



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.

4pm-5pm
TAI CHI Movement for Wellbeing

Tuesday

9.45am - 12.45pm
POST OFFICE

POST OFFICE

10am
REGULAR FREE SHOPPING TRIPS - Check for dates.

10am - 12noon
CHAT AND CRAFT
Drop-in session with crafts or activities to try. £1
There's always tea and cake!

5.30pm - 6.45pm
HATHA YOGA & RELAXATION

Wednesday

9am - 10am
PILATES - call Laura on 01833 641 202

5pm - 6pm
RAINBOWS - Aged 4 - 7 years

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

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

SUBMIT YOUR PHOTOGRAPHS FOR OUR UTASS 2027 CALENDAR!



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

DEADLINE FOR SUBMISSIONS IS 31ST JULY

Let's talk Menopause

Ruth Devlin & Dr Heather Currie MBE from "Let's Talk Menopause" will be at UTASS on

Wednesday 8th July 2026

6.30pm

To give an informative talk about all things menopause

How to book:

jo@utass.org

01833 641010

Everyone welcome!

point north





Tech Drop in Session at UTASS with



1pm - 3pm

Thursday 9th July
Thursday 23rd July
Thursday 6th August



For all your
tech needs!



Financial Planning

Wednesday 29 July, 6.30pm
at

UTASS, Middleton-in-Teesdale

True Potential LLP will be giving an overview on the following topics:

- Savings & Investment
- Pensions & Retirement Planning
- Inheritance Tax
- Transferring Wealth
- Mitigating Tax

all are welcome to attend

To book your place, call 01833 641010
or email jo@utass.org

Funded by **point north**

Tai Chi Movements for Wellbeing



NEW DATES!

- 7th September
- 14th September
- 21st September
- 28th September
- 5th October

Beginners session 2.45pm-3.45pm

Regular session 4.00pm-5.00pm for 5 weeks, £40

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

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



Contact Claire Tellegen to book your place:

07875 086291

hello@relaxandrebalance.co.uk

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 17th July
- Friday 14th August



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



Upcoming Training Dates



- 24 July - Emergency First Aid at Work, UTASS
- 18 July - Dry Stone Walling Taster Day - **fully booked**
- 3 & 4 August - Chainsaw Maintenance & Cross Cutting
- 10,11,12 August Safe Use of Pesticides
- 28 August - Emergency First Aid at Work



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

- 30th June 26 - Artist session - Mud and More
- 7th July 26 - Ann Gill Thread flower making
- 14th July 26 - Sarah Orme Willow Weaving
- 21st July 26 - Treasure hunt in Barnard Castle with Jill
- 28th July 26 - Shell painting
- 4th August 26 - Claire Tellegen Relaxation session
- 11th August 26 - Resin homewares
- 18th August 26 - Canvas bag decorating
- 25th August 26 - NO SESSION
- 1st September 26 - NO SESSION

01833 641010
gina@utass.org for more information

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



Leave the car at home and enjoy an affordable, stress free day out. £2.50 for a single journey or £5 for a return. Tickets can be purchased from bus driver.

There are 3 services for you to hop on:

- 873 The Durham Dales Explorer**
Durham City - Raby Castle - Barnard Castle - The Bowes Museum - High Force Waterfall
- 874 The Time Traveller Line**
Durham City - Ushaw - Beamish Museum
- 875 The Tracks Through Time Line**
Durham City - Shildon - Locomotion

www.durham.gov.uk/DurhamExplorer
*Terms and conditions apply.

The NEW Durham Explorer

bus services can transport you to:

- Beamish The Living Museum of the North
- Ushaw Historic House, Chapel and Gardens
- The Bowes Museum
- The Auckland Project
- Raby Castle, Park and Gardens
- High Force Waterfall
- Locomotion Museum

Kids go free* during school holidays and save up to 25% on entry to attractions*

Explore County Durham by bus every Saturday, Sunday and Bank Holiday from 23rd May - 31st Aug 2026.

*For full terms and conditions please visit www.durham.gov.uk/DurhamExplorer
 Proof of child's age may be required.



CALLING ALL VOLUNTEERS OLD AND NEW...



Volunteers help UTASS deliver many more activities than we would be able to through our paid staff team and we are so grateful for the support of our volunteers.

If you are interested in getting involved with UTASS and feel you could volunteer your time, skills or expertise to support our work, we would love to hear from you.

We have volunteers who help regularly, some who are available from time to time and others who are ready to help out for one-off activities.

If you would like to find out more please contact a member of the UTASS team on 01833 641010, email info@utass.org or pop in and see us!



MEET THE TEAM



Suzanne Wallace
Project Officer



Alison Brown
Finance Officer



Jo Middleton
Training & Events Co-Ordinator



June Wainwright
Resilience Support



Caitlin Dent
Agricultural Secretary



Richard Betton
Farming Liason Officer



Hazel Robinson
Admin Support



Claire Stoddart
Admin Support



Charlotte Fletcher
Agricultural Secretary



Emma Spry
Manager & Company Secretary



Sue Anderson
Community Researcher



Helen Kirby
Funding Development Officer



Anne Scott
Finance Officer



Melanie Lee
Resilience worker & Youth Support



Adele Dickeson
Youth Support



Gina Richardson
Youth Team Lead & Community Engagement



Raise free donations for Upper Teesdale Agricultural Support... every time you shop online!



How to get involved

- 1 Download the easyfundraising app
- 2 Choose us as your cause
- 3 See retailers donate whenever you shop



Working together to support our rural community



FREE TRAINING FOR NFU MEMBERS

Funded by NFU in partnership with UTASS

The NFU are working with UTASS to offer funded training courses for

Barnard Castle NFU members, their families and employees.

COURSES MAY INCLUDE:

<p>AGRICULTURAL SKILLS Practical, hands-on agricultural training</p>	<p>HEALTH & SAFETY Essential health, safety and compliance courses</p>	<p>CONSTRUCTION SKILLS Construction and building related training</p>	<p>FIRST AID First aid and emergency response courses</p>	<p>MACHINERY TRAINING Machinery operation and equipment training</p>	<p>DIGITAL SKILLS Computer and business skills training</p>
---	---	--	--	---	--



TELL US WHAT TRAINING YOU NEED!
We'll find the right course for you!

01833 641010

jo@utass.org

Call Jo Middleton to discuss your training needs!