

JANUARY



Happy New Year

On behalf of all the staff & trustees we would like to wish you all a Happy New Year!

2026

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

JANUARY



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



**Did you know we have
jigsaw puzzles at UTASS?**

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



CHAT AND CRAFT AT UTASS TUESDAYS 10AM - 12PM

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

13th January 26 - Botanical pressed clay workshop with Mud and More

20th January 26 - Re imagine project at TBM leave UTASS at 930am

27th January 26 - Glass vase cutting/decorating

3rd February 26 - Help me to crochet

10th February 26 - Valentine felt hearts artist Claire Priestly

17th February 26 - Re imagine project at TBM leave UTASS at 930am

24th February 26 - NO SESSION

3rd March 26 - Resin homewares

10th March 26 - Artist session TBC

17th March 26 - Re imagine project at TBM leave UTASS at 930am

24th March 26 - floral sculptures

31st March 26 - Easter rabbit painting

Supported by point north

01833 641010

gina@utass.org for more information

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

LOCAL GUYS, MAKING PIES



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

JANUARY



Tech Drop in Session at UTASS with

2026

County Durham
Age UK

1pm - 3pm

Thursday 8th January
Thursday 22nd January
Thursday 5th February
Thursday 19th February



For all your tech
needs!



TEESDALE DAY CLUBS
VOLUNTEER
RECRUITMENT

Your Community Needs You
Start 2026 Making a Difference



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 / timetogtherteesdale@gmail.com

OPEN TO EVERYONE
FREE PIE,
CHIPS AND
PEAS
Every Monday (excluding bank
holidays)
11am- 12.30pm
Christmas break from Dec
15th returning on Jan 12th
2026
Join us, meet friends old and new for
an early lunch and a cuppa. Dominoes
and other games are available - play if
you want to, no pressure!
There's no need to book but if you would
like to let us know you are coming,
please call the UTASS office on
01833 641010

2026
Cheers to a year of adventures, growth, and
unforgettable moments. Happy New Year!

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

Thursday 15TH January - Is it true or false? Game night
Thursday 22ND January - Team games and crafts
Thursday 29TH January - Gaga ball
Thursday 5TH February - Bingo and quiz night
* Thursday 12TH February - Valentines crafts / cookie decorating
Thursday 19TH February - Disco and party food
* School half term break starts 20TH Feb UTASS Youth nights
return 6TH March 2026

Supported by
point north

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

FOR MORE INFORMATION AND A
BOOKING LINK PLEASE CONTACT
GINA@UTASS.ORG

JANUARY



BANKING HUB in BARNARD CASTLE



The Witham
3 Horse Market
Barnard Castle
County Durham
DL12 8LY

Community banker availability

Mon: Barclays
Tue: Santander
Wed: NatWest
Thu: HSBC
Fri: Lloyds

Opening hours
Mon: 9am - 5pm
Tue: 9am - 5pm
Wed: 9am - 5pm
Thu: 9am - 5pm
Fri: 9am - 5pm
Sat: Closed
Sun: Closed

Transactions available at the counter
Counter services:
Withdraw cash (notes and coin)
Deposit cash (notes and coin)
Deposit cheques
Pay utility bills
Check account balance
Collect change (registered business customers)

Our community bankers may be unavailable during lunchtime as they take a well-deserved break.



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)



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!



15 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

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

Please call 01833 641010 or email info@utass.org to book your space

Upcoming Training Dates

- 5 & 9 January - Rodenticide Training, UTASS
- 23 January - Emergency First Aid at Work, UTASS
- 27 February - Emergency First Aid at Work, 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

