



UTASS Christmas Greeting



Merry Christmas



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

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.



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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](#) [@](#) [t](#) @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>

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!

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 caitlin@utass.org or call 01833 641010.

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

**POST
OFFICE**

**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)**



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 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

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 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



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POST OFFICE

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

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

**SUPPORTING FARMER WELFARE
ACROSS THE NORTH OF ENGLAND.**

IN PARTNERSHIP WITH:



With thanks to funding from the Defra Farmer Welfare Fund