

DECEMBER



CHRISTMAS OPENING TIMES

UTASS will close for Christmas from 4pm on Friday 20th December and re-open at 9am on Monday 6th January.

Please don't forget that if you need urgent support we are available 24 hours a day, any day by calling or texting [07393 606410](tel:07393606410).

Agricultural support is still available too, BCMS & ARAMS movements can be posted through the door and will be dealt with on a daily basis.

Merry Christmas

AS WE SEND OUT THE LAST NEWSLETTER OF 2024, WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK YOU ALL FOR YOUR CONTINUED SUPPORT AND WE LOOK FORWARD TO SEEING YOU ALL IN THE NEW YEAR. ON BEHALF OF ALL THE STAFF AND TRUSTEES, WE WOULD LIKE TO WISH YOU ALL THE VERY BEST AT CHRISTMAS AND HAPPINESS AND GOOD HEALTH IN 2025.

CHRISTMAS CARDS AND 2025 CALENDARS



Don't forget we have Christmas Cards and Calendars available at UTASS, The Fox & Hounds, Cotherstone and The Moorcock Inn, Eggleston!

Shopping Trips

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.



DECEMBER



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

@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>5.30 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>

Event Photographer

UTASS Volunteer



CALLING ALL AMATEUR PHOTOGRAPHERS!

- Would you like to build your portfolio?
- Would you like to increase your skills?
- Looking to photograph new subjects?

It's so important to document all the work that goes on at UTASS - it helps us to spread the word, supports our funding and shares memories with our community.

We're looking for someone with a keen eye for detail to be part of the UTASS team to capture everything from weekly sessions, trips and training to events and celebrations.

This is a volunteer position but we can cover any expenses and there may be training opportunities. You'll have access to an easy-to-use digital camera and you'll also be part of an amazing team of staff and volunteers with one-to-one support and the chance to shape your role and the future of UTASS.

If this sounds like the perfect opportunity for you please get in touch!

Pop into the UTASS office, call 01833 641010 or email rebecca@utass.org



CHAT AND CRAFT AT UTASS

TUESDAYS 10AM - 12PM



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

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 OSN
 Call 01833 641010 or email gina@utass.org for more information

Upcoming Training



- 17.02.25 - FREE Emergency First Aid at Work for Farmers
- 28.02.25 - Emergency First Aid at Work

For more information please contact Julia juliaeutass.org or call 01833 641010




DECEMBER



FESTIVE BAKING SESSIONS
with Judith

Sessions are **FREE** and will be held on Thursday mornings from 10am-12pm on

5th December
12th December
19th December

Book now as spaces are limited!

All ingredients and equipment will be provided.

To book your space please call 01833 641010 or email claire@utass.org

point north

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

By June Wainwright
Community Wellbeing Support
Her and her Social Work, Youth and Health Learning and CPD, Yoga Teacher

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

6 December
17 January '25
14 February
14 March

No need to book
Transport may be available!

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

ESTABLISHED 1970

GC

UPPER TEESDALE LTD www.teesdalegunclub.co.uk

We are open to non-members and visitor's 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 web site



With support funding from North Point, the Teesdale Gun Club was able to purchase a further 250m2 of grass re-enforced plastic grids for their car-parking area. These grids allow the club to remain open even during wet weather conditions and stops cars from getting bogged down and stuck in muddy puddles.

point north

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 fulfil all upcoming events, for more information or to get involved email caitlin@utass.org or call 01833 641010 or pop into the office!

Funded by UK Government

Know Your Neighbourhood Fund

point north

UKCF

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

Ask our PHARMACY FIRST

NHS

Conditions covered include:

Infected Insect Bites	Earache	
Impetigo	Sore Throat	
Urine Infection	Shingles	Sinusitis

Contact Details:
Day Lewis Pharmacy
19 Market Place,
Middleton in Teesdale,
DL12 0QG,
01833 640202



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





POST OFFICE

opening times:

Tuesdays
09:45 - 12:45

Fridays
13:45 - 15:30

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

opening times:

Tuesdays
09:00 - 17:00
(closed 12:30 - 13.30)

Fridays
09:00 - 17:00
(closed 12:30 - 13.30)

You CAN:

- Check balances
- 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

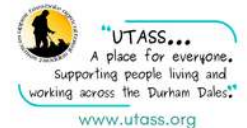
Would you like...

- 🍎 More growing space?
- 🍅 Your own fruit, veg or flowers?
- 🥬 An allotment plot?
- 🌿 Community garden?
- 🥕 Community orchard?
- 🍌 Zero waste?
- 🥫 Surplus product swap?
- 🍎 Save money on food?
- 🍷 Social activities like summer BBQ's?



We're looking for land to purchase to create allotments. Can you help?

Contact:
Eve or Jayne
by email
MIT.Allotments@outlook.com /
estudd@gmail.com
or call 01842 264483



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



The last Post Office session of 2024 will be on Thursday 19th December. Restarting in 2025 on Tuesday 7th January.

Barnard Castle Post Office operates a satellite branch at UTASS:

9.45 am until 12.45 pm on Tuesdays
1.45 pm until 3.30 pm on Fridays

POST OFFICE

The last Barclays session of 2024 will be on Friday 20th December, closing at 4pm. Restarting in 2025 on Tuesday 7th January.

Barclays staff are at UTASS for help and advice; Tuesdays & Fridays - 9am until 5pm



The last Citizens Advice session of 2024 will be on Monday 16th December.

Restarting in 2025 on Monday 6th January.

citizens advice Weekly sessions take place at UTASS for help and advice every Monday between 10am until 12 noon.

You can access information 24 hours a day at citizensadvice.org or call 0808 278 7821

