UTASS Community Newsletter

NOVEMBER









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

10am - 12 noon CITIZENS ADVICE drop-in

lam - 12.30pm FREE Table games session

with pie & peas

6pm - 8pm

Tuesday

9am - 5pm BARCLAYS 9.45am - 12.45pm POST OFFICE 10am - 12noon CHAT AND CRAFT Drop-in session with crafts or activities to try. £1

There's always tea and cake! .30pm WELLNESS WALKS with Sue Bainbridge. Meet at the Sports & Social Club.

5.30 pm - 6.45pm HATHA YOGA & RELAXATION YOUTH DROP-IN SESSION (Not during school holidays) For young people in school year 3 and above.

Wednesday

9.00am - 10.00am PILATES - call Laura on 01833 641 202

1.45Pm - 2.45pm Gentle Yoga & Mindfulness

5pm - 6pm RAINBOWS - Aged 4 - 7

Thursday

9am - 5pm BARCLAYS

10am REGULAR FREE SHOPPING REGULAR FREE SHOPPING TRIPS - Check for dates

1.45pm - 3.30pm POST OFFICE

2.30pm - 3.30pm MONTHLY MUSIC & MEMORIES

Friday

6pm - 7pm BEAVERS - Aged 6 - 8 years

7pm - 8.30pm CUBS - Aged 8 - 10½ years

6pm - 8.30pm YOUTH DROP-IN SESSION (Not during school holiday for Secondary school age

YOUTH DROP-IN SESSION (Not during school holidays) for school years 3 - 6

6pm - 7.30pm

Shopping Trips

For further details contact Emma

07393 606410

emma@utass.org 01833 641010 /

or

visit: bit.ly/MiddletonMartFair24



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



THURSDAY 21ST NOVEMBER DARLINGTON RETAIL PARK LEAVING UTASS AT 10:00AM £4 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.

point

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



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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**



- Margaret Bradshaw, hefted to the floristic













Join the Time Together **Teesdale Project!**

Make a difference in your community by volunteering to support those feeling lonely or isolated.

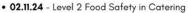
Whether it's a chat, a walk, or a coffee, your companionship can help someone feel more connected.

Bring joy to others whilst enriching your own life!

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



VOLUNTEERS (L) Upcoming NEEDED! Training



- 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 iulia@utass.ora or call 01833 641010





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



Sheep Bauble Workshop Tuesday 3rd December 6.30pm-9.30pm UTASS 9-11 Chapel Row, Middeton-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

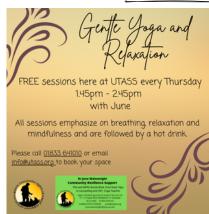
To reserve your place or donate to this worthwhile cause please contact Claire on 07758250502

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!



FREE EVENTS WHAT'S BURIED UNDER BARNARD CASTLE?

and we're inviting local residents to join the dig with us - and more. Come and explore the history beneath your feet.



Guided Tours: Archaeology

Explore the castle and the dig on a guided tour.



Dig with archaeologists

Curious about the past? Dig with us to help uncover it!



Dig with archaeologists for kids and teens!

Bring the family for a real



at The Witham

See artefacts from the dig, and from the castle



at The Witham

Learn to handle and identify real artefacts



Want us to come to your venue, or to make a group booking? Get in touch!

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



Historic England culturatrust RABY **∂**DigVentures

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

