



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10am - 12 noon CITIZENS ADVICE drop-in</p> <p>11am - 12.30pm FREE Table games session with pie & peas</p> <p>1.30pm WELLNESS WALKS with Sue Bainbridge. Meet at the Sports & Social Club.</p> <p>6pm - 8pm YOUTH DROP-IN SESSION For young people in school year 3 and above.</p>	<p>9am - 5pm BARCLAYS</p> <p>9.45am - 12.45pm POST OFFICE</p> <p>10am - 12noon CHAT AND CRAFT Drop-in session with crafts or activities to try. £1 There's always tea and cake!</p> <p>12.30pm - 2.30pm CRAFT WORKSHOP - Mondays in January will be wood whittling and spoon carving</p> <p>1.30pm REGULAR FREE SHOPPING TRIPS - Check for dates.</p> <p>5.30 pm - 6.45pm HATHA YOGA & RELAXATION</p>	<p>9am - 10am PILATES - call Laura on 01833 641 202</p> <p>5pm - 6pm RAINBOWS - Aged 4 - 7 years</p>	<p>10am REGULAR FREE SHOPPING TRIPS - Check for dates.</p> <p>2pm - 3pm GENTLE YOGA & MINDFULNESS</p> <p>6pm - 7.30pm YOUTH DROP-IN SESSION for school years 3 - 6</p> <p>6pm - 8.30pm YOUTH DROP-IN SESSION for Secondary school age</p>	<p>9am - 5pm BARCLAYS</p> <p>10am REGULAR FREE SHOPPING TRIPS - Check for dates.</p> <p>1.45pm - 3.30pm POST OFFICE</p> <p>2.30pm - 3.30pm MONTHLY MUSIC & MEMORIES 19th January</p> <p>6pm - 7pm BEAVERS - Aged 6 - 8 years</p> <p>7pm - 8.30pm CUBS - Aged 8 - 10½ years</p>

Shopping Trips

FRIDAY 19TH JANUARY

TINDALE

LEAVING UTASS AT 10:30AM

THURSDAY 1ST FEBRUARY

THORPE FARM

LEAVING UTASS AT 11:00AM

MONDAY 12TH FEBRUARY

TINDALE

LEAVING UTASS AT 13:00PM

FRIDAY 1ST MARCH

BROOM MILL FARM SHOP

LEAVING UTASS AT 11:00AM

THURSDAY 14TH MARCH

TINDALE

LEAVING UTASS AT 11:00AM

THURSDAY 28TH MARCH

LANCHESTER GARDEN CENTRE

LEAVING UTASS AT 10:00AM

TO BOOK A SPACE ON ANY OF THE TRIPS PLEASE CALL THE OFFICE ON 01833 641010. ARRANGEMENTS CAN BE MADE IF YOU WOULD LIKE TO BE PICKED UP IN ONE OF THE SURROUNDING VILLAGES.

YOU ARE INVITED TO JOIN US AT UTASS FOR THIS **FREE** SESSION

CHAT AND CRAFT

Every Tuesday
10am - 12pm

If you'd like to come along for a cuppa, chat (there's always cake!) and some creative time come along to UTASS on a Tuesday morning

For more details email Gina on gina@utass.org or call the office 01833 641010

When life gets overwhelming it can help to have someone to talk to - our resilience team are here for you.

To make a confidential initial appointment contact UTASS on 01833 641010

Upcoming Training at UTASS

- 9th & 10th February - Introduction to Hedgelaying (2 days, £25)
- 9th February, 8th March and 12th April - Emergency First Aid at Work (6hrs, £75+VAT)

Please contact Julia on 01833 641010 or julia@utass.org for more information or to book a place.



VOLUNTEER OPPORTUNITIES

Do you have skills that you would like to share with your community? Do you love living in Teesdale and want to give something back?

With the chance to meet new people, develop new skills and offer something amazing to the place you live, becoming a volunteer can be rewarding in so many ways.

UTASS and Teesdale Day Clubs are working in partnership to offer even more opportunities for the people of Teesdale and now you have the chance to get involved!

Perhaps you're the perfect host and would love to take part in community events or you're a natural caregiver and can offer companionship to individuals - get in touch to find out how you can make a difference.

For more information please contact Becca at UTASS on 01833 641010 / rebecca@utass.org or call into the UTASS office.

Maths Support Network

Are you a parent or carer looking to support your child with their maths homework or looking for a supportive network to help you through those tough numeracy questions, we are here to help!

Date: Thursday 18 January 2024 **Time:** 6.00pm-8.00pm

Venue: UTASS, 9-11 Chapel Row, Middleton-in-Teesdale, County Durham, DL12 0SN



Multiply Durham **LEARN**
anytime, anywhere



MATHS SUPPORT FOR PARENTS/CARERS

✚ Do you dread the moment you're asked to help your child with maths homework? You want to help but you're just not confident with numeracy or has it changed too much since you were at school?

— On Thursday 18th January the Maths Support Network will be at UTASS 6-8pm to offer help and advice for any parents or carers who would like support with maths.

✚ This session is being held at the same time as our Youth Group drop-in so we are offering free childcare for any 7+ year olds of parents/carers that attend the maths session.

✕ To book a place, please contact the UTASS office on 01833 641010 or email gina@utass.org

LOCAL SERVICES - WHO CAN DO WHAT?

POST OFFICE

You CAN:

- Pay most household bills with a barcode
- Get a balance on your bank account
- Withdraw cash (not for business accounts)
- Pay in cash
- Pay in cheques
- Get small amounts of change if requested with prior notice

You CAN NOT:

- Pay credit card bills
- Pay TV Licence
- Pay for Road Tax (although UTASS can help with this)



BARCLAYS

You CAN:

- Get help to make plans for your money
- Get help for home buying or selling
- Get help with reducing outgoings
- Get help with digital banking and staying safe online
- Register Power of Attourney & Bereavement advice
- Make CHAPS/BACS payments
- Make international payments
- Pay credit card bills

You CAN NOT:

- Pay in cheques or cash
- Withdraw cash

Did you know you can access Citizens Advice at UTASS in Middleton-in-Teesdale?

Information and advice is given to clients of all ages on a wide variety of topics such as benefits, housing, energy, consumer and employment. The service can be accessed face-to-face at UTASS every Monday 10am to 12pm - no need to book.

For more information, visit citizensadvicecd.org.uk or call UTASS on 01833 641010

citizens advice



TEESDALE GUN CLUB - We are open to non-members and visitors and there is no obligation to enter any club competition. Complete novices who would like to have an experience at clay target shooting, please contact Nigel Mitchell on 07976 736439 or Tony Brittain on 07730 644720 to book that experience or visit our web site www.teesdalegunclub.co.uk

JANUARY

- Sun 7th 12pm Sporting Super Sunday
McFarlane's Family Butchers Trophy
- Sun 21st 12pm TGC Secretary's Sporting Trophy
The TGC Committee Challenge Shield 50 ABT

FEBRUARY

- Sun 4th 12pm TGC Winter Challenge 25 single barrel DTL and 25 sporting trophy
- Sun 18th 12pm TGC Vice Chairman's Sporting Trophy
The Corner's Transport 50 ABT Trophy

Last entry on all fixture dates will be 3.00 p.m.

Dates & times are subject to change at the committee's discretion.

Further investment made at the Teesdale Gun Club shooting ground. Over the past few years due to adverse cold and wet weather conditions, the access road was deteriorating pretty bad. The club employed a local contractor J & J G Gill & Son Ltd to re-surface the approach road. The before and after photos show the improvements.

