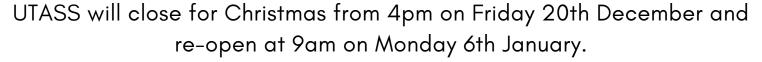


As we send out our 2024 Christmas Greeting, we would like to take this opportunity to thank you all for your continued support and we look forward to seeing you all in the New Year.

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 Opening Times



Please don't forget that if you need urgent support we are available 24 hours a day, any day by calling or texting <u>07393 606410.</u>

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





Whats on at UTASS...



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

www.utass.org

01833 641010 / 07393 606410



Monday

9am - 5pm BARCLAYS

9.45am - 12.45pm POST OFFICE

CITIZENS ADVICE drop-in CHAT AND CRAFT FREE Table games session There's always tea and cake!

WELLNESS WALKS with Sue Bainbridge. Meet at the

Sports & Social Club.

6pm - 8pm

10am - 12 noon

11am - 12.30pm

1.30pm

with pie & peas

YOUTH DROP-IN SESSION (Not during school holidays) For young people in school year 3 and above.

Tuesday

10am - 12noon Drop-in session with crafts or activities to try. £1

5.30 pm - 6.45pm HATHA YOGA & RELAXATION

Wednesday

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

5pm - 6pm RAINBOWS - Aged 4 - 7 years Thursday

REGULAR FREE SHOPPING TRIPS - Check for dates.

1.45Pm - 2.45pm **GENTLE YOGA & MINDFULNESS**

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

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

Friday

9am - 5pm BARCLAYS

10am REGULAR FREE SHOPPING TRIPS - Check for dates.

1.45pm - 3.30pm POST OFFICE



2.30pm - 3.30pm MONTHLY MUSIC & MEMORIES

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

7pm - 8.30pm CUBS - Aged 8 - 101/2 years





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!

OUR NEW MINIBUS HAS ARRIVED!

The new bus seats 13 passengers, plus the driver and is equipped with an internal tail lift making it wheelchair accessible!





Available to hire!

For pricing and further information please contact caitlineutass.org or call 01833 641010.

The last Post Office session of 2024 will be on Friday 20th December. Restarting in 2025 on Tuesday 7th January.



Barnard Castle Post Office operates a satellite branch at UTASS:

9:45am until 12:45pm on Tuesdays 1:45pm until 3:30pm on Fridays

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

Barclays staff are at UTASS for help and advice;
Tuesdays & Fridays - 9am until 5pm (closed 12:30-13:30pm)

BARCLAYS

You can find out overleaf more details about what they can and can't do.

citizens advice

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

Restarting in 2025 on Monday 6th January.

Weekly sesseions 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

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 julia@utass.org or call 01833 641010





Event Photographer (

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



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)



You CAN:

- 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 Attourney & Bereavement advice**
- Make CHAPS/BACS payments
- Make international payments
- Pay credit card bills

You CAN NOT:

- Pay in cheques or cash
- Withdraw cash

Join our... Local Women in Farming Network

We've launched our new Women in Farming network and we would love you to be involved.

By 'Women in Farming' we mean farmers, farmer's wives, farmer's daughters, farm helpers, farm workers... basically if you're involved in farming in any way, you're welcome!

If you'd like to find out more about about the network, call Caitlin on 01833 641010 or email caitlin@utass.org









