



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10am - 12 noon CITIZENS ADVICE drop-in </p> <p>11am - 12.30pm FREE PIE &amp; PEAS and table games</p> <p>1.30pm WELLNESS WALKS with Sue or Wendy. Meet at the Sports &amp; Social Club.</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 &amp; RELAXATION</p>	<p>9am - 10am PILATES - call Laura on 01833 641 202</p> <p>(OFFICE CLOSED)</p> <p>5pm - 6pm RAINBOWS - Aged 4 - 7 years</p> <p>7pm-9pm BEGINNERS WATERCOLOUR ART CLASS</p>	<p>10am-11am MOVE IT OR LOSE IT WITH SIMON</p> <p>1pm-3pm FORTNIGHTLY MENS PIE CLUB</p> <p>1pm-3pm FORTNIGHTLY TECH DROP-IN</p> <p>3pm - 4pm GENTLE YOGA &amp; MINDFULNESS</p> <p>6pm-8pm YOUTH DROP-IN SESSION (Not during school holidays)</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 &amp; MEMORIES</p> <p>4PM-5PM MONTHLY POLICE PACT MEETINGS</p> <p>5.30pm-6.30pm BEAVERS - Aged 6 - 8 years</p> <p>6.45pm-7.45pm CUBS - Aged 8 - 10½ years</p> <p>8pm-9pm SCOUTS - Aged 10 ½ years to 14 years</p>

## Volunteers Needed



### Your Community Needs You

☁️ After Months of Storms... Be Someone's Sunshine  
The recent horrific weather hasn't just kept people indoors — it's deepened loneliness across rural Teesdale.

At Time Together Teesdale, we're looking for friendly, compassionate volunteers to become befrienders. A simple visit, a cup of tea, or a weekly phone call can bring warmth, laughter, and connection back into someone's life.

- ♥️ For them – companionship, confidence, and knowing they matter.
- ♥️ For you – purpose, friendship, and the joy of making a real difference.

As the seasons change, help us bring brighter days to someone who needs it most.

Could you spare an hour a week?  
Join Time Together Teesdale today.

For more details and informal Chat  
Call Suzanne at UTASS 01833 641010 / 07388121135



TEESDALE DAY CLUBS

"Adding Some Sparkle to our Local Communities"





## ! AVOID BEING SCAMMED !

Newcastle Building Society will be giving a talk on how to avoid being scammed.

All are welcome to come along



Tuesday 19 May 2026



10am - 12 noon



UTASS





If you would like to come along please contact Jo jo@utass.org or call 01833 641010



STAINDROP CE PRIMARY SCHOOL

## Stay & Play Evening

Come along and enjoy some Easter fun and activities with our Early Years' team. For prospective Nursery and Reception Children

WEDNESDAY 1 APRIL 4-6PM

Easter Egg hunt | Arts and Crafts | And many more

For more information contact:  
office@standropce.co.uk or call 01833 660334

## Upcoming Training Dates



- 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
- 27 & 28 June - Sheep Shearing, Woodland
- 18 July - Dry Stone Walling Taster Day, Woodland



Contact [jo@utass.org](mailto: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.

### Upcoming Fridays

- 17<sup>th</sup> April 2026
  - 29<sup>th</sup> May 2026
  - 19<sup>th</sup> June 2026
  - 17<sup>th</sup> July 2026
  - 21<sup>st</sup> August 2026
  - 25<sup>th</sup> September 2026
  - 23<sup>rd</sup> October 2026
  - 20<sup>th</sup> November 2026
  - 18<sup>th</sup> December 2026
- 2.30pm - 3.30pm
- 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)



### Middleton in-Teesdale Art for Absolute Beginners

Places available now - join us



Contact Sandie on 07484 807 747

Wednesdays upstairs at UTASS

7.00pm till 9.00pm

£20 per session weekly






## CHAT AND CRAFT AT UTASS TUESDAYS 10AM - 12PM

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

- 7<sup>TH</sup> April 26 - NO SESSION
- 14<sup>TH</sup> April 26 - Water colour with June Wainwright
- 21<sup>ST</sup> April 26 - Floral wire work
- 28<sup>TH</sup> April 26 - Hot glue glitter magnets
- 5<sup>TH</sup> May 26 - Bird feeder making
- 12<sup>TH</sup> May 26 - Help me crochet/ knit - please bring some supplies
- 19<sup>TH</sup> May 26 - Support against scammers with Newcastle building society
- 26<sup>TH</sup> May 26 - Resin homewares
- 2<sup>ND</sup> June 26 - Felted greetings cards with Claire Priestley
- 9<sup>TH</sup> June 26 - Leons Exotics - exotic animal encounters

01833 641010  
gina@utass.org for more information

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



## 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](http://www.highlightsnorth.co.uk)



highlights rural touring scheme

supported in part by the ARTS COUNCIL ENGLAND



## Become a Friend of UTASS

We have relaunched our previous 'friends' scheme and we would love for you to join us on our mission!

\*\*\*\*  
UTASS is here for everyone.

Our aim is to work with & for those who live & work in the rural communities across the Durham Dales, helping them access the services, advice & resources they need to feel supported, connected, valued & better able to cope with life's challenges.

The annual cost of Becoming a Friend of UTASS is a minimum donation of £30 per household.

For more information please call UTASS on **01833 641010** or email [info@utass.org](mailto:info@utass.org)

UTASS...  
A place for everyone,  
supporting people living and working across the Durham Dales.



# PACT

Police & Communities Together



PACT Meetings will be taking place at UTASS every 4 weeks on a Friday afternoon between 4pm-5pm.

The upcoming dates are:

- Friday 24<sup>th</sup> April
- Friday 22<sup>nd</sup> May
- Friday 19<sup>th</sup> June
- Friday 17<sup>th</sup> July
- Friday 14<sup>th</sup> August



Police And Communities Together Meetings enable local residents to voice their concerns, share local issues and discuss policing priorities with their neighbouring policing team.

# APRIL



## Tech Drop in Session at UTASS with



1pm - 3pm

- Thursday 2<sup>nd</sup> April
- Thursday 16<sup>th</sup> April
- Thursday 30<sup>th</sup> April
- Thursday 14<sup>th</sup> May
- Thursday 28<sup>th</sup> May
- Thursday 11<sup>th</sup> June
- Thursday 25<sup>th</sup> June



For all your  
tech needs!



THORPE FARM CENTRE

# 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

## Shopping Trips 2026

TUESDAY 21<sup>st</sup> APRIL  
**TINDALE**  
LEAVING UTASS AT 9.30AM

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.

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

## Tai Chi Movements for Wellbeing

### NEW DATES!

- 13TH April
- 20th April
- 27th April
- 11th May
- 18th May

2.45pm-3.45pm for 5 weeks, £40 at UTASS, 9-11  
Chapel Row, Middleton in Teesdale DL12 0SN

Contact Claire Tellegen to book your place:  
**07875 086291**

hello@relaxandbalance.co.uk

A unique movement, meditation and self-care practise for life-long health and wellbeing

