

UTASS Community Newsletter

OCTOBER



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 - 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

UTASS 2027 Calendar



GHASTLY STORIES for GRUESOME GREMLINS



"It's quite astounding how entertaining, funny and enthralling Gav Cross is, no matter your age."
- Pound Arts

Boggarts, ghosts & things that go burp in the night... Gav Cross brings a family friendly hour of nonsense and nastiness in this silly and spooky storytelling show! Expect gasps and giggles and maybe even a chill down the back of your neck...

UTASS, Middleton in Teesdale DL12 0SN
Sat 24 October 2:00pm

ALL TICKETS £5

Phone 01833 641010

book online www.highlightsnorth.co.uk



highlights
rural touring scheme





point
north

CHAT AND CRAFT AT UTASS TUESDAYS 10AM - 12PM

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

6th October 26 - Willow weaving with Sarah

13th October 26 - Candle making

20th October 26 - Resin Halloween/Autumn decorations

27th October 26 - Pottery pumpkins with Mud and More

01833 641010

gina@utass.org

for more information

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

BLOKES BREAKFAST & BANTER CLUB



TEESDALE DAY CLUBS

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

Where: Romaldkirk Reading Room

When: 5th & 12th October

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**



01833 695822



activities@teesdaledayclubs.org.uk



www.teesdaledayclubs.org.uk

Reg Charity in England & Wales no 1188857

Pop in and join us!

This group is part-funded and donations are welcome but not obligatory. Pre-booking advised so we can cater for you and your needs.



**citizens
advice**

**County
Durham**



Citizens Advice will be back at UTASS on:
MONDAY 5TH OCTOBER 10am-12 noon

If you need help or advice in the meantime
please call the Citizens Advice Adviceline
(freephone): **0808 278 7821** Monday to
Friday 10am – 4pm



Or visit their website below

[Get Help : Citizens Advice County Durham](http://www.citizensadvice.org.uk)

Tech Drop in Session at UTASS with



1pm - 3pm

**Thursday 1st October
Thursday 15th October
Thursday 29th October**



**For all your
tech needs!**

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PACT

Police & Communities Together



Our upcoming PACT meeting will be on
Friday 9th October between 4pm-5pm.

THIEVES BEWARE

SelectaDNA[®]
Advanced Forensic Marking

DNA MARKED & POLICE TRACEABLE
www.selectadna.com



SelectaDNA Kits for Farmers
across the Weardale and Teesdale areas.

To be eligible, please bring:

- ! A driving licence as a form of identification !
- ! Proof of address, such as a recent utility bill !

If you are unable to attend the PACT meeting but would like to enquire about receiving a SelectaDNA kit or check whether you are eligible, please contact us:
Barnardcastlebeats@durham.police.uk

Shopping Trips

2026

TUESDAY 27TH OCTOBER

Dalton Park

LEAVING UTASS AT 9.30AM

£5

TO BOOK A SPACE ON THIS TRIP 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**



WEARDALE AND TEESDALE CRIME PREVENTION

Durham Police have secured funding to provide every farm across Teesdale & Weardale with a FREE Selecta DNA property-marking kit, worth £60.

THIEVES BEWARE

SelectaDNA[®]
Advanced Forensic Marking

DNA MARKED & POLICE TRACEABLE
www.selectadna.com

The kit can be used to mark up to 50 pieces of farm machinery, tools and other valuable equipment - the unique forensic mark can help identify your property if it is stolen and recovered, increasing the chance of it being returned to you.

There's also a wider community benefit. Warning signs will be displayed widely across Teesdale and Weardale, letting would-be thieves know that Selecta DNA is being used locally. The aim is to make the area less attractive to thieves and help deter rural theft.

There is evidence that the approach can make a real difference. North Yorkshire Police reported a 90% reduction in thefts in the area targeted with SelectaDNA.

With rural theft continuing to be a concern for many farming businesses, this is a simple and completely free opportunity to add another layer of protection to your valuable equipment.

For more details please email:

BarnardCastleBeats@durham.police.uk or
WeardaleBeats@durham.police.uk

"UTASS...

A place for everyone,
supporting people living and
working across the Durham Dales.

Gentle Yoga and Relaxation

with June

**RESTARTING ON
THURSDAY 1ST
OCTOBER**

FREE sessions here at UTASS every Thursday
3pm - 4pm

Please call
01833 641010
or email
info@utass.org
to book your
space

All sessions emphasize on
breathing, relaxation and
mindfulness and are
followed by a hot drink

These sessions will be held by Dr
June Wainwright, Community
Resilience Support, PhD and MPhil
Social Work, Post Grad, Dips in
counselling & CBT, Yoga Teacher



Christmas Cards ON SALE NOW

at the UTASS office.

All profits from the sale of these cards & calendars go to supporting UTASS

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

No need to book
Transport may be available!

Upcoming Fridays

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** or email info@utass.org



The Fourteenth Middleton Mart Christmas Fair

is taking place on
Saturday 28th November 2026
11 am to 3 pm

Middleton-in-Teesdale Farmers Mart, Station Road,
Middleton-in-Teesdale DL12 0PG

FREE PARKING AND FREE ENTRY
CAFE OPEN!

An eclectic mix of **over 60**
traders, businesses,
crafters & makers!

SANTAS GROTTO!
Open from 12 noon
(Some say... It was the **BEST**
SANTA they had **EVER** seen!!!)

The annual Christmas Lights Switch-on event takes place in the village from 3:45pm
EVERYONE WELCOME!!

We're currently taking bookings from
stallholders / exhibitors.

A 'Pen' (Aprox 8ft x 8ft space) is £15 plus a raffle prize
Scan the QR code for a booking form
or visit: bit.ly/MiddletonMartFair26

emma@utass.org / 07393 606410



CAN YOU HELP?



Our minibuses are being used more frequently for a variety of activities on and off site. Including **Youth Club** sessions, **Shopping Trips, Lunches, Music and Memories** and **Ladies outings**.

We also provide minibuses for other local organisations and community groups.

We really need new volunteer drivers to fulfil all upcoming events, for more information or to get involved email hazeleutass.org or call **01833 641010** or pop into the office!



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