

UTASS Community Newsletter

SEPTEMBER



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 10 ½ years to 14 years

CHAT AND CRAFT AT
UTASS
TUESDAYS
10AM - 12PM

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

8th September 26 - Card making

15th September 26 - Mandala painting

22nd September 26 - Pot painting/decorating

29th September 26 - Melted art canvas

01833 641010
gina@utass.org for more information

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

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





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@relaxandbalance.co.uk



**Come and see us
at Eggleston
Show!**



We will have lots going on,
including...

Sweet treats

Chat to the team

COMPETITIONS

FREE games &
crafts

CITIZENS ADVICE

FREE
refreshments

UTASS 2027 Calendars

Christmas Cards

Dog treats

and lots more!!

**Saturday 19th
September 2026**

Hayberries Farm
Mickleton
Barnard Castle
DL2 0LP

Tickets:

Early bird tickets available online
Adult - £8
Children under 15 - £4
Children under 5 - Free

Free Parking

**Collect your
FREE
programmes
from the
UTASS office**



BLOKES BREAKFAST & BANTER CLUB



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

Where: Romaldkirk Reading Room

When: 7th, 14th, 21st & 28th September

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**

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.

**NOW YOU'RE
TALKING...**



01833 695822

activities@teesdaledayclubs.org.uk

www.teesdaledayclubs.org.uk
Reg Charity in England & Wales no 119857

Tech Drop in Session at UTASS with



1pm - 3pm

**Thursday 3rd September
Thursday 17th September**

**For all your
tech needs!**



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SEPTEMBER



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

CONNECT

SHARE

THRIVE

Finding Your Place:

A group for late diagnosed Autistic adults over 40

A supportive social group where you can connect with fellow Aspies who understand your journey. Find authentic connection, friendship and community.

Where?
Utass

9-11 Chapel Row
Middleton in Teesdale
DL12 0SN
01833 641010
gina@utass.org

When?

25th Aug 7PM-8.30PM
22nd Sept 7PM-8.30PM
27th Oct 7PM-8.30PM
24th Nov 7PM-8.30PM
15th Dec 7PM-8.30PM

Shopping Trips

2026

MONDAY 21ST SEPTEMBER

**Dobbies Garden Centre &
Teeside Park**

LEAVING UTASS AT 9.30AM

£5

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



September Youth Nights

*£1 PER SESSION PER MEMBER

*FREE MEMBERSHIP

*FREE JUICE AND HEALTHY SNACKS EACH WEEK

*THURSDAYS 6PM- 730PM

(SCHOOL YEAR 4 OR 8 YEARS OLD - YEAR 7)

730PM -830PM (SCHOOL YEAR 7 AND ABOVE)

Thursday 10th Sept- 6-730pm / 730 - 830pm

Thursday 17th Sept-6-730pm/730 - 830pm

Thursday 24th Sept - 6-730pm / 730 - 830pm

Monday nights TBC and shared on Sept 10th

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

01833 641010
9-11 CHAPEL ROW,
MIDDLETON IN
TEESDALE

POW!

WOW!



PARTICIPANTS



CONNECT TO WORK

Funded by UK Government

ONE SIZE DOESN'T FIT ALL.

Connect to Work has been designed to support individuals with health conditions, disabilities, and barriers in finding the right job at the right time with the most suitable employer.



OPEN NEW DOORS

We work with individuals who want to work at some stage in the next 12 months – you might feel that you are only ready to do this come month 11, & that's ok. With the right support, we'll find you a job that excites you, with an employer who understands your needs.

EMPOWER YOUR CAREER

Our specialist and individual-led approach means we won't disappear when you need us most. We offer ongoing, personalised support even after you start work, ensuring you're never left without help, especially during challenging times.

FIND YOUR FUTURE

Our low caseloads mean we can truly invest in our participants. With 12 months of support, we get to know not just your employment goals, but who you are – your likes, dislikes, and what matters most to you.

COUNTY DURHAM | GATESHEAD | NEWCASTLE | NORTH TYNESIDE | SUNDERLAND



North East
Combined
Authority

Kim McGuinness
North East
Mayor

Eligibility: Have a disability, long-term health condition or specified barrier. Email for full list.

trriage.net

ctw@trriage.net

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 11th September
Friday 9th October
Friday 6th November
Friday 4th December



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

Upcoming Fridays

25th September 2026
23rd October 2026
20th November 2026
18th December 2026

No need to book
Transport may
be available!

For details of how to join online or by phone, please contact UTASS on **01833 641010** or **email info@utass.org**



Gentle Yoga and Relaxation

with June

Is currently having a
Summer break and will
restart on

Thursday 1st October 2026 at 3pm

Please call UTASS on 01833 641010 for more information

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