

# UTASS COMMUNITY NEWSLETTER

# OCTOBER



## Monday

10am - 12 noon  
CITIZENS ADVICE drop-in



11am - 12.30pm  
FREE PIE & PEAS and  
table games

1.30pm  
WELLNESS WALKS with  
Sue or Wendy. Meet at the  
Sports & Social Club.

6pm - 8pm  
YOUTH DROP-IN SESSION

## 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!

5.30 pm - 6.45pm  
HATHA YOGA & RELAXATION

## Wednesday

9am - 10am  
PILATES - call Laura on  
01833 641 202

(OFFICE CLOSED)

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

7pm-9pm  
BEGINNERS  
WATERCOLOUR ART CLASS

## Thursday

10am-11am  
MOVE IT OR LOSE IT WITH  
SIMON

1pm-3pm  
FORTNIGHTLY MENS  
PIE CLUB

3pm - 4pm  
GENTLE YOGA &  
MINDFULNESS

6pm-8pm  
YOUTH DROP-IN SESSION  
(Not during school holidays)

## 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

5.30pm-6.30pm  
BEAVERS - Aged 6 - 8 years

6.45pm-7.45pm  
CUBS - Aged 8 - 10½ years

8pm-9pm  
SCOUTS - Aged 10 ½ years  
to 14 years

 The Thirteenth  
Middleton Mart  
**Christmas Fair**  
is taking place on  
**Saturday 29th November 2025**  
**11 am to 3 pm**

Middleton-in-Teesdale Farmers Mart, Station Road,  
Middleton-in-Teesdale DL12 0PG  
Parking and Cafe available

An eclectic mix of traders, businesses,  
crafters and community organisations.

**We're currently taking bookings from  
stallholders / exhibitors.**

A 'Pen' (Aprox 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/MiddletonMartFair25](https://bit.ly/MiddletonMartFair25)

For further details contact Emma  
on [emma@utass.org](mailto:emma@utass.org)  
01833 641010 / 07905004299




## Farming and nature talks

Wednesdays 15 October, 5 and  
26 November, 7.30pm to 9pm

Moorcock Inn, Eggleston,  
Barnard Castle

### Talks to discuss:

- Dan Herdman,  
Regenerating the  
Uplands
- Andrew Hyslop,  
Gamekeepers love the  
uplands
- John O'Reilly, Why are  
rare plants rare

Tickets £4, to book, visit:  
<https://bit.ly/48mdsbq>



North  
Pennines  
National  
Landscape

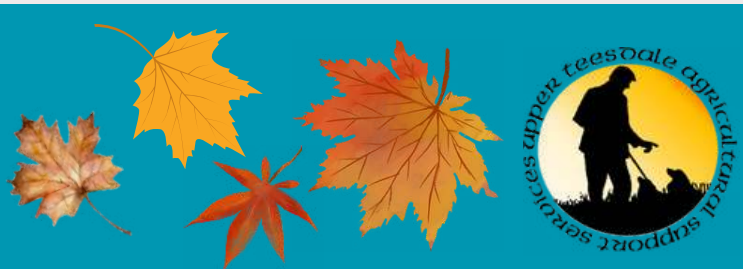


YORKSHIRE DALES  
National Park Authority





# OCTOBER



## Tech & Tea Party

### UTASS

9-11 Chapel Row,  
Middleton-in-  
Teesdale,  
DL12 0SN



Friday 3rd October,  
10am to 12pm

- Do you need help with your mobile phone, tablet or laptop?
- Do you need help getting online?
- Are you concerned about online security?

Come along and join us for our free friendly session for tech support and a cup of tea or coffee

Contact UTASS for more information:  
Phone: 01833 641010  
Website: [www.utass.org](http://www.utass.org)



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

### Upper Teesdale Agricultural Support Services Barclays Local is closing on 12 December 2025

If you're looking for impartial guidance on anything from better budgeting to buying a home, Barclays Money Mentors have free online videos, tools and more.  
Search 'Barclays Money Mentors'

You can also use Online Banking and the Barclays app<sup>1</sup> for most of your banking any time of day.

For current opening hours and our other locations, search 'Find Barclays'



\*You need to be 18 or over to use the app. Terms and conditions apply.  
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## SIDE HUSTLES

TURN YOUR SKILLS,  
PASSIONS & IDEAS INTO  
EXTRA INCOME

Looking to top up your income or try something new? From handmade crafts and home grown produce to online shops, social media ventures, freelance skills and digital services – the possibilities are bigger than ever, and you can do many of them from the comfort of your own home.



### WHAT'S ON?

TOOLS & TECHNIQUES - WORKSHOPS - NETWORKING - FUNDING & SUPPORT

**29<sup>TH</sup> OCTOBER: 6PM UNTIL 8.30PM**

Location: Upper Teesdale Agricultural  
Support Services, 9 to 11 Chapel Row,  
Middleton in Teesdale DL12 0SN

[Info@createnorth.co.uk](mailto:Info@createnorth.co.uk)  
[createnorth.co.uk](http://createnorth.co.uk)





# OCTOBER



## MUSIC & MEMORIES

These monthly sessions are led by Mike Bettison with his ukulele and provide a welcoming setting for a sing-a-long.

2.30pm - 3.30pm

### Upcoming Fridays

17<sup>th</sup> October  
14<sup>th</sup> November  
19<sup>th</sup> December  
30<sup>th</sup> January

No need to book  
Transport may  
be available!

For details of how to join online or by phone,  
please contact UTASS on 01833 641010  
or email [info@utass.org](mailto:info@utass.org)



## Youth Nights

- \*£1 PER SESSION PER MEMBER \*FREE MEMBERSHIP
- \*TUCK SHOP
- \*FREE JUICE AND HOT FOOD EVERY WEEK
- \*MONDAYS/THURSDAYS 6PM - 8PM

Sessions restart on Thursday 11<sup>th</sup> September

New members welcome from school year 3 +  
We recommend for the first few sessions collection by  
parent/carers at 7pm.

- Thursday 11<sup>th</sup> September - crafts and sports
- Monday 15<sup>th</sup> September - Movie night
- Thursday 18<sup>th</sup> September - Quiz and big games
- Monday 22<sup>nd</sup> September - crafts
- Thursday 25<sup>th</sup> September - create your own assault courses
- Monday 29<sup>th</sup> September - **NO SESSION**
- Thursday 2<sup>nd</sup> October - cook your own tea - mini pizzas
- Monday 6<sup>th</sup> October - Self portrait painting
- Thursday 9<sup>th</sup> October - Minute to win it games
- Monday 12<sup>th</sup> October - Just dance
- Thursday 16<sup>th</sup> October - Ghost hunt and Halloween crafts
- Monday 19<sup>th</sup> October - Closed due to building maintenance
- Thursday 23<sup>rd</sup> October - Closed due to building maintenance

Half term break 24<sup>th</sup> October - 3<sup>rd</sup> November 2025

UTASS, 9-11 CHAPEL ROW,  
MIDDLETON IN TEESDALE,  
DL120SN  
01833 641010

FOR MORE INFORMATION PLEASE  
CONTACT [GINA@UTASS.ORG](mailto:GINA@UTASS.ORG)

RESTARTING ON  
THURSDAY 9<sup>TH</sup>  
OCTOBER

Gentle Yoga  
and  
Relaxation  
with June

FREE sessions here at UTASS every Thursday  
3pm - 4pm

All sessions emphasize on  
breathing, relaxation and  
mindfulness and are  
followed by a hot drink

Please call  
01833 641010  
or email  
[info@utass.org](mailto:info@utass.org)  
to book your  
space

These sessions will be held by Dr  
June Wainwright. Community  
Resilience Support, Phd and MPhil  
Social Work, Post Grad, Dips in  
counselling & CBT, Yoga Teacher

Join us & Invest in yourself!  
Wednesday evenings just got better !



- o Tutor: Sandie Craig Artist & Qualified Teacher PGCE.
- o Venue: The UTASS Centre, Middleton in Teesdale.
- o FREE Taster Session: Monday 18<sup>th</sup> August 18:30 - 20:30pm.
- o Future Lessons: Every Wednesday 19:00 - 21:00 Starting September.
- o Price: £20.00 per 2 Hour session, pay as you go.
- o Join at any time - suitable for all ages and abilities.

Please contact Sandie Craig [sandie@gmail.com](mailto:sandie@gmail.com) or Vicky Marsden [Marsden\\_victoria@yahoo.co.uk](mailto:Marsden_victoria@yahoo.co.uk) if you have any questions or call 07944 930852.





## Finding Your Place: A Support Group for Late- Diagnosed Autistic Adults Over 40

You are not alone. A supportive and social group where you can connect with fellow Aspies who understand your journey. Find authentic connection, friendship, and community.



CONNECT. SHARE. THRIVE.

## Upcoming Training Dates



- 24 October - Emergency First Aid for Farmers **Fully Funded**
- 31 October & 1 November - Hedge laying for beginners
- 4 & 7 November - Rodenticide training **Fully booked**
- 21 November - Emergency First Aid at Work, UTASS
- 1 & 3 December - Rodenticide Training **Fully booked**
- 5 & 9 January - Rodenticide Training, UTASS

For more information contact [jo@utass.org](mailto:jo@utass.org)



## THE SINGING BONES

A musical storytelling feast set in the Cumbrian wilderness with storyteller Jessie McMeekin and musicians JP Worsfold and Anne-Marie Sanderson.

Both a soulful meditation on the beautiful and fragile natural world which surrounds us, and a powerful celebration of the difference that humans can make in the world when we work and act together.

**UTASS Middleton-in-Teesdale** DL12 0SN

**Sun 2 November 7:30pm**

**Tickets: Adult £15 Concession £10**

**Phone 01833 641010 or**

book online [www.highlightsnorth.co.uk](http://www.highlightsnorth.co.uk)

**highlights**  
rural touring scheme



## MAKE THE MOST OF TEESDALE

FREE ENTERPRISE EVENT



Join us Middleton-in-Teesdale for a hands-on event packed with inspiration, insights, and opportunities!



**WHAT'S ON?**

**INSPIRING STORIES - WORKSHOPS - NETWORKING - FUNDING & SUPPORT**

**10TH OCTOBER: 10AM UNTIL 3PM**

Location: Upper Teesdale Agricultural Support Services, 9 to 11 Chapel Row, Middleton in Teesdale DL12 0SN  
[Info@createnorth.co.uk](mailto:Info@createnorth.co.uk)  
[createnorth.co.uk](http://createnorth.co.uk)



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