

FEBRUARY



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 </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>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 641202</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 </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 16th February</p> <p>6pm - 7pm BEAVERS - Aged 6 - 8 years</p> <p>7pm - 8.30pm CUBS - Aged 8 - 10½ years</p>

Shopping Trips

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.

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.

CHAT AND CRAFT AT UTASS TUESDAYS 10AM - 12PM

Please help us keep these events going with a £1 donation per session

16TH JAN	Teesdale Felt session with Claire Priestley
23RD JAN	Tai chi with Claire Tellegen from Relax and Rebalance
30TH JAN	Artist TBC
6TH FEB	Bead decoration creation with Ann Gill
13TH FEB	Pastel painting with June Wainwright
20TH FEB	Pastel painting with June Wainwright
27TH FEB	Pottery with Suzanne Thomas
5TH MAR	Teesdale Felt session with Claire - completion of work from January
12TH MAR	Spring floral decoration making with Julieann Brough
19TH MAR	Wooden duck painting with Claire Priestley
26TH MAR	Pottery and glazing with Suzanne Thomas

Chat and Craft is open to everyone, please pop in and join us!

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



MUSIC & MEMORIES

These monthly sessions are led by Mike Bettison with his ukulele and provide a welcoming setting for a sing-a-long.

The session takes place at UTASS, 9-11 Chapel Row, Middleton in Teesdale. DL12 0SN

2.30pm - 3.30pm

Upcoming Fridays
2024

19th January
16th February
22nd March

No need to book
Transport may be available!

For further details please contact
Julia on 01833 641010
or email julia@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 Attorney & Bereavement advice
- Make CHAPS/BACS payments
- Make international payments
- Pay credit card bills

You CAN NOT:

- Pay in cheques or cash
- Withdraw cash



If ANYONE who would like to join in the Christmas lights lottery '£10 draw' you still have time to get in touch...
It's £10 per number, and you can have as many numbers as you like!

The more numbers you have, the more chances you have of winning!

There are draws every month:

11 monthly draws with prizes of £50 & £25!

The December draw has prizes of £50 & £25 plus a number of extra prizes!

Payment can be made by BACS, or in cash at UTASS!

NORTH PENNINES

Area of Outstanding Natural Beauty

- **Tree planting:** 12th February, 10am - 3pm
- **Willow weaving:** 21st February, 10:30am - 12:30pm
- **Tree planting:** 23rd & 24th February, 10am - 3pm
- **Baldersdale kissing gate installation:** 26th February, 10am - 3pm
- **Tree planting:** 28th February, 10am - 1pm
- **Bowlees tree nursery:** 28th February, 1 - 4pm
- **Baldersdale kissing gate installation:** 4th March, 10am - 3pm
- **Hedge planting:** 5th March, 10am - 3pm

AND MUCH, MUCH MORE!!

For more information on any of the activities or to book a place please visit www.northpennines.org.uk/events/

Bowlees Visitor Centre and café reopen for half term week
17th - 25th February 10am to 4pm



TEESDALE'S FUTURE TOGETHER

Join us to learn about local volunteer opportunities while enjoying free tea, coffee and cake. Opportunities include afternoon teas, craft events, exercise classes, photography, lunch clubs, day-to-day charity maintenance, and being a friend to individuals in the local community. There are other voluntary opportunities available and we are open to new ideas!

FEB

06
12-3PM

WOODLEIGH, FLATTS ROAD,
BARNARD CASTLE DL12 8AA
CONTACT:
ALICE.KELLYTDC@GMAIL.COM

FEB

08
10:30-1PM

9-11 CHAPEL ROW,
MIDDLETON, DL12 0SN
CONTACT:
REBECCA@UTASS.ORG