



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

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 10½ years to 14 years



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CHAT AND CRAFT AT UTASS TUESDAYS 10AM - 12PM

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

- 16th June 26 - Visit to The Bowes Museum
- 23rd June 26 - Quiz and Bingo
- 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

Mastering Your Money

Monday 22nd June 2026

at UTASS

6.30pm - 8pm



Funded by
point north

Come along to a presentation and talk with local Middleton-in-Teesdale resident, Kim Masters, of MATS Consulting who will be sharing her tips to help you feel more confident and in control of your money by:

- Developing money skills
- Feeling more organised
- Managing your money more responsibly.
- Creating good money habits and much more!

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

01833 641010



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

The upcoming dates are:

- 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.

BLOKES BREAKFAST & BANTER CLUB

TEESDALE DAY CLUBS
"Adding Some Sparkle to our Local Communities"

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

Where: Romalddirk Reading Room
When: 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

Tech Drop in Session at UTASS with



1pm - 3pm

Thursday 11th June
Thursday 25th 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



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 / timetogetherteesdale@gmail.com





Upcoming Training Dates



- 6 June - Dry Stone Walling Taster Day **fully booked**
- 26 June - Emergency First Aid at Work, UTASS
- 27 & 28 June - Sheep Shearing, Woodland
- 17 July - Emergency First Aid at Work, UTASS
- 18 July - Dry Stone Walling Taster Day, Woodland
- TBC - Safe Use of Pesticides
- TBC - Chainsaw Maintenance & Cross Cutting
- 28 August - Emergency First Aid at Work



Contact jo@utass.org
for all your training
needs or call 01833
641010

Shopping Trips 2026

MONDAY 8TH JUNE

KIRKBY STEPHEN

LEAVING UTASS AT 9.30AM

£5 Donation

MONDAY 20TH JULY

LANCHESTER GARDEN

CENTRE

LEAVING UTASS AT 9.30AM

£5 Donation

TO BOOK A SPACE ON ANY OF THE TRIPS
PLEASE CALL THE OFFICE ON [01833 641010](tel:01833641010).
ARRANGEMENTS CAN BE MADE IF YOU WOULD
LIKE TO BE PICKED UP IN ONE OF THE
SURROUNDING VILLAGES.



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

2.30pm - 3.30pm

No need to book
Transport may
be available!

19th June 2026

17th July 2026

21st August 2026

25th September 2026

23rd October 2026

20th November 2026

18th December 2026

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)



COMING SOON



LETS TALK MENOPAUSE.....



at UTASS

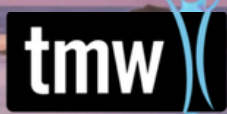




Tai Chi Movements for Wellbeing

NEW DATES!

- 1st June
- 8th June
- 15th June
- 22nd June
- 29th June



4.00pm-5.00pm 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



UTASS YOUTH SERVICES

- *£1 PER SESSION PER MEMBER
- *FREE MEMBERSHIP
- *FREE JUICE AND HEALTHY SNACKS EACH WEEK
- *MONDAYS 6PM- 8PM BOOKING REQUIRED (AGES SCHOOL YEAR 3 & ABOVE)
- *THURSDAYS 6PM- 730PM (SCHOOL YEAR 3 - YEAR 7)
730PM -830PM (SCHOOL YEAR 7 AND ABOVE)

MONDAYS 6-8pm BOOKING REQUIRED

- Monday 1st June - Baking
- Monday 8th June - Crafts for show entry
- Monday 15th June - Baking for sailing event
- Monday 22nd June - Crafts for show entry
- Monday 29th June - Multi sports
- Monday 6th July - Crafts for show entry
- Monday 13th July - Cooking for end of term disco

THURSDAYS

- Thursday 4th June - 6-730pm / 730 - 830pm
- Thursday 11th June - 6-730pm / 730 - 830pm
- Wednesday 17th June - SAILING EVENT AT GRASSHOLME BOOKING REQUIRED
- Thursday 18th June - NO SESSION
- Thursday 25th June - 6-730pm / 730 - 830pm
- Thursday 2nd July - 6-730pm / 730 - 830pm
- Thursday 9th July - 6-730pm / 730 - 830pm
- Thursday 16th July - Disco and party games 6-730pm / 730 - 830pm

☎ 01833 641010

✉ gina@utass.org

📍 9-11 CHAPEL ROW, MIDDLETON IN TEESDALE

SUPPORTED BY
point north

CLOSED BANK HOLIDAYS AND SCHOOL HOLIDAYS

UPPER TEESDALE SOCIAL GROUP SPORTS DAY

Sid's field, Watgarth

SATURDAY 6TH JUNE 1PM

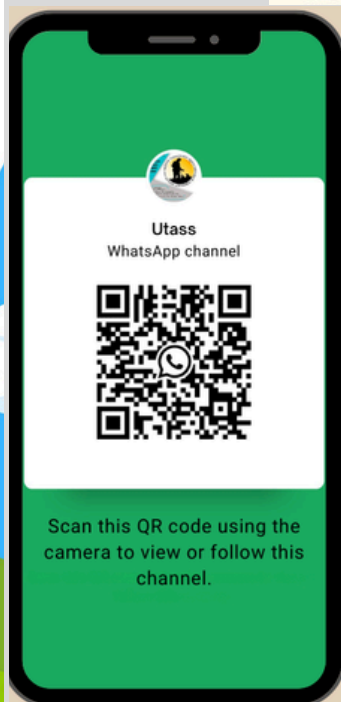
QUITS 3PM

BBQ TO FOLLOW

Fancy dress
Fell race
Running races
Handicrafts



Contact Hannah Hunter for details 07825 637900



Teesdale Sailing & Watersports Club
Community watersports in rural Teesdale



UTASS YOUTH GROUP FREE SAILING & BBQ @ GRASSHOLME RESERVOIR

ITS THAT TIME AGAIN,
OUR ANNUAL FREE SAILING EVENT IS BACK!

WEDNESDAY 17TH JUNE 26

LEAVING UTASS AT 17.30 RETURNING APPROX 20.30

PLEASE EMAIL GINA@UTASS.ORG REQUESTING YOUR BOOKING LINK OR MORE INFO

All safety equipment provided,
Please ensure you read the guidelines on the booking form before completing
Maximum capacity is 12 young people
Parents/carers welcome to watch & enjoy BBQ