



Sedgefield North PCN – Health Coach What's on Guide

Monday's

Laura's Wellbeing Walk 10-11am Free

Jubilee Park, Spennymoor, DL16 6JJ – Meet at the top entrance near the toilets and bowling green.

Walk is seasonal and stops over the Winter months – last session of 2025 is Monday 17th November

Leanne's Gentle Circuits 6-7pm £3.50

Spennymoor Youth & Community Centre, DL16 6PP

Please just turn up.

Tuesday's

Shirley's Find Your Fit Class 4-5pm Free

New wellbeing/fitness class to aid in weight management and for helping people back to fitness who may be living with moderate health conditions such as Prediabetes, High cholesterol, High blood pressure etc.

St Paul's Centre, St Paul's Gardens, Spennymoor, DL16 7LR

Please contact Shirley to enquire or book on to this.

Shirley's Leaner for Life Group Free

12 - week Lifestyle Programme including 60mins education and 30mins exercise, including weekly weigh in and guidance/feedback around food diaries.

Starting Tuesday 13th January 2026 St Pauls Centre, Spennymoor, DL16 7LS 6-7.30pm

Please contact Shirley to enquire or book onto this group.

Wednesday's

Leanne's Seat Based Exercise 11-12noon Free

Fishburn Youth & Community Centre, TS21 4ED

Please just turn up.





Thursday's

Shirley's Leaner for Life Groups

Free

12 - week Lifestyle Programme including 60mins education and optional 30mins exercise

Starting Thursday 15th January 2026

Trimdon Grange Community Centre, Salters Lane, Trimdon, TS29 6PB

10-11.30am

Starting Thursday 15th January 2026

Croxdale Community Centre, Rogerson Terrace, Croxdale, DH6 5HJ

1.30-3pm

Please contact Shirley to enquire or book on to these groups.

Friday's

Leanne's Seat Based Exercise

11-12noon

Free

Dean Bank Institute, Ferryhill, DL17 8PP

Please just turn up.

Leanne's Gentle Circuits

1.30-2.30pm

Free

Spennymoor Youth & Community Centre, DL16 6PP

Please just turn up.

Other

Laura's Pre-Diabetes Group

If your hba1c blood sugar results are between 42-47 and you would like to join a 4-session group, lasting an hour each session to learn how to prevent becoming Type 2 Diabetic and how you can reduce your hba1c numbers then please contact Laura. Venue, times, and dates vary depending on need.

Laura's contact details: 07593 553 411

laura.birkin@nhs.net

Leanne's contact details: 07706 321 337

leannehopper@nhs.net

Shirley's contact details: 07512 330 911

shirley.harrison16@nhs.net



**Sedgefield North Integrated
Health Coaching Service**