

Aspire Classes

Mindful Colouring Monday 9.30am - 11.30am

This is an opportunity to take some time out for yourself. Spend the session practicing mindfulness through colouring in beautiful patterns. You will have the opportunity to explore the colour wheel in a relaxing and supportive atmosphere.

Digital Inclusion Monday 9.30am - 11.30am

Working in partnership with Durham Employment and Skills. This is a programme designed for those who want to develop knowledge and skills to use popular software applications. Covering Word Processing Using the Internet as well as setting up and using emails. All levels are welcome no experience needed. (Use of Chrome book provided)

Seated Exercise & Relaxation Monday 12.30pm - 2pm

Physical activity is good for us all and it can boost our mood. However, not everyone can or is keen to take part in an aerobic style class. Therefore, Chair Based exercise could be for you. For this course learners will practise seated exercise for the first part of the lesson, followed by a relaxation session using calming breathing and mindfulness techniques. - If you have a health condition check with your GP before you start any new exercise routine.

Introduction to Drumming Monday 2.45pm - 4pm

Fun, loud and high energy!! Have a go at playing a variety of drums within a group to create some music inspired by Brazilian Carnivals.

Aspire to Change Tuesday 9.30am - 11.30am

This opportunity enables you to think about your own journey and combines a taster programme where you can have a try at various subjects to find out if you enjoy them with exploring your options, setting and measuring smart targets and planning for your own future!

Positive Choices Wednesday 1.30pm - 3.30pm

Held in Durham City Shakespeare Hall from January 25th 2023

Small friendly supportive group, work together to improve your well being, connect and make new friends The course will explore positive ways to manage life's ups and downs.

Wild Gardening Wednesday 12.30pm - 2.30pm

This term we are going to spend some time making seed bombs and seasonal planting in and around our Aspire building! We will be sprucing up outside getting it all ready for new growth in the springtime. We may even get the chance to build a planter!

Dance Fit Friday 12.30pm - 2.30pm

Dance your way to feeling good!! Inspired by Strictly Come Dancing, this class is fast paced but fun exercise, no partner needed! If you have a health condition check with your GP before you start any new exercise routine.