



## 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.



## 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

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

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




## TEESDALE DAY CLUBS

# VOLUNTEER RECRUITMENT

### Your Community Needs You Make 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](mailto:suzanne@utass.org) / [timetogetherteesdale@gmail.com](mailto:timetogetherteesdale@gmail.com)



# 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](mailto:Jo.jo@utass.org) or call 01833 641010



## Nature camp weekend

Saturday 30 May and  
Sunday 31 May 2026  
Low Way Farm, Holwick

Enjoy family-friendly, nature themed activities with the option to camp, stay in the bunkhouse, or visit for the day



North Pennines National Landscape

### Range of activities for all ages:

- morning bird song recording
- bat detectors and moth trapping
- nature cinema
- communal campfire and games
- river dipping
- meet the farmer
- walk through the wildflower meadows

Full weekend tickets (including accommodation, evening meal and breakfast)  
Adult £30, child £20

Scan the QR code or book online at:  
[bit.ly/NatureCamp26](http://bit.ly/NatureCamp26)



North Pennines National Landscape



YORKSHIRE DALES National Park Authority



Make possible with Heritage Fund

## SUBMIT YOUR PHOTOGRAPHS FOR OUR UTASS 2027 CALENDAR!



<https://utass.org/photograph-submissions/>



## Upcoming Training Dates



- 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



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





point  
north

## 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

## Saturday 23rd May 2026

Held at  
High Force Hotel



## MIDDLETON IN TEESDALE SPRING SHOW OF SWALEDALE SHEEP

Judging commences at new  
time of 12 noon

- ◆ £2 Admission
- ◆ Outside Show Bar
- ◆ Discounted drinks all day

For further information  
please contact  
our secretary:  
Caitlin Dent 07956 827334



## 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."



## Can you Help?

We are looking to create a small directory of local people who could be called upon in times of need.

Jobs to include but not limited to, general farm work, help at lambing time & general odd jobs.

This can be volunteered or paid work, part time or just a few days.

If you think you could help or offer your services, we would love to hear from you!

Please call UTASS on 01833 641010



# MAY



# 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.

## Tech Drop in Session



at UTASS with



1pm - 3pm

- Thursday 28<sup>th</sup> May
- Thursday 11<sup>th</sup> June
- Thursday 25<sup>th</sup> June



## For all your tech needs!



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

## BLOKES BREAKFAST & BANTER CLUB



Feeling a bit blue and wishing for some man-to-man banter?

**Where:** Romaldkirk Reading Room  
**When:** 20th & 27th April, 11th & 18th May, 1st and 8th June

**Time:** Monday's 09:30 - 10:45am

Come along & banish the blues - enjoy a breakfast bap, a hot drink, and some informal chat with our friendly club chef Owen



### Pop in and join us for FREE!

Donations welcome but not obligatory. Pre-booking advised so we can cater for you and your needs.



01833 695822



activities@teesdaledayclubs.org.uk



www.teesdaledayclubs.org.uk

Reg Charity in England & Wales no 1198857



## FREE Sessions at the MOVE HUB

Friday 15<sup>th</sup> May & Friday 22<sup>nd</sup> May 2pm-3pm



ONLY 12 SPACES AVAILABLE!  
For new members only. Transport is available.

To book your place or for more information please contact UTASS on 01833 641010

## MOVE MORE, FEEL BETTER