

SEPTEMBER



CHECK OUT OUR WEBSITE, SOCIAL MEDIAS AND OUR NOTICE BOARD FOR ALL OTHER EVENTS

www.utass.org

01833 641010 / 07393 606410

@UtassUpperTees

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 (Not during school holidays) 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>5.30pm - 6.45pm HATHA YOGA & RELAXATION</p>	<p>9.15am - 10.15am 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>1.45pm - 2.45pm GENTLE YOGA & MINDFULNESS</p> <p>6pm - 7.30pm YOUTH DROP-IN SESSION (Not during school holidays) for school years 3 - 6</p> <p>6pm - 8.30pm YOUTH DROP-IN SESSION (Not during school holidays) 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</p> <p>6pm - 7pm BEAVERS - Aged 6 - 8 years</p> <p>7pm - 8.30pm CUBS - Aged 8 - 10½ years</p>



The Twelfth Middleton Mart Christmas Fair

Saturday 30th November 2024
11 am to 3 pm

We're currently taking bookings from stallholders / exhibitors.

Middleton-in-Teesdale Farmers Mart, Station Road, Middleton-in-Teesdale DL12 0PG

A 'Pen' (Approx 8ft x 8ft space) is £15
Please note that tables/chairs are not provided.

Scan the QR code for a booking form

OR
visit: bit.ly/MiddletonMartFair24

For further details contact Emma
emma@utass.org
01833 641010 / 07393 606410



CHAT AND CRAFT AT UTASS TUESDAYS - 10AM - 12PM AUTUMN PROGRAMME:

- 10th Sept** - Tai Chi with Claire from Relax and Rebalance
- 17th Sept** - Butterfly/dragonfly creation & decoration with Claire from Teesdale Felt
- 24th Sept** - Pottery with Suzanne from Teesdale Pottery Group
- 1st Oct** - Pottery with Suzanne from Teesdale Pottery Group
- 8th Oct** - Q&A session regarding Pension, investments, care planning and any other financial issues with Ian from Darlington Building Society

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

Thank you to Point North for funding these activities



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

MUSIC & MEMORIES

The session takes place at UTASS.
2.30pm - 3.30pm

Upcoming Fridays

- 27th September
- 18th October
- 15th November
- 6th December

For details of how to join online or by phone, please contact Julia on 01833 641010 or email julia@utass.org

No need to book
Transport may be available!



Shopping Trips

THURSDAY 12TH SEPTEMBER
TINDALE
LEAVING UTASS AT 1PM
PRICE: FREE

THURSDAY 26TH SEPTEMBER
STRIKES NORTHALLERTON
LEAVING UTASS AT 10:00AM
PRICE: FREE

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.

DURHAM HEDGEROW PARTNERSHIP

Durham Hedgelaying Competition

Woodlands Hall Farm, Knitsley DH8 9EY
Friday 11th October 2024
09.00am - 2.30pm

Come along and take a look at this ancient tradition, watch the competitors pit their skills against each other to lay approx. 7m of hedge depending on class entered in 5 hours, get advice about field boundary management and available grants or meet local Hedgelayers.

Further Information
Competition entry forms are available from:
Tel: 03000 267 142 Email: landscape@durham.gov.uk

FUNDRAISING EVENT

HELP SUPPORT PAUL RAISE £500 FOR UTASS BY COMPLETING 5 MARATHONS IN 5 DAYS

From Tuesday 24th September 2024 - Saturday 28th September 2024.

The 5 marathons will take place over different routes, all of which start and finish in Middleton-in-Teesdale. They will be a mix of trail and road routes, covering some very challenging terrain.

I moved to Middleton-in-Teesdale in December 2023 and was immediately drawn to the UTASS office front window, which was full of flyers advertising local events and support to the local community. Having suffered a mental health crisis at work in London, in 2016, I struggle with anxiety and depression daily. I was drawn to the work that UTASS are doing to help the Durham Dales community, especially where mental health is concerned. It really is a valuable hub, and I want to do my bit to help support them and their incredible work.

<https://www.justgiving.com/crowdfunding/paul-harris-utass-marathon-challenge>

JustGiving



WOULD YOU LIKE TO VOLUNTEER?



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!

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 sessions and Ladies

CAN YOU HELP? outings. We also provide minibuses for other local organisations and community groups.



TEESDALE DAY CLUBS

"Adding Some Sparkle to our Local Communities"

The Teesdale Day Clubs provide support to mostly, but not exclusively, elderly residents in Teesdale villages to combat isolation, improve health & wellbeing, and to provide a source of information and support. Clubs meet regularly, usually on a weekly basis and normally from 11.30am until 2.00pm.

Members pay £7.00 for a 3 course lunch cooked on the premises by a qualified Chef. All of the premises used have wheelchair access, either level or ramps and member transport can usually be arranged.

Clubs meet regularly, usually on a weekly basis and normally from 11.30am until 2.00pm.

Meetings take place at the following venues;

- Barnard Castle Guide Hut, every Tuesday from 11:30am to 2:00pm.
- Cotherstone Village Hall, every Wednesday from 11:30am to 2:00pm.
- Evenwood Randolph Centre, every Friday 11.30 am to 2.00 pm.
- Mickleton Village Hall every Thursday from 11:30am to 2:00pm.
- Middleton-in-Teesdale every Wednesday in the Masonic Hall except the third one in the month which is at the Pathway Middleton-in-Teesdale from 11:30am to 2:00pm.
- Staindrop Scarth Hall, every Tuesday from 11:30am to 2:00pm.
- Startforth Morrith Memorial Community Centre, every Wednesday from 11.30am to 2.00pm.
- Winston Village Hall, every Thursday from 11:30am to 2:00pm for both Gainford and Winston.
- Woodland Village Hall, every Monday 11.30 am to 2.00 pm.

Upcoming Training

CITB Operatives Level 1 Award Health & Safety in Construction Environment

UTASS is looking to offer training to be delivered by Durham Employment and Skills in Middleton, in preparation for the CITB Operatives Level 1 Award Health & Safety in Construction Environment. The eligibility criteria is 19+ and unemployed or low waged.

Trainees would need to attend UTASS for all 4 days from 9am-3pm between 21-25 October 2024 and is a requirement before the City & Guilds Exam on the 4th day Prepare for the HS&E test - CITB as they can't progress for the Green Card without an accredited Health & Safety qualification. Durham Employment and Skills also gives trainees full details about using the booking voucher to book the CITB test and the venues where they can do it. Once they have both test certificates (one from C&G in UTASS and one from CITB at a Pearson Centre) DES provide a follow on 1 day session, where they will also purchase trainees' Green Card. DES are also offering a £20 food shopping voucher at this additional session too, which would also be held in UTASS.



For more information please email julia@utass.org or call 01833 641010



DID YOU KNOW...

WE HAVE A BUSINESS DIRECTORY ON OUR WEBSITE?



Would you like to enhance your business presence online and improve your local visibility in and around the dales?

****ONLY £10 FOR 12 MONTHS!****

For more information email us at info@utass.org or sign up on our website www.utass.org

Do you suffer with chronic pain?

Come along to

Mindfulness & Compassion with Sarah Elton

Monday 23rd September
Monday 30th September
Monday 7th October
Monday 14th October

1.30pm-2.30pm

at UTASS

To book a space please call UTASS on 01833 641010 or email info@utass.org

Booking is essential as spaces are limited!



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

“UTASS...
A place for everyone.
Supporting people living and working across the Durham Dales.”