

NOVEMBER



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) [t](https://www.tiktok.com/@utass) @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 641202</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 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

- 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

cubs
At UTASS

We meet at UTASS in Middleton-in-Teesdale or outdoors every Friday during term time.

For ages 8 to 10½ year olds

For more information email imitscouts@gmail.com or call Katy on 07896 076182

BEAVERS
AT UTASS

We meet every Friday in termtime at UTASS, Middleton-in-Teesdale, or outdoors.

For more information email us at imitscouts@googlemail.com or call Katy on 07896076182

FOR 6 TO 8 YEAR OLDS.
COME AND JOIN US!

NOVEMBER

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



Farming and nature talks

Wednesdays 16 October, 6 and 27 November, 7.30pm to 9pm

Moorcock Inn, Eggleston, Barnard Castle



Talks to discuss:

- Neil Heseltine, can farming ever be truly nature-friendly?
- Pete Leeson, trees in the farmed landscape
- Margaret Bradshaw, hefted to the floristic fells

Tickets £4, to book, visit: bit.ly/farmingandnature



North Pennines National Landscape



YORKSHIRE DALES National Park Authority



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



Upcoming Training

- 02.11.24 - Level 2 Food Safety in Catering
- 02.11.24 - Quad Bike Training for Weardale Group
- 07.11.24 - Free MiDAS Accessible Training for Volunteer Drivers
- 08-09.11.24 - Introduction to Hedgelaying (2 days)
- 14+15.11.24 - Improvers' Hedgelaying (2 days)
- 23.11.24 + 07.12.24 - Outdoor First Aid Course (2 days)
- 29.11.24 - FREE Emergency First Aid at Work for Farmers
- 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 julia@utass.org or call 01833 641010



Sheep Bauble Workshop

Tuesday 3rd December 6.30pm-9.30pm

UTASS 9-11 Chapel Row, Middleton-in-Teesdale, Barnard Castle, Co. Durham, DL120SN

Please join us for a charity evening, raising funds for Macmillan Cancer Support. During the evening you will have the opportunity to create a needle felted sheep bauble. Tickets cost £10 and there will be a raffle drawn during the evening.

All proceeds will be donated to MACMILLAN CANCER SUPPORT To reserve your place or donate to this worthwhile cause please contact Claire on 07758250502 or email cnp@teesdalefelt.co.uk



A big thank you goes to UTASS for providing their support and the venue for this charity event.

BOOK NOW AS PLACES ARE LIMITED!

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

FREE EVENTS

WHAT'S BURIED UNDER BARNARD CASTLE?

Archaeologists are on a mission to find out what's buried in the castle's outer ward, and we're inviting local residents to join the dig with us - and more. Come and explore the history beneath your feet. What will you discover?

<p>Guided Tours: Archaeology at Barnard Castle 16 - 20 Nov 2024 Explore the castle and the dig on a guided tour.</p>	<p>Dig with archaeologists at Barnard Castle 18 - 20 Nov 2024 Curious about the past? Dig with us to help uncover it!</p>	<p>Dig with archaeologists - for kids and teens! 16 - 17 Nov 2024 Bring the family for a real archaeology adventure.</p>
<p>More events</p>		
<p>Pop-up Museum at The Witham 11 - 14 Dec 2024 See artefacts from the dig, and from the castle.</p>	<p>Handling Ancient Artefacts at The Witham 11 - 14 Dec 2024 Learn to handle and identify real artefacts.</p>	<p>Community group events Dec 2024 - Jan 2025 Want us to come to your venue, or to make a group booking? Get in touch!</p>

To find out more or book your place on the dig

Book online: digventures.com/projects/barnard-castle
For enquiries or group bookings: 0333 011 3990, hello@digventures.com

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.

Upcoming Fridays 2.30pm - 3.30pm

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!

Carer Coffee Morning

Thurs 14th Nov



10am till 12pm

No need to book just come along

Old Forge Surgery
Hill Terrace
Middleton-in-Teesdale
DL12 0QE