

MARCH



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.

Tuesday

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

1pm-3pm
FORTNIGHTLY TECH
DROP-IN

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



2.30pm - 3.30pm
MONTHLY MUSIC & MEMORIES

4PM-5PM
MONTHLY POLICE PACT MEETINGS

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

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"



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



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



MARCH



Tech Drop in Session at UTASS with



1pm - 3pm

**Thursday 5th March
Thursday 19th March**

**For all your
tech needs!**



Upcoming Training Dates



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



**Contact jo@utass.org
for all your training
needs or call 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 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 - Claire Priestly flower arranging (BRING YOUR OWN TEA CUP)
- 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



**WE WANT
YOUR
FEEDBACK!**

**WHAT DO
YOU
THINK?**

**YOUR
OPINION
MATTERS!**

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.



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...
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Supporting people living and
working across the Durham Dales!"



MARCH

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

- 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](tel:01833641010) or email info@utass.org



Upcoming Event

An update on funding from FiPL (Farming in Protected Landscapes)

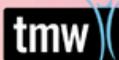
Monday 9th March 2026, 7pm
at Middleton Auction Mart

The Farming in Protected Landscapes programme is open to all farmers and land managers within a National Landscape or National Park in England.

We'll be joined by the North Pennines National Landscapes team who will explain what's on offer, how to apply, and to answer any questions.

Ian Cairns, an Agri Consultant, will then explain how to manage cash flow effectively while progressing through the grant process.

Booking is essential.



Tai Chi Movements for Wellbeing

NEW COURSE!

Starting MONDAY 2nd MARCH,
4pm-5pm 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@relaxandrebalance.co.uk

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



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

MONDAY NIGHT YOUTH HEALTHIER TOGETHER PROJECT

This session is ONLY for children and young people who wish to engage in the activity - Monday nights are project specific evenings
Sessions are £1 per person per session

- Monday 2nd March - 6pm - 8pm
- Monday 9th March - 6pm - 8pm
- Monday 16th March - 6pm - 8pm
- Monday 23rd March - 6pm - 8pm
- Monday 30th March - 6pm - 8pm

UTASS, 9-11 CHAPEL ROW, MIDDLETON IN TEESDALE, DL12 0SN
01833 641010

North East North Cumbria Health & Care Partnership



MARCH

**Wednesday 11th
March**

7.30pm

At Our Office

Registered Office:

9-11 Chapel Row,
Middleton-in-Teesdale,
Barnard Castle,
County Durham,
DL12 0SN



**Please come
and join us,
EVERYONE is
welcome!**

**Tori from Walworth Birds
of Prey Centre will
entertain us before
a pie & pea
supper!**

To register your attendance or apologies:

email info@utass.org

call 01833 641010

or pop into the office

Registered Charity number: 1120120
Company Limited by Guarantee number: 06054331

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

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

highlights rural touring scheme

ARTS COUNCIL ENGLAND

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 27th February
- Friday 27th March
- Friday 24th April
- Friday 22nd May
- Friday 19th June
- Friday 17th July
- Friday 14th 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.

Utass WhatsApp channel

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

Follow our



WhatsApp Channel