



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-8pm
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

Speak up!
Be heard!

TELL US WHAT
YOU THINK

Over to you!

HAVE YOUR SAY!

ONLINE SURVEY

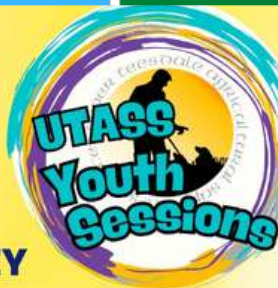
Young People, Parents, Carers please
share your feedback with us



bit.ly/TellUtassYP



Use the link above or
scan the QR code



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

For further details contact Emma
on emma@utass.org
01833 641010 / 07905004299



Christmas Cards

Pack of 10
cards only
£1!

ON SALE NOW

All profits from the sale of the cards go to
supporting UTASS





VOLUNTEER RECRUITMENT

Your Community Needs You



**Can you give JUST one hour a week or month
Make a real difference in your community
support those who feel lonely or isolated.**

A friendly chat A walk A coffee



**JOIN OUR AMAZING VOLUNTEER TEAM TODAY
FEEL AMAZING MEET NEW PEOPLE TOGETHER WE
CAN MAKE A DIFFERENCE**

**Your companionship can help someone feel more connected and valued.
Bring joy to others while enriching your own life!
Full training & Support provided
We also cover volunteers out of pocket expenses**



For more information:

**Call UTASS on 01833 641010 or Suzanne Wallace 07388121135
or email suzanne@utass.org / timetogetherteesdale@gmail.com**

Shopping Trips

MONDAY 17TH NOVEMBER

NORTHALLERTON

LEAVING UTASS AT 9.30AM

Suggested donation £3

FRIDAY 12TH DECEMBER

TINDALE/NEW RETAIL AREA

LEAVING UTASS AT 9.30AM

Suggested donation £3

**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.**

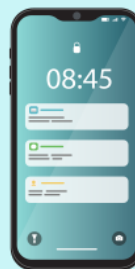
**point
north**

**Tech Drop in
Session
at UTASS with**



1pm - 3pm

**Thursday 30th October
Thursday 13th November
Thursday 27th November
fortnightly thereafter**



For all your tech needs!



NOVEMBER



MUSIC & MEMORIES

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

Upcoming Fridays

2.30pm - 3.30pm

14th November
19th December
30th 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



CHARITY FITNESS CLASS

MONDAY 10TH NOVEMBER 11.30AM AT UTASS



Simon Coles, who runs regular "MOVE IT OR LOSE" fitness sessions has organised a fun fitness class to raise funds to give the residents of King's Court & Charles Dickens Lodge a magical Christmas this year.

EVERYONE WELCOME

Participation is £5 per person, with all proceeds going towards the cause.

No need to book, just come along!

For more information please contact Simon on
07949 489763

simon.coles@moveitorloseit.co.uk

CHAT AND CRAFT AT UTASS TUESDAYS 10AM - 12PM

Please help us keep these events going with a £1 donation
per session

- 7th October - Fridge magnet creation
 - 14th October - Reimagine project - AT UTASS with artist Zoe
 - 21st October - Card making
 - 28th October - Reimagine project - AT BOWES MUSEUM leave UTASS at 930am return 1.30pm
 - 4th November - Hapa zome flowers with Sarah O
 - 11th November - Reimagine project - AT BOWES MUSEUM leave UTASS at 930am return 1.30pm
 - 18th November - Resin homeware creations (coasters/tealight holders etc)
 - 25th November - Reimagine project - AT UTASS with artist Zoe
 - 2nd December - Christmas gift bag/box creation
 - SATURDAY 6TH December - CHRISTMAS CELEBRATION AT THE BOWES time tbc MUSEUM
 - 9th December - Enamel Christmas decoration creation with Claire Priestley
 - 16th December - Christmas centre peice making with Julieanne Brough
- Merry Christmas Everyone, Next chat and craft session is 13th January 2026

01833 641010
gina@utass.org for more information

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

Upcoming Event



All Things Sheep Post-Mortem

At Middleton-in-Teesdale Auction Mart

Thursday 6th November 2025, 6.30pm

Supper included.

Join AHDB and UTASS as we watch and hear from Ben Strugnell BVM&S Cert PM MRCVS of Farm Post Mortems Ltd.

Ben is a world-renowned independent vet and farm animal pathologist who will conduct post-mortems of sheep and explain the findings.

Booking is essential.



With thanks to Middleton
Auction Mart for hosting



SUPPORTING FARMER WELFARE
ACROSS THE NORTH OF ENGLAND.
IN PARTNERSHIP WITH:



NOVEMBER



Our Local Women in Farming Network

Upcoming Meetings...

Wednesday 12th November 2025, 7pm

Teesdale Cheesemakers, Copley

Join Allison and Jonathan as they talk you through their cheese-making process. Allison will give a behind-the-scenes tour. Afterwards, Jonathan will tell you all you need to know about their epic cheeseboards, before we each get to enjoy one of our own!

Tuesday 9th December 2025, 7pm

Festive Social - Moorcock Inn, Eggleston

Join us for a fun and relaxed session - Christmas Crafts, a quiz and chance to catch up with each other. Supper provided.

To book your place contact 01833 641010 or email info@utass.org



Farming and nature talks

5th 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



MEN'S PIE CLUB

LOCAL GUYS, MAKING PIES



UPCOMING THURSDAYS
12.30-3pm at UTASS

23rd October
6th November
20th November
4th December
18 December

Men's Pie Club is a weekly get together for men to make a pie, chat to other guys, make new friends, laugh and maybe learn a thing or two.



For more information call UTASS on 01833 641010 or email info@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.

DON'T MISS OUT!
TICKETS ON SALE NOW



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

highlights
rural touring scheme

