

UTASS COMMUNITY NEWSLETTER

FEBRUARY



Monday

10am - 12 noon
CITIZENS ADVICE drop-in

citizens advice

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

9.45am - 12.45pm
POST OFFICE

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

10am
REGULAR FREE SHOPPING TRIPS - Check for dates.

1.45pm - 3.30pm
POST OFFICE

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

DAVID EAGLE

FLYING SOLO



"My God, David Eagle makes me laugh. A ludicrously amusing gentleman."
Miles Jupp

"A comic tour de force."
The Guardian

David Eagle is a multi-award winning comedian musician, best known for being a member of the folk band The Young'uns and his own BBC Radio 4 series, Eagle on the Air. His comedy, armed with an accordion, often explores how being blind transforms everyday life into surreal, surprising misadventures ...

UTASS, Middleton in Teesdale DL12 0SN

Sat 25 April 7:00pm

Tickets: £15 / Under 25s £10 (age recommendation 14+)

Phone 01833 641010 or

book online www.highlightsnorth.co.uk

EXCITING NEWS

Follow our



WhatsApp

Channel



Utass

WhatsApp channel



Scan this QR code using the camera to view or follow this channel.





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 jo@utass.org or call **01833 641010** or pop into the office!



Upcoming Training Dates

- 27 February - Emergency First Aid at Work, UTASS
- 4 March - Rodenticide Training, UTASS
- 7 March - Rodenticide Assessment, UTASS
- 27 March - Emergency First Aid at Work, UTASS
- 24 April - Emergency First Aid at Work, UTASS
- 22 May - Emergency First Aid at Work, UTASS
- 6 June - Dry Stone Walling Taster Day
- 26 June - Emergency First Aid at Work, UTASS
- 11 July - Dry Stone Walling Taster Day



Contact
jo@utass.org for
all your training
needs or call
01833 641010



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

30th January 2026

20th February 2026

13th March 2026

17th April 2026

29th May 2026

19th June 2026

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



Tech Drop in Session at UTASS with

2026



1pm - 3pm

Thursday 22nd January
Thursday 5th February
Thursday 19th February



For all your tech needs!





Upcoming Event

All Things Cattle Post-Mortem

At Middleton-in-Teesdale Auction Mart

Wednesday 25th February 2026, 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 cattle and explain the findings.

Booking is essential.



With thanks to Middleton Auction Mart for hosting



We have lots of jigsaws & books here at UTASS that are looking for a new home!

Pop in and have a look...



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

Annual Service Users Survey

By completing our survey, you'll help us make sure we're providing the services you need now, plan for services you may need in the future, and identify where we can improve.

WE WANT YOUR FEEDBACK!

WHAT DO YOU THINK?

YOUR OPINION MATTERS!



Please take a few minutes to complete the survey, you can use the link or QR code below.

bit.ly/UTASS2025survey

If you would prefer a paper copy, or to go through the survey with a member of staff please let us know.



Your responses are vital in helping us improve our services.

"UTASS... A place for everyone. Supporting people living and working across the Durham Dales."

citizens advice

County Durham

Need advice?

You can find us at

UTASS

EVERY MONDAY

10AM-12 NOON

No appointment needed

Talk to a friendly, trained advisor who could help you claim Attendance Allowance, Pensions Credit or a Blue Badge.....whatever the issue, they are here to help!



FEBRUARY



Shopping Trips

2026

MONDAY 16TH FEBRUARY
TINDALE
LEAVING UTASS AT 9.30AM

MONDAY 23RD MARCH
NORTHALLERTON
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

POST
OFFICE

opening times:

Tuesdays
09:45 - 12:45

Fridays
13:45 - 15:30

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)



RUN

For FUN

12 April 2026

Sunday 9am start

£2 per entry - all proceeds to UTASS
Best Dressed Competition
(Easter Bunny costumes encouraged for adults and kids!)
Food and refreshments will be available

Run Distances: 2 K | 5 KM

01833 627242

admin@thorpefarm.co.uk

www.thorpefarm.co.uk

Thorpe Farm Centre
Barnard Castle
DL12 9TY



Our Local Women in Farming Network

Upcoming Meetings...

Tuesday 3rd February 2026, 6pm

CPR/Defibrillator Training at the Moorcock Inn

We'll be joined by Sue Bainbridge as she teaches us everything we need to know about CPR and how to use a defibrillator. Supper included.

Monday 23rd February 2026, 7pm

Animal Health & Nutrition at the Moorcock Inn

We'll be joined by Rebecca from Carr's Billington, discussing all things animal health and nutrition. From worming to post-lambing and calving care. Supper included.

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



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

IN PARTNERSHIP WITH:



With thanks to funding from the Defra Farmer Welfare Fund.