

MARCH



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

Shopping Trips

- 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

- 7th March - Basic Mental Health Awareness (10am-1pm, FREE)
- 8th March and 12th April - Emergency First Aid at Work (9am-5pm, £75+VAT)

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

OUR FARMING FUTURE



Are you aged between 18 and 30 and interested in farming?

We have FREE weekly sessions running to support young farmers in our area, covering a range of topics.

Upcoming sessions:

- Planning for the future and an update on schemes

Wednesday 28th February at 6pm
At UTASS, 9-11 Chapel Row, Middleton-in-Teesdale, DL12 0SN
- Farm for the Future - Diversification with Business Durham

Thursday 7th March at 7pm
At The Moorcock Inn, Eggleston, Barnard Castle, DL12 0AU

This meeting will include supper. Places are free but please book in advance by contacting us,
call UTASS on 01833 641010 or email caitlin@utass.org

CHAT AND CRAFT AT UTASS TUESDAYS 10AM - 12PM

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

- 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

MARCH



Upper Teesdale Agricultural Support Services

Registered Office:
9-11 Chapel Row,
Middleton-in-Teesdale,
Barnard Castle,
County Durham,
DL12 0SN



ANNUAL GENERAL MEETING 2024

Please come and join us, EVERYONE is welcome!

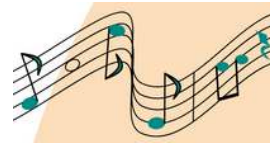
After the formalities, we will have some entertainment, followed by a hot supper.

To register your attendance or apologies:

email emma@utass.org
call 01833 641010
or pop into the office

Tuesday 5th March 7.30pm At Our Office

Registered Charity number: 1230120
Company Limited by Guarantee number: 06054331



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
22nd March
26th April

No need to book
Transport may be available!

For further details please contact
Julia on 01833 641010
or email julia@utass.org



CAN YOU HELP?



Our minibuses are being used more frequently for a variety of activities on and off site. Including Youth Club sessions, Shopping Trips, Lunches, Music and Memories and Ladies outings.

We also provide minibuses for other local organisations and community groups.



We really need new volunteer drivers to fulfill all upcoming events, for more information or to get involved email caitlin@utass.org or call 01833 641010 or pop into the office!

GYM MEMBERSHIP MIDDLETON GYM

We have a number of ways to pay membership, making it accessible to everyone.

- £20 a year then £2 a session,
- £60 unlimited for 6 months,
- £100 unlimited for a year.

Under 16s are half price. However must be accompanied by an adult.

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

Raby Estate Drop In with Joe Robinson

If you are a Raby Tenant and would like to discuss anything with Joe he will be at the
UTASS Office, 9-11 Chapel Row, Middleton-in-Teesdale

From 9.30am on
Thursday 29th February
Thursday 28th March
Thursday 25th April

NO APPOINTMENT NEEDED
(please note you may not be seen straightaway)

FOR MORE INFORMATION PLEASE RING 01833 641010



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 07932 754101 to book that experience or visit our website www.teesdalegunclub.co.uk

MARCH

Sun 3rd 12pm - The TGC Game Keep Cup 50 ABT

Sun 17th, 12 pm - Open fundraising
TGC Josh Rayner 50 ABT Trophy

Sun 31st, 12pm - Middleton Cricket Club Charity Shield

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