

OCTOBER



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
on emma@utass.org
01833 641010 /
07393 606410



Whats on at UTASS...



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

www.utass.org

01833 641010 / 07393 606410

[f](https://www.facebook.com/utass) [i](https://www.instagram.com/utass) [@utass](https://www.tiktok.com/@utass)

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>5.30 pm - 6.45pm HATHA YOGA & RELAXATION</p>	<p>9.00am - 10.00am 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>

Shopping Trips

★ **MONDAY 21ST OCTOBER**
SAM TURNERS & NORTHALLERTON
LEAVING UTASS AT 10:00AM **£6.50 PER SEAT**

★ **MONDAY 4TH NOVEMBER**
TINDALE
LEAVING UTASS AT 10:00AM

★ **THURSDAY 21ST NOVEMBER**
DARLINGTON RETAIL PARK
LEAVING UTASS AT 10:00AM **£4 PER SEAT**

★ **TUESDAY 3RD DECEMBER**
SOUTH CAUSEY INN CHRISTMAS MARKET
LEAVING UTASS AT 10:00AM **£5 PER SEAT**

★ **THURSDAY 12TH DECEMBER**
TINDALE
LEAVING UTASS AT 10:00AM

★ **MONDAY 16TH DECEMBER**
MAINSGILL
LEAVING UTASS AT 11:00AM **£3.50 PER SEAT**

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.



CHAT AND CRAFT AT UTASS TUESDAYS 10AM - 12PM



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

- 15th October - Halloween crafts for window display
- 22nd October - Purple crafts for window display in Memory of Yvonne Metcalf
- 29th October - NO SESSION
- 5th November - Completion of Purple Display
- 12th November - Tai Chi with Claire Tellegen from Relax & Rebalance
- 19th November - Stained Glass Art - Artist TBC
- 26th November - Stained Glass Art - Artist TBC
- 3rd December - Watercolour Christmas Cards with June Wainwright
- 10th December - Watercolour Christmas Cards with June Wainwright
- 17th December - Stained Glass Art - Artist TBC

UTASS, 9-11 Chapel Row, Middleton in Teesdale, DL12 0SN
Call 01833 641010 or email gina@utass.org for more information

Tech & Tea Party

Get Online Week 2024

UTASS
9 - 11 Chapel Row, Middleton-in-Teesdale, DL12 0SN
Wednesday 16 October, 2pm to 4pm

Come along to our free friendly session for some tea and tech support

Do you need support using your phone, tablet or laptop? Or just need help with something online?



Contact Digital Durham for more information.
Phone: 03000 261160
Email: digital.durham@durham.gov.uk



Our newsletters are always available on our website, as well as from shops in and around Middleton-in-Teesdale



Get prescription medicines straight from your local Day Lewis Pharmacy, no need to visit your GP!

Ask our PHARMACY FIRST

NHS

Conditions covered include:

Contact Details
 19 Market Place Middleton in Teesdale
 Co. Durham, DL12 0QG, United Kingdom
 01833 640202

Gentle Yoga and Relaxation

FREE sessions here at UTASS every Thursday 1.45pm - 2.45pm with June

All sessions emphasize on breathing, relaxation and mindfulness and are followed by a hot drink.

Please call 01833 641010 or email info@utass.org to book your space

Dr June Wainwright
 Community Resilience Support
 PhD and MPhil Social Work, Post Grad. Dip. in Counselling and CBT, Yoga Teacher, Yoga Posture Therapist, Support Worker, Yoga Posture Agricultural Support Specialist, 10-12 Chapel Lane, Middleton-in-Teesdale, DL12 0AH, 01833 641010, june.wainwright@utass.org, june.wainwright.co.uk

VOLUNTEERS NEEDED!

Join the Time Together Teesdale Project!

Make a difference in your community by volunteering to support those feeling lonely or isolated. Whether it's a chat, a walk, or a coffee, your companionship can help someone feel more connected. Bring joy to others whilst enriching your own life!

FOR MORE INFORMATION CALL UTASS ON 01833 641010 OR EMAIL SUZANNE@UTASS.ORG

TEESDALE DAY CLUBS

Christmas Cards and 2025 Calendars now available to purchase at UTASS!

Nature discoveries

Thursday 24 October 2024
 6pm to 8pm
 Low Birk Hatt, Baldersdale

To book a place contact Gina at UTASS: gina@utass.org

Learn about local wildlife and its importance with:

- an interactive nature trail
- owl pellet dissection

North Pennines National Landscape
YORKSHIRE DALES National Park Authority

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.

Upcoming Fridays 2.30pm - 3.30pm

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!

WOULD YOU LIKE TO VOLUNTEER?

email rebecca@utass.org

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.

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

Durham County Council **citb**

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