma – Leisure Coordinator.

Gentle Circuits

This Session will be led by a fully qualified Personal Trainer & GP Referral coach.
This 45-minute session will be aimed at improving mobility and strength to help with daily tasks by concentrating on cardiovascular, big muscle groups & also aim to reduce the risk of acute medical conditions.

Every Tuesday & Thursday
10.15am - 11am
at
Pelton Community Centre

£2.50

We have limited spaces for this session & spaces must be booked prior to session starting.
To book a space please contact Pelton Community Centre on 0191 3700724.

Government Guidelines must be followed within this session. Cleaning products & Hand sanitizer must be used before and after session.



Gemma recently took over a previously ran DCC session, which was always a popular one with our over 50's. Gemma does two weekly circuits sessions for Pelton Community Centre now and they are both running at full capacity. Gemma adds new elements in every week including different sports activities, riddles and activities.

Gemma is now booking in inductions as and when she can around the above classes and other things going on within the centre... and is looking to start PT sessions again soon. Watch this space!

Gemma has also organised a community walk to meet at the centre on a Wednesday, head out for 60/70mins approx. and pop back for a cuppa. Again, this is to improve the health and fitness of our community but is also a great way to meet new people, get out of the house, learn about your area and of course enjoy a well-deserved cuppa back in the warm.



Recent Developments:

- Sportworks and ourselves joined together to host a new seated exercise group in our centre. The funding covers room hire and coach costs and will hopefully build a group who can become self sufficient. We wanted the fitness side of things to be the main part of the group, but we also wanted to build in the social aspect and have ensured we have plenty of time after the fitness for a cuppa, a biscuit and a good old chat. Numbers have been around 8/9 every week but we are looking to grow this. The funding was from Sported and we look forward to making a lasting impression on our community.
- Books are back for sale in our community centre. These



were removed during Covid however we have introduced this well used service into the centre again and it is nice to see some keen readers making use of this service.

Why buy new? Give new life to an old book!

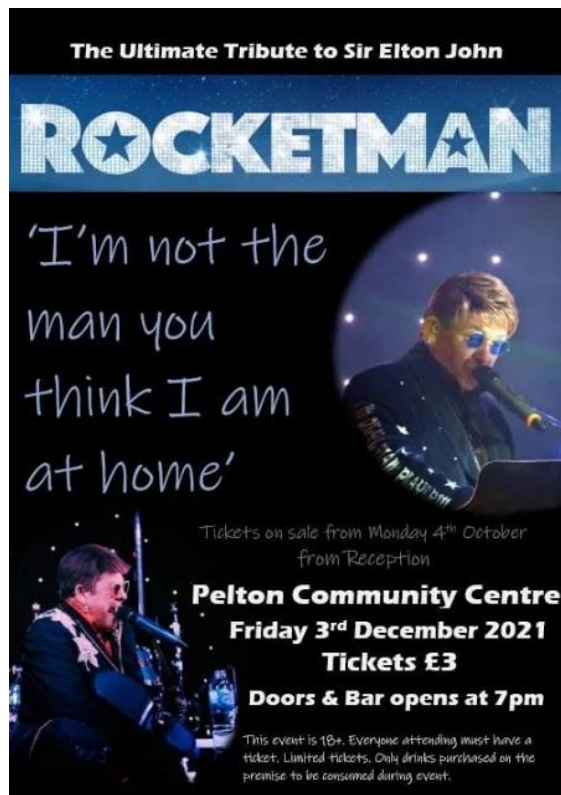
- On the 11th of October we had to put an announcement out that we only had one slot available for a childrens party to be

held here this year. This is great to see, we love having parties here and love the freedom our hall offers to families wanting to celebrate here. The hall is great for discos, bouncy castles, cinema shows, nerf wars, craft parties, baby yoga parties and more. We are pleased to see people feel our facilities provide a safe environment to host parties in.

Dates for your diary...

- Our first family night of the year sold out within minutes of going on sale, so we rallied the troops and pulled together a second date. That too sold-out which is great to see, and we can't wait to see what Candy Kids have in store for our community. We see over 100 people enjoying a family event together in their

community which is great to see, but we also see new families joining for the first time and usually meeting our community, making new friends and getting to see a snapshot of what we do.



- We are going to try something new this year and treat our community to an Elton John tribute band, with tickets only £3 we know people will have a great night. We fully expect the dance floor to fill up and drinks to flow. Tickets on sale from reception if you are interested.
- Funding was applied for this month to help purchase new plastic chairs for the main hall and other rooms to use. Our existing chairs are fabric, have seen better days, they are heavy to lift and only stack 6 high. We are looking to replace with lightweight, wipeable, stackable colourful chairs. DCC have a pot for Covid Recovery to which we applied, we also included some wipeable, collapsible tables to use in the lounge. Due to social distancing still being required for some groups, this has become a multi-use room, the big sturdy wooden tables are no longer an option for this room, and we need to adapt the way in which we use the room. Hopefully the funding bid is accepted, and we can make these purchases sooner rather than later.

PELTON PARISH COUNCIL COMMUNITY EVENT

30TH October 2021 on Roseberry Playing Fields, 1pm to 4pm

Can you help?

During the event there will be a Tombola Stall and a Raffle with all monies raised shared equally between the following three LOCAL NHS Charities.



If you have any tombola items and/or raffle prizes you would like to donate please contact the Parish Clerk, Joanne Dickinson on 0191 3701969 or clerk@peltonparishcouncil.gov.uk prior to the event date to arrange collection OR pop into the Grange Villa Enterprise Centre or Pelton Community Centre and hand any donations to their reception team.

Thank you

Pelton Parish Council Community Event

30th October 2021 on Roseberry Playing Fields from 1pm to 4pm

Please Contact the Parish Clerk on 0191 3701969 or clerk@peltonparishcouncil.gov.uk for further information

- Beamish Museum 1950's Caravan along with Toys & Games
- Magician- Michael Donoghue
- 'An Afternoon of Diamond Delights with local act Precious Diamond (Colin Lynch) singing a mix of Neil Diamond classics added with a mix pop anthems from 80's,90's and the Now'
- A visit from Police Dogs Jet and Ben & a visit from the local police & fire brigade (vehicles to be viewed, subject to operational requirements)
- Craft & Food Stalls
- Face Painting, crafts, balloon modelling and so much more

Bring your carved pumpkins & enter our Pumpkin Competition

Halloween Fancy Dress Themed Competition
Prizes available for various ages 0-100

Tombola & Raffle with monies raised going to Local NHS Charities

Logos: Chester Le Street Primary Care Network, Your NHS Charity, NHS Tees, Esk and Wear Valleys NHS Foundation Trust.

Thank you for taking the time to read our snapshot report, we do of course have much more going on and haven't stopped since returning actually. We are always up for hearing your feedback, comments and suggestions so please feel free to pass these on if you have any. *Regards Clare Robinson and Team.*