

UTASS Community Newsletter

AUGUST



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

4pm-5pm
TAI CHI Movement for Wellbeing

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 10 ½ years to 14 years

SUMMER ACTIVITIES

Join us for a fun filled Summer at UTASS

Wednesday 29th July 11am - 3pm

Craft activities at UTASS lunch, drinks and snacks included- birdhouse decorating, keyring making, 3D colouring, and glitter tattoos. **Cost £2 per person**

Wednesday 5th Aug 11am - 3pm offsite to Wolsingham.

Play park and team sports. Lunch, drinks and snacks included. **Cost £5 per person BOOKING REQUIRED**

Wednesday 12th Aug 11am - 3pm

Craft activities at UTASS lunch, drinks and snacks included - nano bubble squishes, animal jellies, keyring making, glitter tattoos. PLUS an exotic animal show by Leon's exotics **Cost £2 per person**

Wednesday 19th Aug 11am - 3.30pm TBC
BOOKING REQUIRED

01833 641010

9-11 CHAPEL ROW, MIDDLETON
IN TEESDALE

FOR MORE INFORMATION AND A
BOOKING LINK PLEASE CONTACT
GINA@UTASS.ORG



Shopping Trips 2026

WEDNESDAY 26TH AUGUST

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.

point
north



Tech Drop in Session at UTASS with



1pm - 3pm

Thursday 6th August

Thursday 20th August

Thursday 3rd September

For all your
tech needs!



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

You Voted. We Listened



Selected Thursday Evening Youth Sessions are here this Summer Holidays!

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

Thursday 30th July - 6-730pm / 730 - 830pm

Thursday 6th Aug - 6-730pm / 730 - 830pm

Thursday 13th Aug - 6-730pm / 730 - 830pm

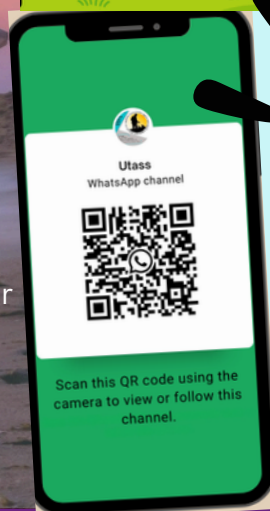
Thursday 20th Aug - 6-730pm / 730 - 830pm

We may go offsite locally during these sessions
depending upon the weather

Come along, hang out, and make the most of
your summer!

01833 641010
9-11 CHAPEL ROW, MIDDLETON
IN TEESDALE

FOR MORE INFORMATION AND A
BOOKING LINK PLEASE CONTACT
GINA@UTASS.ORG



Don't forget to
follow the
UTASS channel
on WhatsApp!

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

UTASS Community Newsletter

AUGUST



Make a Difference

BECOME A VOLUNTEER COMPANION
WITH TIME TOGETHER TEESDALE



A small amount of time from you
can mean the world to someone else 

VOLUNTEERING IS GOOD FOR YOU TOO!



IMPROVES WELLBEING

Boosts mood and reduces stress.



BUILDS CONNECTIONS

Meet new people and form lasting friendships.



KEEPS YOU ACTIVE

Stay mentally stimulated and engaged.



BOOSTS CONFIDENCE

Gain confidence, self-esteem and a sense of achievement.



GIVES YOU PURPOSE

Make a real difference in someone's life and your community.



BRINGS JOY

Enjoy laughter, great chats and moments that matter.

We provide...

- ✓ Full induction and training
- ✓ Ongoing support from our friendly team
- ✓ Regular volunteer meet-ups
- ✓ Mileage expenses
- ✓ Flexible volunteering to suit your lifestyle



"I signed up thinking I was helping someone else, but it's enriched my life too."



TIME TOGETHER
TEESDALE
Because companionship
changes lives.

Could you help someone feel less alone?

Together, we can build a more connected, caring Teesdale – one friendship at a time.



**VOLUNTEERS NEEDED
ACROSS TEESDALE**

Could you be the difference?

Interested?

Get in touch today!

📧 suzanne@utass.org

☎ 01833 641010

🌐 www.utass.org

Let's create a community where everyone belongs. 



CHAT AND CRAFT AT UTASS

TUESDAYS

10AM – 12PM

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

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

WOMEN IN FARMING

JOIN US FOR A TRIP TO

BISHOP AUCKLAND
TOWN HALL



Showcasing
Elaine Vizor's
"FOLLOWING EWE"
EXHIBITION

THURSDAY 27TH AUGUST
11.15AM

TRANSPORT AVAILABLE

LIMITED SEATS

PICK - UP

MIDDLETON - UTASS 10.00AM

BARNEY - POST OFFICE 10.15AM

TO BOOK PLEASE TELEPHONE

UTASS - 01833 641010 OR EMAIL INFO@UTASS.ORG

Gentle Yoga and Relaxation

with June

Last Session

Thursday 30th July

Summer Break

Restarting Thursday 1st October

Please call UTASS on 01833 641010
for more information



Newcastle
Building Society

will be holding a drop in session
at **UTASS**

 **Tuesday 4th August 2026**

 **9am-12 noon**

 **UTASS**

No need to book, just call in!

If you would like more information please
contact info@utass.org or call **01833 641010**



**Lung Cancer
Screening**



**County Durham
and Darlington**
NHS Foundation Trust

Spotting lung cancer
early can make a big
difference, and just
might save your life!

If you are a
smoker or have
ever smoked,
aged 55 to 74,
you can expect
to receive a call
from our team to
carry out your
telephone
assessment.



For more information, contact us:

 **Telephone:** 01207 523675
 **Email:** cddft.tlhc@nhs.net



3 in 4 people are diagnosed with lung cancer late due to there often being no signs or symptoms at an early stage.

WOMEN IN FARMING



JOIN US FOR A GUIDED WALKING TOUR

WEDNESDAY 12TH AUGUST 2026

TOUR STARTS AT 7.00PM PROMPT

METCALFE

FARMS

WASHFORD FARM
LEYBURN
NORTH YORKSHIRE
DL8 5JZ

TRANSPORT AVAILABLE
PLACES ARE LIMITED

PICK-UP

MIDDLETON - UTASS 5.45PM
BARNEY - POST OFFICE 6.00PM

TO BOOK YOUR PLACE TELEPHONE UTASS - 01833 641010



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:



**AGRICULTURAL
SKILLS**

Practical, hands-on
agricultural training



**HEALTH &
SAFETY**

Essential health,
safety and compliance
courses



**CONSTRUCTION
SKILLS**

Construction
and building
related training



FIRST AID

First aid and
emergency
response courses



**MACHINERY
TRAINING**

Machinery operation
and equipment
training



**DIGITAL
SKILLS**

Computer and
business skills
training

**INVEST IN
YOURSELF**
BUILD SKILLS
BOOST CONFIDENCE
GROW YOUR FUTURE

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!

STRONGER SKILLS

SAFER WORKPLACES

BRIGHTER FUTURES