

March 2022.

Accidents/Incidents reported – 0

Complaints received – 0

- Incident of theft – Marie Curie Daffodils were stolen from reception. Worked with PCSOs and resolved issue.

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.

Welcome Ellen!

This month we gained our new Development Worker Ellen who joined our team and has hit the ground running. Ellen, among other things, was tasked with getting our toddler group back up and

Owl and Owlets




Pelton Community Centre

Owl & Owlets

A parent/guardian and toddler group.

A safe and friendly environment for you and your children to play and socialise.

Great for 0-5's

Fridays

9.30am-11am

No booking required

Only £1.50 per child

Additional siblings £1.00

Call for more info :

0191 3700726

Kindly funded with the help of...

Councillor Danny Wood

running and has a date for your diaries. Friday 18th March will be our first group in a couple of years, and we can't wait. We have a

volunteer signed up and ready to go and we can't wait to see you all join in the fun Ellen has planned. Owl and Owlets has its own Facebook page, so please check that out for week-to-week updates.

Ellen will also be supporting other groups and events in the centre, seeking funding to start new groups, working in our busy bar at the weekends and a host of other tasks. In future reports Ellen will provide her own section about what she has been up to. If you feel our centre is lacking something, if you have a new idea we should try, if you have a contact of someone we can use, or you wish to volunteer and support us more then please let Ellen know.



Recent Developments:



- We recently consulted our community in many ways, about the impact COVID19 had on provision, support and guidance for new parents and families. Being a new parent is tough at times, then throw in a pandemic and for some it

changed things dramatically. Going back a good few years, 5 and a half in fact, I had my daughter and we attended a weekly weigh clinic here at the community centre. It gave me purpose to my day while in the new born bubble. I was able to pop along, weigh Delilah, check in with the community midwives, ask those little questions and gain some support at times from other parents. This provision was then removed from PCC and put into Pelton Infant School on a monthly basis. It then moved again to Surestart Centres and our nearest was Bullion Hall. This weekly drop in was fantastic for me, and many others and it's something that's not provided at all to our community now. Having your baby weighed often is something we found was



We have all had a tough time recently, we have missed your company and want to see you again.

Come and join our new artist led craft group, learn new crafts, experience new techniques, further your knowledge, meet new friends and enjoy a relaxed session with a cuppa. All materials supplied and group direction led by those who attend.



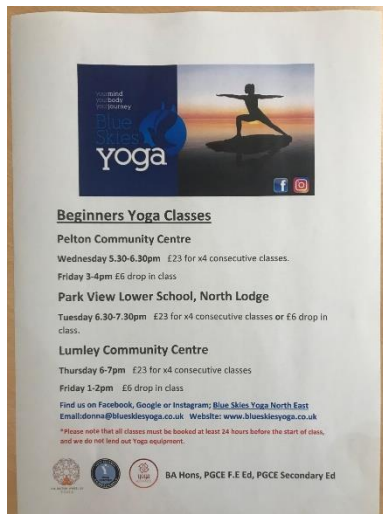
For more information or to **book** your place, please pop in or contact reception on 0191 3700726.



missing in provision, the chance to ask those little questions, about breast feeding, safe sleeping etc and something you need to be ready and out the door with baby for is something our community want. We play host to many baby sessions at present, including Baby Yoga and Hartbeeps, but are lacking that drop in session with a cuppa. We have applied for funding, through CDCF to help fund this session for 1 year to see if we can help, with the hope it can continue. The application covered a drop in session with regular professionals attending to offer that much needed advice and support. It also includes funds to provide free pre and postnatal yoga sessions, family first aid sessions (Including a child CPR manquin to help with delivery of that essential advice and practice), breastfeeding advice and much more. We hope we can help bridge the gap for new parents.

•Durham County Council also awarded us a year of funding to provide a weekly art class for our community to enjoy, working on different projects throughout the year along side our resident artist. The hope is the session builds, grows, becomes self sufficient at times and they may also look to host sales of their artwork within our centre. The craft session is open to all abilities and starts on Thursday

21st April. Check out the poster for more info.



- Our Wednesday night Yoga provider, Blue Skies Yoga, has added more sessions to her provision and included a session for beginners which will be held here on a Friday afternoon.
- The Wellbeing for Life team held a very informative talk around the menopause here in our Main Hall. They sent us this message to try and help get the message out there that these courses are suitable for lots of people, they are free and they also offer many other courses.



For more info and to see what else they have in our diary please get in touch. Or of course check out our facebook page.

'We've been at [Pelton Community Centre](#) delivering "An Insight Into The Menopause". With an audience of all genders starting from age 20+, this session isn't just for those who are experiencing the Menopause! This is for those who would like to seek an understanding of the subject so they can prepare themselves for the next transition in their life or to support those around them. It's a safe place to ask questions, seek tips and advice and know that you are not alone.'



**DISASTERS
EMERGENCY
COMMITTEE**

- As a Community Centre we donated our Gym Income for the week to the Disasters Emergency Committee to help those in need. They are currently based in Ukraine and are providing food, water, shelter and medical assistance to all those in need. We hope it can make a difference. We also donated crates of toiletries, sanitary products and baby items to a local collection point to be shipped to Ukraine. If anyone would like to donate financially to DEC, this is the page you need... www.dec.org.uk
- Durham Community Action also awarded us funding this month through the 'CB Support Fund Partnership Agreement' to enable us to purchase a new upright commercial hoover to assist our cleaners. This is an essential piece of equipment, and this upright will hopefully save time and effort during our cleaning schedule.

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



Dates for your diary...

- 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.
- Saturday 16th April, M&K Easter Ball.
- 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.



This is our Timetable, get in touch for more information or for our special events.



Day	Group	Cost	Time
Monday	Community Gym	From £2	9am – 8.30pm
	Durham Alliance Community Care - Housebound**	-	9am - 5pm
	METAFIT (with Get Fit North East)	£3.50	9.30am-10am
	Yoga Pupz – Yoga for children	Block booking required	Sessions throughout the morning.
	Tappy Toes Dancing (pre-school age)	Block booking required	1.45pm-2.45pm
	Pre-Natal Yoga	Block booking required	6pm-7pm
	Bingo	£1	6pm - 8.30pm
	Adult Tap with RSOD	£5	7.30pm-9.00pm
	Room 14 – Seniors (13-19yrs)	£1	6pm - 8pm
Tuesday	Community Gym	From £2	9am – 8.30pm
	Durham Alliance Community Care - Housebound**	-	9am - 5pm
	Hearing Dogs for Deaf People		10am-12pm
	Gentle Circuits with In2theZoneFitness	£2.50	10am -11am
	Carpet Bowls		1.30-3.30pm
	Room 14- Juniors (8-12yrs)	£1	4pm-5.30pm
	Trio – Get Fit North East	£3.50	5.30pm-6pm
	Pre Natal Yoga	Block booking required	6.30pm-7.30pm
	Room 14 Seniors (13-19yrs)	£1	6pm-8pm
	Tuesdays Bingo	50p	6pm-8pm
Wednesday	Metafit – Get Fit North East	£3.50	6.15pm-6.45pm
	Community Gym	From £2	9am – 7.30pm
	METAFIT (with Get Fit North East)	£3.50	09.30am – 10am
	Walk Durham – Health walk	FREE	10am-11.30am
	Wellbeing4Life- Eat Wise to Drop a Size	Free 10-week course, booking essential	10am-11am
	Wellbeing4Life – Social & Craft Group	Free 10-week course, booking essential	12.30pm-1.30pm
	Seated Exercise with Sportsworks Ltd	£2	2pm-3.30pm
	YOGA – with Blueskies Yoga	£5	5.30pm-6.30pm
	Room 14 Offsite Activity (13-19yrs)	£1	6.30pm - 8pm
	Get Down (with Get Fit North East)	£4.50	6.30pm-7.15pm
	Pilates	£4	7pm-8pm
	Room14 Duke of Edinburgh Award (14+)		7pm-9pm

Thank you for taking the time to read our report, we have included our timetable (Look at the size of it yey!) for you to see a glimpse of what we have week to week. However for more info, to ask us anything or to sign up, please do get in touch.

Regards Clare Robinson and Team.

Check us out on  -
Pelton Community Centre OR Pelton Community Gym



Thursday  	Community Gym	From £2	9am – 7.30pm
	Hartbeeps (For Pre-school children)	Block booking required	Sessions throughout the morning
	Gentle Circuits with Andrea	£2.50	10am-11am
	YogaPupz – Yoga for children	Block booking required	Sessions throughout the afternoon
	It's Time to Talk – Drop In	FREE	1pm-2pm
	Craft Together (Starting 21.4.22)	£2	1-3pm
	Room 14 – Juniors (8-12yrs)	£1	4pm-5.30pm
	Room 14 Offsite Activity (13-19yrs)	£1	6-7.30pm
	Room14 Duke of Edinburgh Award (14+)		7pm-9pm
	BURN with Get Fit North East	£4.50	6.15pm -7pm
Friday	Thursdays Bingo	50p	6pm-8pm
	Community Gym	From £2	9am-6pm
	Durham Alliance Community Care - Housebound**		9am-5pm
	Owl and Owlets Toddler Group – returning soon!!!!	£1.50	TBC
	AGE UK New Age Kurling	£3	1.30pm-2.30pm
Saturday 	Metafit – Get Fit North East	£3.50	5.30pm-6pm
	Community Gym	From £2	9am – 5pm
	Metafit (with GFNE)	£3.50	9.30am-10am
	Rouse School of Dance (Term Time Only)	Contact RSD for details	Sessions throughout the day
	Judo with The Judo Dan Academy		10.30am-12.15pm
	Billy's Social Dance, Sequence & Modern (fortnightly)*	£2.50	7pm - 10.45pm
	M & K Music Social Dance Night (fortnightly)*	£4.50	7pm Doors Open. Music 7.30pm – 11pm

*All Saturday dances fortnightly, please call the Centre for more information.

**DSS referral or personal arrangement required, please get in touch.

**For more information, please call reception on
0191 3700726.**

