

Feb 2022.

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 lessons learnt.

Please note - all activities are conducted 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.

Pelton Community Gym saw the usual increase in footfall, inductions and membership over January and into February, however we are aware people lose interest and money is tight for membership etc, so we did a day of 'spin to win' to help.

Wednesday 2nd Feb was the day we chose, and we allowed everyone a spin as they entered the gym. Two FREE Annuals were won, with Hannah and Richie saving £100. We also gave out free monthlies, half price annuals and monthlies, free PAYG sessions and free goodie bags. The event was well received and left people presently surprised.

We will be doing another soon and are looking into how to celebrate our big birthday later in the year. Can you believe the gym is coming up to 10 years old in May, and what a transformation we have had!

Some very interesting facts for you....

...We haven't changed our prices since the day we opened!

...We still don't do Direct Debits or Contracts!

...And we have some members still using our facilities 10 years on!



Well done to you, we hope to celebrate with you all in May!!! If you have memories of our opening, get in touch! We would also like to hear feedback and comments about our Gym.

Recent Developments:

- Great news! @CountyDurhamCF have awarded us £400 to help us set up a new drop-in session around Winter Health ☕️😊. It was awarded from the 'Chester-le-street Primary Care Network and Community Investment Funding Panel' fund, (now that's a mouthful for a Monday Morning) 😊 and we are very grateful. This money was raised at a recent Parish Council event and kindly donated to us. Now we can get planning...

Pelton Community Centre

New Support drop-in group.

HOWEVER YOU DO IT

It's time to talk

Thursdays 1-2pm

Starting: Thursday 17th Feb 2022

The support group is for anyone with a "worry" no matter how small, which is making them anxious. The idea is to speak to others who may be experiencing the same. In some circumstances the facilitators can sign post people to professional help. Please don't sit and worry alone, come and have a chat in an informal setting with a cuppa and a cake.

Talk, Listen, Save lives

For more information, please contact reception on 01913700726, Pelton Community Centre, Front Street, Pelton, Chester-le-Street, Co. Durham, DH2 1DE. Charity Number: 1155121

- Wednesday 9th Feb was our busiest day in a long while, I noticed in the morning that every room was used and it was such a great feeling. The Centre was buzzing with people improving their lives in one way or another, and that was just the morning! We then had our seated exercise class, Pelton Parish Council joining us that evening, Yoga and Pilates in Room 3, more from Get Fit NorthEast and a full day of the gym ahead of us.



- With two new volunteers on board who are happy to help host a dropin session, we are going to give a weekly 'Its Time to Talk' session a go. The session will be informal, relaxed and open to anyone. We will signpost where we can, listen all the time and provide the cuppas. The funding above will help support this session, and hopefully be used to bring in useful provision, guest speakers or services.
- Our Wednesday walk with Walk Durham is still going strong, the feedback is always very positive.



Top fan
Pat Pinkerton
Joined the walk for the first time, thoroughly enjoyed it. Lovely friendly people.
Love Reply Hide 1 w

Author
Pelton Community Centre
Pat we love seeing comments like this, we are pleased you enjoyed it, we look forward to seeing you again next week.
Like Reply Commented on by Gemma Smith 1 w

Pelton Community Centre
Published by Gemma Smith · 24 mins ·

Yes!!! 🥳🥳🥳

Take a snap shot right now of [Pelton Community Centre](#), on a Wednesday morning, and all our rooms are being used by different groups. It has been a while since this happened but it is great to see!!! We are loving the buzz today at the centre! 🥳

[Pelton Community Gym](#) has 6 members in, with more swiping in as we speak. 🥳

[Big Science](#) is setting up in Room 3 🥳

[Get Fit North East](#) are starting a session in the Main Hall 🥳

[Karbon Homes](#) are delivering a Money advice session in Room 2 🥳

[Wellbeing4Life](#) are starting an Eat Wise course in the lounge 🥳

[Walk Durham](#) are meeting in the IT suite before heading out for a 60-90min walk, then returning for a cuppa. 🥳

We then have Room 14, which will be used today by [Integrating Children & Young People](#) then they will be getting ready for tonight's sessions with [Pelton Youth Project](#) 🥳

- Interviews are being held next week for the two posts we recently advertised. A Development Worker and an Event Worker are both really needed to complete our team and ensure our Community Centre continues to thrive. The Development Worker will develop new and exciting groups and events at the centre and bring back our successful toddler groups etc. We hope to hire an enthusiastic person and will hopefully introduce you to them soon.
- Plans are in place for our big project this year, which includes improving the exterior of our building. We hope to include additional parking, new and improved exterior walls with added insulation, improved lighting, a buggy park for pushchairs, new signage and more. We would really appreciate your help and comments about this project, we will be in touch shortly about that, and hopefully our community can help design elements of the work.
- We are applying for some funding to allow us to celebrate the Queens Jubilee here at Pelton Community Centre in June. We hope to do two large events, one on Saturday 4th June with the City Swing Brass Band and one on Sunday 5th June in partnership with Pelton Parish Council. We have asked for Red White and Blue fabric scraps to be donated to us as we hope to use these and create some fabulous bunting, so feel free to drop any into reception. We will also be asking for Raffle Prize donations and even help on the day. The funding will also include help with provision and materials for all our groups to celebrate in the run up. We can't wait to invite you all in to help celebrate.



We are also continuing to offer food parcels to those in need...you just need to ask.



Dates for your diary...

- Thursday 24th Feb – Valentines Family Disco – ticketed event to raise funds for Sophies World Challenge.
- Sunday 13th March, Afternoon tea dance with M&K Dance.
- Sunday 10th April, Afternoon tea dance with M&K Dance.
- Monday 11th April, Easter Provision will start for young people and their families to enjoy.
- Sunday 8th May, Afternoon tea dance with M&K Dance.
- Saturday 4th June, City Swing Queens Jubilee Celebration, more info coming soon.
- Sunday 5th June, Family Funday with Pelton Parish Council, more info coming soon.
- Sunday 19th June, Afternoon tea dance with M&K Dance.
- Friday 1st July, Party Bingo, 7pm-late, more info coming soon.
- Sunday 17th July, Afternoon tea dance with M&K Dance.
- Monday 25th July, Summer Provision for young people and their families to enjoy.
- Sunday 14th August, Afternoon tea dance with M&K Dance.
- Sunday 11th September, Afternoon tea dance with M&K Dance.
- Sunday 9th October, Afternoon tea dance with M&K Dance.
- Sunday 20th November, Afternoon tea dance with M&K Dance.
- Sunday 11th December, Aladdin Panto, 10am.
- Friday 16th Dec – Festive Afternoon Tea with Chester Brass
- Sunday 18th December, Afternoon tea dance with M&K Dance.

We are so happy to see things building back up here in the centre, but sad to lose some groups as participation just isn't enough to make the session viable. Hopefully this improves across the board and I can report some success stories next month. *Regards Clare Robinson and Team.*



Winter Training Calendar

January – March 2022

FREE for anyone living or working in County Durham



We are a fully subsidised provider of health improvement, health education and public health training. All of the training is FREE to anyone living or working in County Durham.

Our training provides learners with the opportunity to increase their knowledge and skills in health improvement and community related subjects. Our training courses provide an exciting and comprehensive learning programme for professionals, volunteers and community members. We offer both accredited and non-accredited training. It is a relaxed and interactive atmosphere at our sessions to ensure everyone feels welcome.

We deliver the sessions in community venues and we can come to you if you have a group of people who would like some training. (NOTE: currently some of our training is delivered virtually by MS Teams)

An Insight into Menopause



The menopause is a natural part of ageing. In the UK, the average age for a woman to go through menopause is 51. Studies have shown that menopause symptoms can have a significant impact on attendance and performance in the workplace.

With our population now living longer, working longer, and with 3.5 million women over 50 in the workplace, it's vital that staff are supported to stay well and thrive in the workplace.

Menopause is not just a female issue, it's an organisational issue. All managers need to know about it and how they can support their staff. Awareness on this topic is fundamental and reducing the stigma attached to it is vital so that more people will talk openly about it.

This short course gives an overview of the menopause, signs, symptoms, treatment and survival

Thursday 6 th January 2022	0930 – 1230	MS Teams
Friday 28 th January 2022	1300 – 1600	MS Teams
Monday 14 th February 2022	1300 – 1600	MS Teams
Friday 4 th March 2022	0930 – 1230	Pelton Community Centre
Wednesday 23 rd March	1300 – 1600	The Pavilion, Peterlee

Delivered in partnership with:



Kids Valentines Craft Session



Where: Pelton Community Centre

Date: Saturday 12th February

Time: 11am - 1pm

Price: £2 per child (includes all craft making activities)



A tombola, refreshments and snacks will also be available!

All ages welcome, no need to book.

We look forward to seeing you there!



DANCE CLASSES

For boys & girls, 6 months to 5 years

Tappy Toes was designed to really get little ones moving. It's an active, energetic dance class focusing on:

- ★ MOTOR SKILLS
- ★ SOCIAL SKILLS
- ★ MUSICALITY
- ★ CO-ORDINATION
- ★ CONFIDENCE
- ★ POSTURE

www.tappytoes.com
call us on: 07811 355604
carly@tappytoes.com

