



Welcome to the Move activity programme. <u>Register and book activities online : https://fesurehub.durham.gov.uk/thWel/en/oublic/timetable</u> If you have any questions or queries please contact the MOVE team on admin-move@durham.gov.uk <u>Enlowur en activater</u> : Move Counter Durbing

| Day
Monday
Monday | | | is on Facebook - 'Move County Durha
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| | Venue | Activity Group | Activity
 | Time | Cost

 | Further Information
 | AAP area | | | | | | | |
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| | Jubilee Park, Spennymoor
Hamsterley Forest | Closed Group
Walk | Closed Walking Group
Wellbeing Walk (90mins)
 | 10.00 - 11.00
10.00 - 11.30 | Free
Free

 | Car Park is free
 | Spennymoor
Teesdale | | | | | | | |
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 | Starts 11th March (Must be booked
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| Monday | Seaham Leisure Centre | Move Activities | Move Gym
 | 10:00 - 11:00 | Free

 | through Move Team as restrictions
 | East Durham | | | | | | | |
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| Monday
Monday | Belmont Library Coundon Library | Creative | Knit and Natter
Craft and Chat
 | 10.00 - 11.30 | Free

 | Weekly
Fortnightly Starts 13th May
 | Durham
Bishop Auckland and | | | | | | | |
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| | Children Library | Conntine | Rhyme Time Toddler
 | 10.20 11.20 | C

 | Mashin Terretines and
 | Bishop Auckland and | | | | | | | |
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| Monday
Monday | Shildon Library
Belmont Library | Creative
Creative | Reading Group
 | 10.30 - 11.30
14.30 - 15.30 | Free
Free

 | Weekly Term time only
Third Monday of each month
 | Shildon
Durham | | | | | | | |
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| Monday | Wolsingham Leisure Centre | Move Activities | Walking Football
 | 16.00 - 17.00 | £3.00

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| Monday | Stanley Masonic Hall | Creative | Singing Group
 | 10.00-12.00 | £4.00

 | Term Time only
 | Derwent Valley | | | | | | | |
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| Monday | Woodhouse Close Library | Creative | Reading Group
 | 10.00 - 11.00 | Free

 | 2nd Monday of the month
 | Shildon | | | | | | | |
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| Monday | Woodhouse Close Library | Creative | Reading Group
 | 10.00 - 11.00 | Free

 | Second Monday of each month
 | Bishop Auckland and
Shildon | | | | | | | |
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| Monday | Dales Centre, Stanhope | Walk | Wellbeing Walk (90mins)
 | 10.00 - 11.30 | Free

 | Second Monday of Calif Month
 | Weardale | | | | | | | |
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| Monday | Jubilee Community Centre, Shildon | Move Activities | Ladies Group
 | 12.00 - 14.00 | £2.00

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 | Bishop Auckland and
Shildon | | | | | | | |
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| Monday | Willington Family Centre | Closed Group | Closed Walking Group
 | 12.15 - 13.00 | Free

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| Monday | Woodhouse Close Community Church | Community Class | Seated Exercise
 | 13.00 - 13.45 | £3.00

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 | Bishop Auckland and
Shildon | | | | | | | |
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| Monday | Wingate Welfare Park, Bowls Green | Walk | Wellbeing Walk (60mins)
 | 13:00-14:00 | Free

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 | East Durham | | | | | | | |
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| Monday | Jubilee Park, Spennymoor | Closed Group | Closed Walking Group
 | 13.00 - 14.00 | Free

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 | Spennymoor | | | | | | | |
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| Monday
Monday | Lanchester War Memorial
Spennymoor Leisure Centre | Walk
Move Activities | Wellbeing Walk (90mins)
Walking Netball
 | 13.00 - 14.30
13.30 - 14.30 | Free
£3.00

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 | Mid Durham
Spennymoor | | | | | | | |
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| Monday | Durham Clayport Library | Creative | Origami
 | 14.00-15.30 | Free

 | Weekly
 | Durham | | | | | | | |
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| Monday | Durham Clayport Library | Creative | Reading Group
 | 14.00 - 15.00 | Free

 | Last Monday of each month
 | Durham | | | | | | | |
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| Monday | Wolsingham Library | Creative | Craft Group
 | 13.00 - 14.30 | Free

 | fortnightly booking advisable
 | Weardale | | | | | | | |
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| Monday | Shildon Library | Creative | Craft Group
 | 13.00 - 14.30 | Free

 | fortnightly booking advisable
 | Shildon | | | | | | | |
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| Monday | Coundon Library | Creative | Reading Group
 | 14.00 - 15.00 | Free

 | Last Monday of each month
 | Bishop Auckland and
Shildon | | | | | | | |
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| Monday | Murton Library | Creative | Craft Group
 | 13.00 - 15.00 | Free

 | Last Monday of each month
 | East Durham | | | | | | | |
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| Monday | Murton Library | Creative | Reading Group
 | 15:00-16:00 | Free

 | First Monday of each month
 | East Durham | | | | | | | |
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| Monday | Newton Aycliffe Library | Creative | Reading Group
 | 16.15 - 17.15 | Free

 | Fourth Monday of each month
 | Great Aycliffe and
Middridge | | | | | | | |
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| Monday | Newton Hall Library | Creative | Reading Group
 | 10.00 -11.00 | Free

 | Second Monday of each month
 | Durham | | | | | | | |
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| Monday | Peterlee Library | Creative | Knit and Natter
 | 10.00 - 12.00 | Free

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 | East Durham | | | | | | | |
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| Monday
Monday | Peterlee Library
Seaham Library | Creative | Crochet Group
 | 13.00 - 15.00
14.00 - 15.00 | Free
Free

 | Last Monday of each month
 | East Durham
East Durham | | | | | | | |
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| Monday | Seaham Library | Creative | Reading Group
Family History
 | 16.00 - 18.00 | Monday

 | Second Monday of each month
 | East Durham | | | | | | | |
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| Monday | Chester-le-Street Library | Creative | Reading Group
 | 11.00 - 12.00 | Free

 | First Monday of each month
 | Chester - le - Street | | | | | | | |
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| Monday | Consett Leisure Centre | Community Class | Move Easy
 | 11.45 - 12.30
11.00 - 12.00 | From £4.00
Free

 | Second Monday of each month
 | Derwent Valley
Derwent Valley | | | | | | | |
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| Monday
Monday | Consett Library
Consett Library | Creative
Creative | Reading Group
Creative Writing
 | 14.00 - 12.00 | Free

 | second wonday of each month
 | Derwent Valley | | | | | | | |
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| Monday | Leadgate Community Centre | Walk | Wellbeing Walk (60mins)
 | 12.00 - 13.00 | Free

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 | Derwent Valley | | | | | | | |
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| Monday | Thornley Library | Creative | Craft Group
 | 10.00 - 12.00 | Free

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 | East Durham | | | | | | | |
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| Monday
Monday | Easington Library
Stanley Library | Creative | Toddler Story Time
Reading Group
 | 11.00-11.30
13:30 - 14:30 | Free
Free

 | Weekly,Term time only
First Monday of each month
 | East Durham
Stanley | | | | | | | |
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| Monday | Esh Winning Library | Creative | Reading Group
 | 10:30 - 11:30 | Free

 | First Monday of each month
 | Mid Durham | | | | | | | |
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| Monday | Newton Hall Library | Creative | Get Creative
 | 14:00 - 15:00 | Free

 | Third Monday of each month
 | Durham | | | | | | | |
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| Monday
Monday | Brandon Library | Creative | Adult Craft & Chat
 | 14:00 - 15:30 | Free

 | Fortnightly
 | Mid Durham | | | | | | | |
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| Monday
Monday | | |
 | 14:00 - 15:30 |

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| Monday | Brandon Library | Creative | Adult Craft & Chat
 | 14:00 - 15:30 | Free
Free
Free but

 | Fortnightly
 | Mid Durham | | | | | | | |
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| Monday
Monday
Monday | Brandon Library
Lanchester Library | Creative
Creative | Adult Craft & Chat
Reading Group
 | 14:00 - 15:30
14:30 - 15:30 | Free
Free
Free but
printouts have

 | Fortnightly
Fourth Monday of each month
 | Mid Durham
Mid Durham | | | | | | | |
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| Monday
Monday
Monday
Monday | Brandon Library
Lanchester Library
Seaham Library | Creative
Creative
Creative | Adult Craft & Chat
Reading Group
Staff Digitial Support
 | 14:00 - 15:30
14:30 - 15:30
10.00-12.00 | Free
Free but
printouts have
to be paid for

 | Fortnightly
Fourth Monday of each month
 | Mid Durham
Mid Durham
East Durham | | | | | | | |
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| Monday
Monday
Monday
Monday
Monday
Monday | Brandon Library
Lanchester Library
Seaham Library
Consett Leisure Centre
Seaham Leisure Centre | Creative
Creative
Creative
Move Activities
Move Activities | Adult Craft & Chat
Reading Group
Staff Digitial Support
Walking Cricket
Walking Netball
 | 14:00 - 15:30
14:30 - 15:30
10.00-12.00
14:00-15:00
18:00-19:00 | Free
Free but
printouts have
to be paid for
Free
£3.00

 | Fortnightly
Fourth Monday of each month
Weekly
 | Mid Durham
Mid Durham
East Durham
Derwent Valley
East Durham | | | | | | | |
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| Monday
Monday
Monday
Monday
Monday | Brandon Library
Lanchester Library
Seaham Library
Consett Leisure Centre | Creative
Creative
Creative
Move Activities | Adult Craft & Chat
Reading Group
Staff Digitial Support
Walking Cricket
 | 14:00 - 15:30
14:30 - 15:30
10:00-12:00
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 | Fortnightly
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Staff Digitial Support
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 | Fortnightly
Fourth Monday of each month
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Weekly, term time only
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Fourth Monday of each month
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Starts 8th January for 10 weeks
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 | Fortnightly
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Starts 8th January for 10 weeks
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Tuesday	The Art Café Peterlee	Creative	Craft & Chat	10.00 - 12.00	Free		East Durham
luesday	Wingate Library	Creative	Craft Group	9.30 - 11.30	Tuesday		East Durham
uesday	Bishop Auckland Town Hall Library	Creative	Digital Buddy	10.00 - 12.00	Free		Bishop Auckland and Shildon
							Bishop Auckland and
'uesday 'uesday	Bishop Auckland Town Hall Library Langley Park Library	Creative	Reading Group Childrens Craft Club	10.30 - 12.00 15:15 - 16:00	Free Free	Second Tuesday of each month Term time only	Shildon Mid Durham
uesuay	Langley Park Library	Creative	childrens crait club	15:15 - 16:00	riee	Term time only	4 Together
uesday	Cornforth Library	Creative	Reading Group	16.00-17.00	Free	Last tues of month	Partnership
luesday	Cornforth Library	Creative	History Group	18.00-19.00	Free	Weekly	4 Together Partnership
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Fuesday	Woodhouse Close Leisure Centre	Run	C25K C25K	18.00 - 19.00 18.00 - 19.00	Free Free	Starts 5th March Starts 5th March	Shildon
luesday	Opposite entrance to Lidl Crook	Run	C25K	18.00 - 19.00	Free	Starts 5th March Starts 16th April 2024 (1st/3rd/5th	3 Towns
						Tuesday Noses Point) (2nd/4th	
Tuesday Tuesday	Seaham Noses Point/Seaham Hall car park Spectrum Leisure, Willington	Walk Move Activities	Wellbeing Walk (90mins) Walking Football	18.30 - 20.00 17.30 - 18.30	Free £3.00	Tuesday Seaham Hall car park) first session free starts 22nd April	East Durham 3 Towns
rucsuuy	Spectrum celsure, winngton	More Accuracy			23.00	Starts 28th May then last Tuesday of	5 10 115
Tuesday	Beamish Museum	Walk	Wellbeing Walk (90 mins)	18.30 - 20.00 10.00 - 11.30	Free	Month till August	Chester - le - Street
Wednesday Wednesday	Bullion Hall, Chester le Street Great Lumley Community Centre	Community Class Community Class	Yoga Gentle Exercise	13.30 - 14.30	£4.00 £3.00		Chester - le - Street Chester - le - Street
Wednesday	Holyoake Centre, South Pelaw, Chester le Street	Walk	Wellbeing Walk (60mins)	10.00 - 11.00	Free		Chester - le - Street
Nednesday	Louisa Centre, Stanley	Walk	Wellbeing Walk (60mins)	11.45 - 12.45	Free Donations		Stanley
					suggested		
Vednesday	Auckland Youth and Community Centre	Move Activities	Glow in the Dark Cricket	9.30 - 11.30	£3.00	Starts 1 May	Bishop Auckland and
Vednesday	Pelton Community Centre	Walk	Wellbeing Walk (90mins)	10.00 - 11.30	Free	First and third Wednesday of each	Chester - le - Street
Vednesday	Pelton Library	Creative	Knit and Natter	9.30 - 10.30	Free	month	Chester - le - Street
Vednesday	Pelton Library	Creative	Reading Group	14.00 - 15.00	Free	Last Wednesday of each month	Chester - le - Street
Vednesday Vednesday	The Lodge Blackhall and Consett Park Durham Clayport Library	Creative	Open Arts Studio Reading Group	13.00 - 15.00 17.30 - 18.30	£3.00 Free	First Wednesday of each month	Derwent Valley Durham
Vednesday	The Witham, Barnard Castle	Walk	Wellbeing Walk (90mins)	9.30 - 11.00	Free	Thist weathesday of each month	Teesdale
Vednesday	Eden Hill People's Centre, Eden Lane, Peterlee	Walk	Wellbeing Walk (60mins)	10.00 - 11.00	Free	Starts on 17th April 2024	East Durham
Vednesday Vednesday	Langley Park Miners Institute Gala Theatre, Durham	Walk Walk	Wellbeing Walk (90mins) Wellbeing Walk (90mins)	10.00 - 11.30 10.15 - 11.45	Free		Mid Durham Durham
Vednesday Vednesday	Gala Theatre, Durham Randolph Centre, Evenwood	Community Class	Seated Exercise	10.15 - 11.45 11.00 - 11:45	Free £3.00		Teesdale
							Bishop Auckland and
Vednesday Vednesday	Jubilee Community Centre, Shildon Peterlee Leisure Centre	Move Activities Community Class	Sportsability Seated Strength	10.30 -12.00 11.00 - 11.45	£3.00 Free		Shildon East Durham
Vednesday Vednesday	Peterlee Leisure Centre Peterlee Leisure Centre	Community Class Move Activities	Seated Strength Buggy Beat - postnatal exercise	11.00 - 11.45		Starts 24th April	East Durham East Durham
							Bishop Auckland and
Nednesday	Shildon Sunnydale Leisure Centre	Move Activities	Walking Netball	11.30 - 12.30	£3.00		Shildon Fast Durbarr
Vednesday Vednesday	Seaham Leisure Centre Peterlee Leisure Centre	Community Class Move Activities	Move Easy Tenpin Bowling	13.00 - 13.45 13:00 - 14:00	Free £4.00		East Durham East Durham
Vednesday	Peterlee Leisure Centre	Move Activities	Walking Netball	13:00 - 14:00		Starts 24th April	East Durham
					F		Bishop Auckland and
Vednesday Vednesday	Bishop auckland Town hall (outside) The Witham, Barnard Castle	Walk Community Class	Wellbeing Walk (90mins) Move Easy	13:00 - 14:30 14.00 - 14.45	Free From £4.00	change of meeting point Change of venue	Shildon Teesdale
Vednesday	Raby Castle, Staindrop	Walk	Wellbeing Walk (90mins)	14.00 - 15.30	Free	First Wednesday of each month	Teesdale
Vednesday	Seaham Library	Creative	Family History Group	9.30 - 12.30	Wednesday		East Durham
Vednesday Vednesday	Durham Clayport Library Durham Clayport Library	Creative Creative	Toddler Story Time Computeas	10:30 - 11:00 14.00-15.30	Free Free	Weekly term time only	Durham Durham
Vednesday	Spennymoor Library	Creative	Get Creative	10:00 - 11:00	Free		Spennymoor
						Starts 6th March first month focus on	
Vednesday	Meadowfield Leisure Centre	Move Activities	Move Sport	13.00 - 14.30	£3.00	football. Starts 6th March ends 24th April	Mid Durham
						(Must be booked through Move Team	
Nednesday	Abbey Leisure Centre	Move Activities	Move Hub	15.00-16.00	Free	as restrictions apply)	Durham
Thursday	Pioneering Care Partnership - Newton Aycliffe	Walk	Wellbeing Walk (90mins)	10.30 - 12.00	Free		Great Aycliffe and Middridge
Thursday	Castle Eden Dene	Walk	Wellbeing Walk (90mins)	10:30 - 12:00	Free		East Durham
Wednesday	Wolsingham Leisure Centre	Move Activities	Walking Hockey	18.00 - 19.00	£2.00		Weardale
Wednesday Thursday	Wolsingham Leisure Centre Wolsingham Leisure Centre	Move Activities Move Activities	Family Hockey Aquacise	19.00 - 20.00 11:00 - 11:45	£2.00 From £4.00		Weardale Weardale
Thursday	Meadowfield Leisure Centre	Community Class	Gentle Exercise	11.00 - 12.00	£3.00		Mid Durham
Thursday	St Johns Chapel Village Hall	Community Class	Gentle Exercise	11.30 - 12.30	£3.00		Weardale
Thursday	Woodhouse Close Leisure Centre	Community Class	Parkinson's friendly Gym Session	13.00 - 14.00	Free for first 4 v	reeks	Bishop Auckland and Shildon
Thursday	Fulforth Centre, Sacriston	Walk	Wellbeing Walk (90mins)	9.30 -11.00	Free		Chester - le - Street
Thursday	St James' Church Hall, Burnopfield	Community Class	Gentle Exercise	14.00 - 15.00	£3.00	Parkinson's Friendly	Derwent Valley
Thursday	Wolsingham Leisure Centre	Move Activities	Gentle Exercise	10.00 - 10.45	From £4.00	Class changed from frmom 4th April	Weardale
Thursday	Stanhope Community Centre	Community Class	Gentle Exercise	9.30 - 10.30	£3.00	class changea from finition 447 April	Weardale
					_		East Durham Rural
					Free	Third Thursday of every month	
	Bowburn Library Easington Family Centre	Creative Closed Group	Reading Group	9 30 - 10 30	Free		Corridor
Thursday	Bowburn Library Easington Family Centre St Patrick's Church Hall, Consett	Creative Closed Group Community Class	Reading Group Closed Walking Group Gentle Exercise	11:00-12:00 9.30 - 10.30 17.00 - 18.00	Free £3.00	Parkinson's Friendly	Corridor East Durham Derwent Valley
Fhursday Fhursday	Easington Family Centre St Patrick's Church Hall, Consett	Closed Group Community Class	Closed Walking Group Gentle Exercise	9.30 - 10.30 17.00 - 18.00	£3.00	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and
'hursday 'hursday 'hursday	Easington Family Centre St Patrick's Church Hall, Consett Woodhouse Close Library	Closed Group Community Class Creative	Closed Walking Group Gentle Exercise Creative Crafts	9.30 - 10.30 17.00 - 18.00 10.00 - 11.30	£3.00 Free	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and Shildon
Thursday Thursday Thursday Thursday	Easington Family Centre St Patrick's Church Hall, Consett	Closed Group Community Class	Closed Walking Group Gentle Exercise	9.30 - 10.30 17.00 - 18.00	£3.00	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and
Thursday Thursday Thursday Thursday Thursday Thursday	Easington Family Centre St Patrick's Church Hall, Consett Woodhouse Close Library Dairy Rose Café, Belmont Ushaw Chapel & Grounds, Ushaw Moor Seaham Leisure Centre walk	Closed Group Community Class Creative Walk Walk Walk Walk	Closed Walking Group Gentle Exercise Creative Crafts Wellbeing Walk (90mins) Wellbeing Walk (90mins) Wellbeing Walk (90mins)	9.30 - 10.30 17.00 - 18.00 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10:00 - 11:00	£3.00 Free Free Free Free	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and Shildon Durham Mid Durham East Durham
Thursday Thursday Thursday Thursday Thursday Thursday Thursday	Easington Family Centre St Parick's Church Hall, Consett Woodhouse Close Library Daily Rose Cide, Belmont Ushaw Chopel & Grounds, Ushaw Moor Seaham Leisure Centres Valk Quaking Houses Village Hall	Closed Group Community Class Creative Walk Walk Walk Walk	Closed Walking Group Gentle Exercise Creative Crafts Wellbeing Walk (90mins) Wellbeing Walk (90mins) Wellbeing Walk (90mins)	9.30 - 10.30 17.00 - 18.00 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10:00 - 11:00 10:30 - 12:00	£3.00 Free Free Free Free Free Free	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and Shildon Durham Mid Durham East Durham Stanley
Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday	Easington Family Centre St Patrick's Church Hall, Consett Woodhouse Close Library Dairy Rose Café, Belmont Ushaw Chapel & Grounds, Ushaw Moor Seaham Leisure Centre walk	Closed Group Community Class Creative Walk Walk Walk Walk	Closed Walking Group Gentle Exercise Creative Crafts Wellbeing Walk (90mins) Wellbeing Walk (90mins) Wellbeing Walk (90mins)	9.30 - 10.30 17.00 - 18.00 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10:00 - 11:00	£3.00 Free Free Free Free	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and Shildon Durham Mid Durham East Durham
Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday	Easington Family Centre St Patrick's Church Hall, Consett Woodhouse Cobe Ubrary Daisy Rose Café, Belmont Ushaw Chapel & Grounds, Ushaw Moor Seaham Lesure Centre walk Qualing Houses Village Hall Stanley Ubrary	Closed Group Community Class Creative Walk Walk Walk Walk Walk Creative	Closed Walking Group Gentle Exercise Creative Crafts Weilbeing Walk (90mins) Weilbeing Walk (90mins) Weilbeing Walk (90mins) Creative Crafts Closed Walking Group	9.30 - 10.30 17.00 - 18.00 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10.00 - 11.00 10.30 - 12.00 10.30 - 12.00 10.30 - 12.00	£3.00 Free Free Free Free Free Free Free Fr	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and Shildon Durham Mid Durham East Durham Stanley Stanley Durham Bishop Auckland and
Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday	Easington Family Centre St Patrick's Church Hall, Consett Woodhouse Close Library Dairy Rose Cafe, Belmont, Ushaw Chapel & Greunds, Ushaw Moor Seaham Leisur Centre walk Quaking Houses Village Hall Stanley Ularay Arch Recovery College Shildon Library	Closed Group Community Class Creative Walk Walk Walk Walk Walk Creative Closed Group Creative	Closed Walking Group Gentle Exercise Creative Crafts Wellbeing Walk (90mins) Wellbeing Walk (90mins) Wellbeing Walk (90mins) Creative Crafts	9.30 - 10.30 17.00 - 18.00 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10.00 - 11.00 10.30 - 12.00	£3.00 Free Free Free Free Free Free Free	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and Shildon Durham Kanley Stanley Stanley Durham Bishop Auckland and Shildon
Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday	Easington Family Centre St Patrick's Church Hall, Consett Woodhouse Close Ubrary Dairy Rose Clafe, Belmont Ushaw Chapel & Grounds, Ushaw Moor Seaham Leisure Centre walk Quaking Houses Village Hall Stanlery Ubrary Arch Recovery College	Closed Group Community Class Creative Walk Walk Walk Walk Walk Creative Closed Group	Closed Walking Group Gentle Exercise Creative Crafts Weilbeing Walk (90mins) Weilbeing Walk (90mins) Weilbeing Walk (90mins) Creative Crafts Closed Walking Group	9.30 - 10.30 17.00 - 18.00 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10.00 - 11.00 10.30 - 12.00 10.30 - 12.00 10.30 - 12.00	£3.00 Free Free Free Free Free Free Free Fr	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and Shildon Durham Kanley Stanley Stanley Durham Bishop Auckland and Shildon
Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday	Easington Family Centre SP Atrick's Church Hall, Consett Woodhouse Close Ubrary Daisy Rose Café, Belmont Ushaw Chapel & Grounds, Ubhaw Moor Seaham Lesure Centre walk Qualing Houses Village Hall Sandey Ubrary Arch Recovery College Shildon Library Woodhouse Close Ubrary Hordron House Hub	Closed Group Community Class Creative Walk Walk Walk Walk Used Group Closed Group Creative Creative Creative Walk	Closed Walking Group Gentle Evercise Creative Crafts Wellbeing Walk (90mins) Wellbeing Walk (90mins) Wellbeing Walk (90mins) Closed Walking Group Get Creative Craft & Chat Wellbeing Walk (90mins)	9.30 - 10.30 17.00 - 18.00 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10:00 - 11.00 10.30 - 12.00 10.30 - 12.00 10.00 - 12.00 10.00 - 12.00 10.00 - 12.00	£3.00 Free	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and Shildon Durham East Durham East Durham Stanley Durham Bishop Auckland and Shildon Bishog Auckland and Shildon
'hursday 'hursday 'hursday 'hursday 'hursday 'hursday 'hursday 'hursday 'hursday 'hursday 'hursday 'hursday	Easington Family Centre St Patrick's Church Hall, Consett Woodhouse Close Library Dairy Rose Clafe, Belmont Ushaw Chapel & Greunds, Johaw Moor Seaham Leisure Centre walk Quaking Houses Village Hall Stander, Library Arch Recovery College Shildon Library Woodhouse Close Library Hordon House Hub The Minesr, Institute Langley Park	Closed Group Community Class Creative Walk Walk Walk Creative Creative Creative Creative Creative Creative Creative Creative Creative Creative	Closed Walking Group Gentle Exercise Creative Crafts Wellbeing Walk (90mins) Wellbeing Walk (90mins) Wellbeing Walk (90mins) Wellbeing Walk (90mins) Creative Crafts Closed Walking Group Get Creative Craft & Chat Wellbeing Walk (90mins) Seated Exercise	9.30 - 10.30 17.00 - 18.00 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10.00 - 11.30 10.30 - 12.00 10.30 - 12.00 10.00 - 12.00 10.00 - 12.00 10.00 - 12.00 13.30 - 15:00 14.45	£3.00 Free	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and Shildon Durham Kataley Stanley Stanley Durham Bishop Auckland and Shildon East Durham Mid Durham
Fhursday	Easington Family Centre SP Attrick's Church Hall, Consett Woodhouse Close Ubrary Daisy Rose Café, Belmont Ushaw Chapel & Grounds, Ubhaw Moor Seaham Lesure Centre walk Qualing Houses Village Hall Sander Ubrary Arch Recovery College Shidon Library Woodhouse Close Library Hordron House Hub The Miners, Institute Langley Park S Andrews, Octow Hall, Blackhall Collery	Closed Group Community Class Creative Walk Walk Walk Walk Used Group Closed Group Creative Creative Creative Walk	Cosed Walking Group Gentle Exercise Creative Crafts Wellbeing Walk (90mins) Wellbeing Walk (90mins) Wellbeing Walk (90mins) Creative Crafts Closed Walking Group Get Creative Craft & Chat Wellbeing Walk (90mins) Seated Surctise Dementia Findly Choir	$\begin{array}{c} 9.30 - 10.30 \\ 17.00 - 18.00 \\ 10.00 - 11.30 \\ 10.00 - 11.30 \\ 10.00 - 11.30 \\ 10.00 - 11.20 \\ 10.30 - 12.00 \\ 10.30 - 12.00 \\ 10.30 - 12.00 \\ 10.00 - 12.00 \\ 10.00 - 12.00 \\ 13.30 - 15.00 \\ 14.00 - 14.45 \\ 13.00 - 15.00 \end{array}$	£3.00 Free	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and Shildon Durham East Durham East Durham Stanley Durham Bishop Auckland and Shildon Bishop Auckland and Shildon
Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday Thursday	Easington Family Centre SP Patrick's Church Hall, Consett Woodhouse Cloue Ubrary Daily Rose Café, Belmont Uabaw Chapet & Korunds, Ushaw Moor Seaham Leisure Centre walk Quaking Houses Village Hall Stanley Ubrary Arch Recovery College Shildon Ubrary Woodhouse Close Ubrary Hordon House Hub The Miness Institute Langley Park S Andrews Church Hall, Blachall Colliery Durham Dales Centre, Stanhope	Closed Group Community Class Community Class Creative Walk Walk Walk Creative Creative Creative Walk Community Class Corretive Walk Walk Walk	Closed Walking Group Gentle Exercise Creative Crafts Wellbeing Walk (90mins) Wellbeing Walk (90mins) Wellbeing Walk (90mins) Wellbeing Walk (90mins) Closed Walking Group Get Creative Craft & Chat Wellbeing Walk (90mins) Seated Exercise Dementia Friendy Choir Wellbeing Walk (90mins)	$\begin{array}{c} 9.30 - 10.30\\ 17.00 - 18.00\\ 10.00 - 11.30\\ 10.00 - 11.30\\ 10.00 - 11.30\\ 10.00 - 11.30\\ 10.00 - 11.200\\ 10.30 - 12.00\\ 10.30 - 12.00\\ 10.30 - 12.00\\ 10.00 - 12.00\\ 10.00 - 12.00\\ 13.30 - 15.00\\ 13.30 - 15.00\\ 18.30 - 20.00\\ \end{array}$	£3.00 Free	Parkinson's Friendly	Corridor East Durham Derwent Valley Bishop Auckland and Shildon Durham Mid Durham East Durham Stanley Durham Bishop Auckland and Shildon Bishop Auckland and Shildon East Durham East Durham East Durham Weardale East Durham Rural
Fhursday	Essington Family Centre St Patrick's Church Hall, Consett Woodhouse Clobe Ubrary Daity Rose Cafe, Belmont, Ushaw Chapel & Greunds, Ushaw Moor Seaham Leisure Centre walk. Quaking Houses Village Hall Stanley Library Moodhouse Close Ubrary Moodhouse Close Ubrary Hordon House Hub The Miness Institute Langley Park St Andrews Church Hall, Blachail Colliery Durham Dales Centre, Stanhope Bowburn Library	Closed Group Community Class Creative Walk Walk Walk Creative Creative Closed Group Creative Walk Community Class Creative Walk Creative Walk Creative Creative Walk Creative	Closed Walking Group Gentle Exercise Creative Crafts Welberng Walk (90mins) Welbering Walk (90mins) Welbering Walk (90mins) Welbering Walk (90mins) Creative Crafts Closed Walking Group Get Creative Craft & Chat Welbering Walk (90mins) Seated Exercise Dementia Friendly Choir Welbering Walk (90mins) Toddler Time	$\begin{array}{c} 9.30 - 10.30 \\ 17.00 - 18.00 \\ 10.00 - 11.30 \\ 10.00 - 11.30 \\ 10.00 - 11.30 \\ 10.00 - 11.30 \\ 10.00 - 11.30 \\ 10.30 - 12.00 \\ 10.30 - 12.00 \\ 10.30 - 12.00 \\ 10.30 - 12.00 \\ 10.00 - 12.00 \\ 10.00 - 12.00 \\ 13.30 - 15.00 \\ 18.30 - 20.00 \\ 14.00 - 15.00 \\ 14.00 - 15.00 \end{array}$	£3.00 Free Thursday	Parkinson's Friendly	Corridor East Durham Dervert Valley Bishop Auckland and Shildon Durham Mid Durham Stanley Stanley Durham Bishop Auckland and Shildon Bishop Auckland and Shildon East Durham Mid Durham East Durham Kearbale East Durham Rural Corridor
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hursday hursday	Easington Family Centre S Patrick's Church Hall, Consett Woodhouse Code Ubrary Daisy Rose Café, Belmont Ushaw Chapel & Grounds, Ushaw Moor Seaham Lesure Centre walk Quaking Houses Village Hall Stanley Library Woodhouse Close Ubrary Hordon House Hub The Minear Institute Langley Park S Andrews Church Hall, Blachhall Colliery Durham Dales Centre, Stanhope Bowburn Library Horden Youth & Community Centre, Hordon Annfled Plain Ubrary Consett Library	Closed Group Community Class Creative Walk Walk Walk Walk Creative Creative Creative Creative Creative Walk Community Class Creative Walk Creative Correve Creative Correve Correve Correve Creative Correve Correve Correve Correve Correve Correve Correve Correve Correve Correve Correve Correve Creative Correve Correve Correve Correve Correve Correve Correve Correve Creative Correve	Closed Walking Group Gentle Exercise Centative Crafts Weilbeing Walk (90mins) Weilbeing Walk (90mins) Weilbeing Walk (90mins) Weilbeing Walk (90mins) Cosed Walking Group Get Creative Craft & Chat Weilbeing Walk (90mins) Seated Exercise Dementia Friendly Choir Weilbeing Walk (90mins) Toddler Time Dementia Friendly Choir Reading Group More Easy Reading Group	9.30-10.30 17.00-18.00 10.00-11.30 10.00-11.30 10.00-11.30 10.00-11.30 10.00-11.00 10.30-12.00 10.30-12.00 10.30-12.00 10.30-12.00 10.30-12.00 13.30-15.00 14.00-15.00 14.00-16.00 14.40-15.00 14.40-15.00 14.40-15.23 15.00-16.00	£3.00 £3.00 Free Free Free Free Free Free Free Free £3.00 Free Thursday. £2.00 Free From Free	Second Thursday of each month	Corridor East Durham Derwert Valley Bishop Auckland and Shildon Mid Durham Mid Durham Stanley Stanley Durham Bishop Auckland and Shildon Bishop Auckland and Shildon East Durham Mid Durham East Durham Keardale East Durham Rural Corridor East Durham Rural Derwent Valley
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hursday hhursday hhursday hhursday hursday	Easington Family Centre Se Natrick's Church Hall, Consett Woodhouse Close Library Daily Rose Café, Belmont Uabaw Chapel & Korunds, Ushaw Moor Seahan Leisure Centre walk Quaking Houses Village Hall Sander Ubarary Arch Recovery College Shildon Library Woodhouse Close Library Hordon House Hub The Minese Institute Langley Park S Andrews Church Hall, Blackhall Colliery Durham Dales Centre, Stambope Bowburn Library Hordon House Hub The Minese Institute Langley Park S Andrews Church Hall, Blackhall Colliery Durham Dales Centre, Stambope Bowburn Library Horden Youth & Community Centre, Hordon Annfield Plain Library Consett Liburary Consett Library Thornley Library Seaham Library Seaham Library Seaham Library Thornley Village Centre, Thornley Thorder Vullage Centre, Thornley Thornley Village Centre, Thornley Thornley Village Centre, Thornley Thornley Village Centre, Thornley Kabap Auckland Ubary Wingate Library Vingate Library Lanchetzer Library	Closed Group Community Class Community Class Creative Walk Walk Walk Creative Creati	Closed Walking Group Centle Exercise Creative Crafts Wellbeing Walk (90mins) Wellbeing Walk (90mins) Wellbeing Walk (90mins) Wellbeing Walk (90mins) Creative Crafts Creative Crafts Craft & Chat Wellbeing Walk (90mins) Seated Exercise Dementa Friendy Choir Wellbeing Walk (90mins) Seated Exercise Dementa Friendy Choir Reading Group Move Easy Reading Group Staff Dagitial Support Childrens Roard Game Club Dementa Friendy Choir Gamera Session Reading Group Reading Group	9.30-10.30 17.00-18.00 10.00-11.30 10.00-11.30 10.00-11.30 10.00-11.30 10.30-12.00 10.30-12.00 10.30-12.00 10.30-12.00 10.30-12.00 13.30-15.00 14.00-12.00 14.00-15.00 14.00-15.00 14.00-15.00 14.00-15.00 14.00-15.00 14.00-15.00 14.00-15.00 14.00-15.00 14.00-15.00 14.00-15.00 14.00-15.00 14.00-15.00 14.00-16.00 13.35.01.60 13.35.01.60 13.45.14.30 17.00-18.00 14.00-16.00 14.00-15.00 15.00 15.00 15.00 15.00 15.00 15.00 15.00 15.00 15.00 15.00 15.00 15.00 15.00 15.00	£3.00 £3.00 Free Free Free Free Free Free Free Free £3.00 £2.00 Free Free £2.00 Free From 54.00 Free From 54.00 Free From 54.00 Free Fr	Second Thursday of each month Third Thursday of each month Monthly Weekly Weekly Weekly Third Thursday of each month Last Thursday of each month First Thursday of each month First Thursday of each month Term Time only	Contidor East Durham Dervent Valley Bishop Auckand and Shildon Jurham East Durham East Durham Bishop Auckand and Shildon Bishop Auckand and Shildon Bishop Auckand and Shildon Bishop Auckand and Shildon East Durham East Durham Bishop Auckand and Shildon

Thursday	Esh Winning Library	Creative	Craft & Chat	14:00 - 16:00			Mid Durham
hursday	Brandon Library	Creative	Reading Group	14:00 - 15:00	Free	Second Thursday of each month	Mid Durham
hursday	Belmont Library	Creative	Rhyme Time (Under 5's)	14:15 - 15:00	Free	Term Time only	Durham
							Bishop Auckland an
hursday	Shildon Library	Creative	Adult Reading	14.00 - 15.00	Free	First Thursday of each month	Shildon
hursday	Chester-le-Street Library	Creative	Lego Club	15.30 - 17.00	Free	Weekly	Chester - le - Street
				16:00 - 17:00			Mid Durham
hursday	Lanchester Library	Creative	Reading Group		Free	Third Thursday of each month	
hursday	Belmont Library	Creative	Reading Group	16:30 - 17:30	Free	First Thursday of each month	Durham
hursday	Meadowfield Leisure Centre	Move Activities	Walking Cricket	10:30 - 12:00	Free		Mid Durham
							4 Together
hursday	Ferryhill Library	Creative	Family History Group	17.00-18.00	Free	Weekly	Partnership
hursday	Willington Library	Creative	Computer Club	14.00 - 15.00	Free		3 towns
							4 Together
hursday	Chilton Library	Creative	Craft and Chat	13.30-14.30	Free	First Thursday of each month	Partnership
nursuay	Childon Elbrary	Creative	crait and criat	13.30-14.30	Tiee	Thise mulsuay of each monen	4 Together
	61.7h	a		14 00-15 00	e	**************************************	
hursday	Chilton Library	Creative	Reading Group		Free	Third Thursday of each month	Partnership
hursday	Crook Library	Creative	Craft & Chat	10.30am - 12.30	Free	Weekly	3 towns
hursday	Crook Library	Creative	Family History	14.00-15.30	Free	Monthly(First Thursday in the month)	3 Towns
hursday	Meadowfield Leisure Centre	Move Activities	Sportsability	14.00-15.30	£3.00	Starts 29th Feb	Mid Durham
hursday	Belmont Library	Creative	Reading Group	10:30-11:30am	Free	Second Thursday of each month	Mid Durham
hursday	Abbey Leisure Centre	Walk	Wellbeing Walk (90mins)	18:00-19:30	Free	Starts Thursday 4th April	Durham
hursday	Langley Park, Diggerland Road	Run	Couch to 5k	18:15-19:15	Free	Starts Thursday 2nd May	Mid Durham
luisuay	Langley Fark, Diggenatio Road	Kuli	Coden to 5k	10.15-15.15	Tiee	Starts mursuay zhu way	Great Aycliffe and
					-		
riday	Newton Aycliffe Library	Creative	Reading Group	10:00 - 11:00	Free	Third Friday nof each month	Middridge
riday	Peterlee Library	Creative	Reading Group	13.30 - 15.30	Free	Last Friday of each month	East Durham
riday	Seaham Library	Creative	U3A Reading Group	13.00 - 14.00	Friday	Last Friday of each month	East Durham
riday	Seaham Library	Creative	Craft & Chat	13.30 - 15.30	Friday		East Durham
iday	Annfield Plain Methodist Church	Community Class	Exercise to Music	9:30-10:30	£3.00		Stanley
							Great Aycliffe and
riday	Newton Aycliffe Leisure Centre	Walk	Wellbeing Walk (60mins)	9:15 - 10:15	Free		Middridge
			weindeing wark (Bornins)				
riday	Wingate Welfare Park, Bowls Green	Walk	Wellbeing Walk (90mins)	9:30 - 11:00	Free	0	East Durham
					1	One-off walk & talk session, further	I
riday	Woodhouse Park, Peterlee	Walk	Walk & Talk	9:30 - 11:00	Free	monthly sessions to come	East Durham
							Bishop Auckland a
riday	Micklegrove Community Centre Coundon	Walk	Wellbeing Walk (90mins)	10.00 - 11.30	Free		Shildon
riday	Beamish Museum	Walk	Wellbeing Walk (90mins)	10:00-11:30	Free		Chester - le - Stree
iday	Chester-le-Street Library	Creative	Knit and Natter	13:00 - 16:00	Free		Chester - le - Stree
iday	Witton Gilbert Church	Walk	Wellbeing Walk (90mins)	10:00-11:30	Free		Durham
luay	Witten Gibert Church	WIN	wendeling wark (somins)	10.00-11.30	Tiee		East Durham Rura
					-		
riday	St Edmunds Church, Sedgefield	Walk	Wellbeing Walk (90mins)	10:00-11:30	Free		Corridor
riday	Broom Park Picnic Area	Walk	Wellbeing Walk (90mins)	10:00-11:30	Free		Mid Durham
riday	Willington Library	Creative	Knit and Natter	9.30 till 12.00	Free		3 Towns
							Bishop Auckland a
riday	Shildon Library	Creative	Adult games & puzzles	10.30 - 12.00	Free		Shildon
riday	Cornerstones Centre, Chester-le-Street	Community Class	Seated Yoga	12:30 - 14:00	£4.00		Chester - le - Street
riday	The Art Café Peterlee	Creative	Dementia Friendly Art Group	13:00 - 15:00	Free		East Durham
паау	The Art cale retenee	Cleative	Dementia Mendry Art Group	13.00-13.00	Tiee		Great Avcliffe and
					e		
riday	Newton Aycliffe Leisure Centre	Community Class	Move Easy	11:15 - 12:00	Free		Middridge
							East Durham Rural
riday	Hardwick Park, Sedgefield	Walk	Wellbeing Walk (45-60 mins)	11:45 - 12:15	Free	Free parking	Corridor
riday	Barnard Castle Scout Hut	Move Activities	Sportsability	10.30 - 12.00	£3.00	change of venue	Teesdale
							East Durham Rural
riday	Coxhoe Village Hall	Walk	Wellbeing Walk (90mins)	13:00 - 14:30	Free		Corridor
ridav	South Moor Library	Creative	Rhyme Time (Under 5's)	9:45 - 10:15	Free		Stanley
riday	South Moor Library	Creative	Knit and Natter	10:30 - 11:30	Free		Stanley
riday	St Catherines Church, Crook	Walk	Wellbeing Walk (60mins)	13:00 - 14:00	Free	manufacture and the second second	3 Towns
riday	Stanley Library	Creative	Reading Group	14:00 - 15:00	Free	Third Friday of each month	Stanley
riday	Horden Welfare Park	Walk	Gentle Steps to Walking	13:30 - 14:30	Free		East Durham
riday	The Venue, Stanley	Community Class	Zumba	18:00 - 19:00	£3.00		Stanley
riday	The Venue, Stanley	Creative	Open Arts Studio	10:00-12:00	£3.00		Stanley
riday	Holyoake Centre, South Pelaw, Chester le Street	Move Activities	New Age Kurling	9.30 - 10.30	Free		Chester - le - Stree
riday	Barnard Castle Library	Move Activities	Social Club	14.00 - 15.00	Free		Teesdale
riday	Durham Clayport Library	Creative	Toddler Story Time	10:30 - 11:00	Free	l	Durham
		Creative		10.00-12.00		Weekly term time c=!	East Durham
riday	Blackhall Library		Coffee Morning		free	Weekly term time only	
riday	Newton Hall Library	Creative	Toddler Story Time	10:30 - 11:00	Free	Term time only & please book	Durham
	1		1		1	Fortnightly, please check direct with	1
riday	Chester-le-Street Library	Creative	Digital Drop In	11.00 - 13.00	Free	library	Chester - le - Stree
riday	Langley Park Library	Creative	Reading Group	14:00 - 15:00	Free	Second Friday of each month	Mid Durham
riday	Langley Park Library	Creative	Childrens Craft Club	15:15 - 16:00	Free		Mid Durham
,							Great Aycliffe and
ridav	Newton Aycliffe Leisure Centre	Move Activities	Walking Netball	11.00-12.00	£3.00		Middridge
						Fortnightly until 21-t March	
riday	Dawdon Youth and Community Centre	Creative	Working with wood	10:30 - 12:30	Free	Fortnightly until 31st March	East Durham
riday	Glebe Centre, Murton	Creative	Dementia Friendly Art Group	13.00 - 15.00	Free		East Durham
iday	Wolsingham Library	Creative	Reading Group	14.15 - 15.15	Free	Last Friday of each month	Weardale
iday	Peterlee Leisure Centre	Move Activitites	Sportsability	10.30-12.00	£3.00		East Durham
aturday	Chester-le-Street Library	Creative	Reading Group	11:00 - 12:00	Free	2nd Saturday of the Month	Chester - le - Stree
							Bishop Auckland a
aturday	Bishop Auckland Town Hall Library	Creative	Yarn Spinners	10.30- 12.00	Free	First Saturday of each month	Shildon
aturday	Horden Library	Creative		10.30-12.00pm		weekly	East Durham
			Reading Group				
aturday	Wingate library	Creative	Lego/games club	9.30-11.30	Free	weekly	East Durham
aturday	Chester-le-Street Library	Creative	Crafts for children	9.30 - 12.30	Free	Weekly, drop in anytime	Chester - le - Stree
aturday	Chester-le-Street Library	Creative	Lego Club	10.00 - 12.00	Free	Weekly	Chester - le - Stree
	Blackhall Library	Creative	Lego/games club	10.00-11.00	Free	weekly	east Durham
aturday	Ouston Community Centre	Walk	Wellbeing Walk (90mins)	10:00 - 11:30	Free		Chester - le - Stree
				10:00 - 11:30	Free		East Durham
aturday unday unday		Walk	Wellbeing Walk (90mins)				
unday unday	Castle Eden Dene, Peterlee		Wellbeing Walk (90mins)			Weekly	
unday		Walk Move Activities Creative	Wellbeing Walk (90mins) Walking Football Reading Group	10:00 - 11:30 16.00 - 17.00 10:30-11:30	Free until 01/04 Free	Weekly Monthly, check with Library	Mid Durham Stanley