



# UTASS

## COMMUNITY NEWSLETTER

Supporting our Communities in the Durham Dales



# Spring 2019

Covering April, May & June



THE PRINCE'S  
COUNTRYSIDE  
FUND

GEORGE F. WHITE

Spring 2019

## Spring Newsletter...

Welcome to the Spring community newsletter...

We have the usual dates for your diary on page 4, a training update on pages 8 & 9, and information about outreach services available are on page 5. We also have details of mart sales on page 10, updates from our young peoples sessions on pages 14 & 15 and LOTSMORE!...

If you have anything for the Summer newsletter, which will be out at the end of June and will cover July, August & September; it could be a story, an event or an advertisement, please email details to me at [emma@utass.org](mailto:emma@utass.org) by Friday 14th June.

Best Wishes, Emma

## New Funding For Ladies who Lunch....

**Funding from Teesdale Action Partnership has been secured to provide Ladies with days out in a bid to tackle social isolation.**

For a number of years now, funding has been in place to provide a monthly lunch for retired or semi-retired farmers. These are held in Middleton-in-Teesdale Auction Mart, Barnard Castle Auction Mart and St Johns Chapel Town Hall.

Funding has now been secured to provide day trips for Ladies over 50. The plan initially is to provide free minibus transport to visit shopping centres, garden centres, maybe even seaside locations. The trips can very

much be designed by those who attend.

The first trip, which has a provisional date of Wednesday 3rd April, is a visit to The Station Cinema at Richmond to see recently released film 'Fisherman' Friends'.

If you would be interested in joining the group, please could you contact

Anne Scott either by calling into the office, by telephone, 01833 641010 or by email, [annes@utass.org](mailto:annes@utass.org)

Anne's working days are Mondays, Thursdays and Fridays.



The gents enjoying their monthly lunch, cooked by Rosemary Thompson, and a catch up at Barnard Castle Auction Mart.

# UTASS Rural-Watch

## Residents & Police WhatsApp group

On the back of our two public meetings with Officers from Durham Constabulary it was suggested that a WhatsApp group should be set up as a way to send messages quickly and easily to let everyone know about suspicious vehicles or activity.

It has already lead to two positive outcomes for crimes that have occurred locally, and given that there seems to be a current influx of incidents, we are again sharing this information.

It's important to remember that this is not a way to report crime! Should you witness an **ACTIVE** crime, you should report it to **999** immediately. If you discover a crime has already taken place, you should report it to 101.

The police do have access to the group, however it is **NOT** monitored by them 24/7.

In both instances above you will be issued with a Crime Reference Number. We have been advised by the police to mention any crime reference numbers in any messages in the group as it allows people to easily pass any information on to the police.

For obvious reasons the group is closed, meaning

that only 'Admins' (Emma Spry & Bob Danby) can add people. We can be direct messaged via WhatsApp at any time.

If you wish to be added to the group please contact UTASS. You can do this in a variety of ways;

- You can direct message Emma or Bob on WhatsApp
- You can call us on 01833 641010
- You can email [info@utass.org](mailto:info@utass.org)
- Send us a message via our website [www.utass.org](http://www.utass.org)
- Send us a message via our Facebook page [@UtassUpperTees](https://www.facebook.com/UtassUpperTees)

## Residents & Police



### PLEASE REMEMBER

We hope it's never needed

**BUT**

We have a

**DEFIBRILLATOR**

Located in reception of the  
UTASS office.

Don't forget:  
JUST A LITTLE  
REMINDER



# Professional Artist seeks New Students

I am a Professional Artist with 28 years of experience also as a Part Time Senior Lecturer in Fine Art. I was born in Darlington and studied Fine Art at Newcastle University gaining a BA Hons in Fine Art (First Class). I later gained a Postgraduate Diploma in Painting at the Royal Academy Schools in London.



Throughout my career I have won a number of major National Awards, have undertaken many public and private commissions. I have exhibited widely both Nationally and Internationally. My work is housed in National and International Collections.

My work explores place, history and the industrial past within our region. I am currently planning a project that explores the notion of work in the Teesdale Landscape.

I am interested in the chapter in David Hills' book 'Turner in the North' where he describes Turners journey in Teesdale in 1815 from High Force to High Cup Nick. It is intriguing to think that the moors at the time would have been occupied by lead miners.

Although I have had a long relationship with Teesdale, I relocated here with my family in 2016. I have observed that in this area of 'outstanding natural beauty' there is a lot of work taking place. However, I am offering my skills to support people who might want to learn or develop their skills in making, artwork and to reflect upon the beauty of this landscape. For me painting is a form of meditation, and I believe that it is good for the mind and spirit.

I can teach people from beginners up to PhD level. I work with each individual and can offer teaching that is specific to them.

I am planning to run some small group sessions in drawing and painting in UTASS.

I can also offer one to one sessions; and can undertake commissions.

If you are interested in any of the above or would like any further information, then please do not hesitate to contact me on: 0775 9834157 or 01833 641 007.

I look forward to hearing from you.

Kind Regards, **Angela Hughes**



## April 2019

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

### April Events Listings:

- Citizens Advice are at UTASS every other Monday, 10am - 1pm. (1st, 15th & 29th )
- Post Office at UTASS every Tuesday, 9.45am until 12.30pm.
- Post Office at UTASS every Friday, 1.45pm until 3.30pm.
- Pilates - every Wednesday, 9.15am.
- Yoga - every Tuesday, 6pm (NO YOGA SESSIONS ON 9th, 16th & 23rd APRIL)
- 10th - St Johns Chapel Farmers Lunch.
- 16th - Middleton in Teesdale Farmers Lunch.
- 13th - Rachel Kidd Chiropodist at UTASS. (contact details on page 5)
- 18th - Barnard Castle Farmers Lunch.
- 19th - The UTASS office is CLOSED. **NO** Young Peoples Sessions, unless off site activities are planned.
- 22nd - The UTASS office is CLOSED. **NO** Young Peoples Sessions, unless off site activities are planned.
- 30th - Music & Memories, 2.30pm.

## May 2019

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### May Events Listings:

- Citizens Advice are at UTASS every other Monday, 10am - 1pm. (13th)
- Durham County Carers are at UTASS on the third Friday of the month (17th).
- Pilates - every Wednesday, 9.15am.
- Yoga - every Tuesday, 6pm (NO YOGA SESSION ON 28th MAY)
- 6th - The UTASS office is CLOSED.
- 8th - St Johns Chapel Farmers Lunch.
- 14th - Middleton in Teesdale Farmers Lunch.
- 16th - Barnard Castle Farmers Lunch.
- 21st - Music & Memories, 2.30pm
- 24th - The UTASS office is CLOSED from 4pm until 9am Monday 3rd June. **NO** Young Peoples Sessions, unless off site activities are planned.

Events get updated regularly on our online diary, which can be found at:

[www.utass.org/ events](http://www.utass.org/events)

## June 2019

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

### June Events Listings:

- Citizens Advice are at UTASS every other Monday, 10am - 1pm. (10th & 24th)
- Durham County Carers are at UTASS on the third Friday of the month. (21st)
- Pilates - every Wednesday, 9.15am.
- Yoga - every Tuesday, 6pm
- 5th - St Johns Chapel Farmers Lunch.
- 18th - Middleton in Teesdale Farmers Lunch.
- 20th - Barnard Castle Farmers Lunch.
- 25th - Music & Memories, 2.30pm



### Have you changed your email address?

Please keep us up to date & let us know of any changes to your email address. This will help UTASS minimise exceeding our limit of failed email attempts on our server.

To update any of your contact details please send amendments to [charlotte@utass.org](mailto:charlotte@utass.org)



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

## Greetings Cards

Left blank for your own message

£1.25 each or 5 for £5



## Supporting UTASS

You can now support UTASS via Virgin Money Giving.

YOU CAN VISIT [WWW.UTASS.ORG](http://WWW.UTASS.ORG) AND IN THE "SUPPORT US" TAB YOU'LL find a link to our Virgin Money Giving page.

alternatively you can use the QR code opposite.



# OUTREACH FACILITIES AT UTASS



Faith Walkwell,  
a Dementia Advisor with the  
Alzheimer's Society works out of  
UTASS

You can find out more  
information by contacting her  
on 0191 389 0400 or emailing  
faith.walkwell@alzheimers.org.uk



Janice Coulson, a carer  
support worker from  
Durham County Carers  
Support visits UTASS once a  
month, on the third Friday,  
supporting carers in our local  
community.

You can find out more  
information by visiting  
[www.dccarers.org](http://www.dccarers.org)  
or contact her on  
01833 600 577.



Local Police Officers are available  
at UTASS on a monthly basis.

Residents or visitors are welcome  
to come in and discuss any issues  
you may have.

**No appointment required.**  
**ALL WELCOME**

**RACHEL LOGAN**  
MCFHP MAFHP

**Foot Health Professional**

**Telephone: 07825314487**  
**e-mail: rachy87@hotmail.com**

Rachel visits UTASS every 6 weeks,  
offering nail trimming &  
correction, skin conditions, heel  
pain, removal of hard skin, corns,  
callus, verrucae, blisters, athletes  
foot, fungal infections, diabetic  
foot assessments, ingrowing  
toenails and general foot care  
advice.

**GEORGE F. WHITE**

Managing Partner, Robyn Peat, is available on the first Monday of  
every month for professional and business advice at UTASS.

Free appointments can be made through UTASS (01833 641010 or [info@utass.org](mailto:info@utass.org)) or by  
calling George F. White on 01388 527966.

AGRICULTURE RESIDENTIAL COMMERCIAL DEVELOPMENT INVESTMENT ENERGY ENVIRONMENTAL



Citizens Advice Bureau (CAB)  
offer a drop-in service at UTASS  
fortnightly on Mondays. 10am -  
1pm.

## UTASS Youth Sessions

**Monday's**

**Girls Group**

6pm til 8pm  
8 - 12 year olds

**Wednesday's**

**Off Site visits In School Holidays**

times and costs vary

**Thursday's**

**Youth Club**

6pm til 7.30pm 8 - 11 year olds

7.30pm til 9pm 12 - 19 year olds

**All Sessions £1 per child per session**

**If you have any  
suggestions,  
please do get in  
touch with  
[jen@utass.org](mailto:jen@utass.org)**

We champion  
ourselves upon the  
youth  
sessions working,  
because they are  
what the young  
people want.

# We are always looking for volunteers to support our services, especially in the Durham Dales area.

Volunteering is a brilliant way to assist your local community, gaining new friends and experience, giving something back, or giving you a new interest and so much more.

We currently are looking for volunteers as follows:

- Dementia Advisor Volunteers (2) to support the work of the local Dementia Advisor – events, drop ins, meetings, Dementia Friends sessions etc
- Singing for the Brain Volunteers Barnard Castle – (3) - 2 hours per fortnight 10am – 12pm – (Fridays- Barnard Castle Methodist Church)
- Games for the Brain Volunteers Barnard Castle – (2) – 2 hours per week – 1.30pm – 3.30pm – (Mondays – The Hub)
- Side by Side Volunteers – to support people living with Dementia to enable them to continue things they enjoy doing within their local community– 2 hours per week on a day to suit you and the service user.

Travel expenses from home to point of volunteering provided and return

Each role has a role description and you will have a Role Manager to support you.

In all cases there will be an element of elearning to be completed eg Data Protection, Knowledge of Dementia, Safeguarding etc

Contact Faith Walkwell  
Dementia Adviser  
Dementia Friends Champion  
Office: 0191 3890400  
faith.walkwell@alzheimers.org.uk



## FREE Musical Sessions at UTASS

**2.30pm-3.30pm**

**(Usually the fourth Tuesday of every month)**

**These sessions provide a warm, welcoming and caring setting where people can come together for a singalong and socialise with a cup of tea or coffee and cake**

**Upcoming dates:** *Tuesday 30th April, Tuesday 21st May, Tuesday 25th June*

**Minibus transport may  
also be available if required**

**If you would like to come along please contact**

**UTASS: 9-11 Chapel Row, Middleton-in-Teesdale, DL12 0SN - 01833 641010**





# Complementary Therapies

now available in Middleton-in-Teesdale

**Reflexology** A soothing foot soak and gentle foot massage start off the relaxing effects of this treatment where the organs and other areas of the body are represented in miniature by reflex points on the feet. Gentle stimulation of these points improves energy flow in the body and enhances our ability for self-healing. Relaxation is excellent for the prevention of ill-health and the relief of stress-related conditions.

**Health Kinesiology** An all-round boost to your general well-being by helping your body eliminate those recurrent stresses in your life. Whether you are struggling with physical symptoms such as digestive problems; emotional challenges or you are just plain stressed-out all these body responses are a signal that your body is out of balance. Using muscle-testing to identify the underlying cause of your body's imbalances and a series of gentle methods of releasing the energy stress, most clients find this a relaxing and intriguing process.

**Indian Head Massage** Enjoy an hour of peace and quiet whilst the tension in your upper back, neck, shoulders and head gently melts away.

**Digestive Massage** Tightness, twists and torsions in your digestive system can cause many physical and emotional symptoms all due to an overload of toxins. Abdominal discomfort, bloating, food sensitivity, headaches, fatigue, lethargy, anxiety and many other physical symptoms may be an indication of an overloaded system. This gentle massage allows the whole abdomen to relax in order that digestive function can be restored. Hippocrates said "Good health begins in the gut". Does yours need a little help?

**The Bowen Technique** Gentle, yet powerful, the Bowen Technique can help your body relax and come back into balance. Bowen can be performed through light clothing as a series of gentle moves is applied to key points on the body. These moves stimulate a response in the fascia and the brain, allowing the self-healing mechanism of the body to begin. Gentle enough for babies who cry a lot yet powerful enough to allow the body to realign, Bowen always works in harmony with the body. The perfect treatment for an overworked, tired body to have at this busy time of year!

If you would like to find out more about these and other natural methods of health care on offer at Total Balance, please call Jackie Farmer on **07971 207833**



## POST OFFICE ATTENDANCE IN TEESDALE VILLAGE HALLS\*

		MORNINGS		AFTERNOONS
MONDAY	9.30-1pm	EGGLESTON	1.30-3.30pm	Woodland Village Shop*
TUESDAY	9.45-12.30pm	UTASS, 9-11 Chapel Row Middleton*	1-4pm	MICKLETON
WEDNESDAY	9.30-1pm	NEWSHAM	1.30-4pm	OVINGTON
THURSDAY	9.30-12pm	BOWES	12.30-3pm	MICKLETON
FRIDAY	9.30-1pm	EGGLESTON	1.45-3.30pm	UTASS, 9-11 Chapel Row Middleton*
* PLEASE NOTE VENUE NOT A VILLAGE HALL				

# TRAINING UPDATE MARCH 2019

**WE WELCOME ENQUIRIES ABOUT TRAINING COURSES AS MINIMUM NUMBERS ARE NEEDED TO RUN**

Please see the link to our Training Opportunities page for further details <http://utass.org/training-opportunities/>

**Please contact Julia Stephenson on 01833 641010 or email [julia@utass.org](mailto:julia@utass.org) for more information**

**(Please remember we are closed on Wednesdays )**

## Getting Ready for Lambing & Responsible Use of Antibiotics

We've had a busy start to the year with Fiona Lovatt and Erica and Sarah from Castle Vets, along with Mike Hutchinson of MSD, coming to UTASS to deliver training to around 60 trainees on "Getting Ready for Lambing and Safe Use of Medicines". Trainees had the opportunity to get hands on to practise how to give injections and ask questions of the experts. Thank you to all the speakers and especially to Mike of MSD for sponsoring the event and providing the supper.



Fiona with the group covering questions following her slides mapping the difference between vaccines and antibiotics.

Erica and Sarah encourage participants to practise how to inject into the muscle and to correctly draw up an injection.



## Making Tax Digital

We hope you might find the following link useful to get more information <https://www.youtube.com/watch?v=kOKD4kHvzlI>

## Wellbeing for Life Training Courses at UTASS

Two half day courses were held in January 2019 "Communication & Active Listening Skills" and also "Understanding Stress & Resilience" as well as the two day accredited "Mental Health First Aid" course. More of this fully funded training is planned shortly.

## Weardale Rural Skills Training

Over the last two years 49 trainee places, part or fully funded by Weardale Action Partnership, have been provided by Weardale Rural Skills Training. A second project started in November last year with two day NPTC Rough Terrain Telescopic training followed by assessments for the 3 trainees held at Frosterley (pictured below). Also available are a limited number of funding opportunities for car and trailer lessons. Application forms for this training can be downloaded from our Training Opportunities page <http://utass.org/training-opportunities/>



## Durham Learn

Regular sessions are being held in UTASS to support learners with this online training using Canvas.

## Courses on offer

Accredited Emergency First Aid training was held on Tuesday, 19th February and another Rough Terrain Telescopic Handler training course will be running shortly. Also planned is Lantra Chainsaw and NPTC Certificate of Competence for the Transport of Livestock—Short Journeys. Training open to all trainees with part funding available to eligible applicants.

Lantra Abrasive Wheel Machines, NPTC Safe Use of Sheep Dip and Drystone Walling can be arranged as well as the courses delivered previously such as Safe Use of Pesticides (the DIY Artificial Insemination for Cattle training is no longer available locally.)



**The British Wool Shearing Course is booked for Tuesday, 25th and Wednesday 26th June, Trainees aged 15+ can attend with parental consent and we hope to arrange some funding for all trainees.**



Last year's shearing course was held at Hill House, Woodland by kind permission of John and Fay Hutchinson (image above)

### **Driver Training for Young People**

We have recently reapplied to the Wellesley Trust Fund at the Community Foundation Tyne & Wear and Northumberland for another round of funding to provide driver training opportunities for young people. We should hear the outcome towards the end of April. If we are successful we will again be inviting applications for Lantra 13-15 Tractor Driving, Pre-Tractor Test training, Quad Bike training, Car Lessons or Trailer Lessons.

### **Funding for Training**

Another funding opportunity, this time available for applications from Teesdale residents, is the TAP Upskilling Employability & Discretionary Project which has funded some successful applicants in low paid jobs, enabling them to achieve qualifications to move up the career ladder, change direction or gain additional work in a new sector. To find out more about this opportunity contact Denise Hopps at Denise.Hopps@bacoll.ac.uk or phone 01388 443078.

### **Dementia Friends Training Session - Monday 20th May—10am**

An free hour long session will be delivered by Faith Walkwell, Dementia Adviser, Alzheimer's Society. **Please contact Faith to book 0191 389 0400—faith.walkwell@alzheimers.org.uk**

### **Early Years Alliance- Learning Through Play – Child Development Course—1.30-3pm 8th May x 5 weeks**

This fully funded course is a fun interactive course looking at how children develop and how play is a part of that process. You will have the opportunity to try some new activities and learn about how you as a

parent are your child's most important teacher.

Subjects:

5 areas of child development

Learning styles

Challenging behaviours

School readiness

You will receive a certificate on completing this course that can be part of your volunteering portfolio or CPD. The course will last for 5 weeks and each session is 1 1/2 hours long. If you'd like more information, please contact Shelly Richardson, Early Years Project Manager of the Early Years Alliance on 07710394003 or e-mail [shelly.richardson@eyalliance.org.uk](mailto:shelly.richardson@eyalliance.org.uk)

### **More Well Being for Life training courses coming up—further details please phone Freephone 0800 8766887**

[www.wellbeingforlife.net](http://www.wellbeingforlife.net)

#### **Tuesday, 9<sup>th</sup> April - 9.30-12.30—Energy Drinks + Sugar the Facts**

Find out what are the myths and facts behind one of our nations most consumed soft drinks and what we know about them and why they could be harmful to our bodies.

#### **Tuesday 7<sup>th</sup> May 10am – 4pm Train the trainer—Sit and get fit – (please bring your own lunch)**

The aim of this non-accredited seated exercise course is to provide the learner with the basic knowledge and skills to cascade a safe and effective seated exercise class in the home or community.

#### **Food and Mood – Thursday, 14<sup>th</sup> May + Friday 24<sup>th</sup> May – 9.30-12.30 (2 part course)**

The food and mood workshop is designed provide information linking our mood and health to certain foods, vitamins and minerals.

#### **Mindfulness – Monday, 17<sup>th</sup> June – 9.30-12.30**

The course is an Introduction to Mindfulness. The workshop is designed to give participants a basic understanding of what mindfulness is and how it can be integrated into our everyday lives to increase our awareness of thoughts and feelings allowing us to respond better to stressful situations.

#### **Five Ways to Wellbeing – Monday 17<sup>th</sup> June 1.30pm – 4.30pm**

This course would be of benefit to everyone and would increase their own knowledge around the 5 Ways to Wellbeing. This session explores how these 5 ways can be included into everyday life to improve emotional health and wellbeing. Participants can utilise the knowledge learnt from

Come and join us on Sunday 14th April for our fun filled Easter themed afternoon, all in aid of the Play Park.

Follow the clues, complete the tasks and find the Easter Treasure.

After you've completed your hunt you'll have worked up an appetite so join us back at the Masonic Hall for cake and refreshments, or why not enjoy our freshly made Picnic Boxes whilst you're on your hunt.

All children welcome, all we ask is that all children are accompanied by an adult.  
£1 per child.

Money raised goes towards the improvements of the Play Park.



## Mart Sale Days



### WEEKLY SALES

Every Wednesday - Sale of Prime and Store Sheep  
Every Other Tuesday - Store Cattle, Breeding Cattle, Feeding Bulls & OTM



### WEEKLY SALES

Every Tuesday :  
Sale of Prime Lambs, Store Lambs, Hogs & Cast Ewes.



### WEEKLY SALES Every Monday & Thursday

#### Weekly Sale Times:

#### Mondays:

10am: Cast Cows, OTM  
Cattle & Stock Bulls  
11am: Store & Breeding  
Sheep  
12pm: Breeding Cattle,  
Store Bulls & Store Cattle

#### Thursdays:

9:30am: Prime Bulls  
10:30am: Clean Cattle  
12:30pm: Plus Prime Hogg's  
3pm: Plus Cast Sheep



### WEEKLY SALES

**KIRKBY STEPHEN**

Every Tuesday:  
Sale of prime and lightweight lambs, cast and feeding ewes and store lambs



## Minibuses available for Community Use

UTASS have two wheelchair accessible minibuses available for community groups. (not for hire or reward)

We have a 15 seater which requires the driver to have a D1 classification on their driving licence.

However we also now have a 10 seater, which anyone aged 25+ with a full licence (with no more than 5 points) can drive.

For more details please contact UTASS on 01833 641010.



## JOE SIMPSON ABATTOIR BUTCHERS & FARMERS

Our team of butchers have been trained in all aspects of butchery. Animals arriving at our abattoir are treated with kindness and respect. Animal welfare is one of our top priorities.

We provide a full service cutting, wrapping, labelling and boxing.

Ring to discuss your requirements on 01388 718264

**Wheels 2 Work  
County Durham**

Helping you get to work, training, or college

# Need help getting to work or college?

Wheels to Work can get you there

- 6 month moped loan
- Motorcycle Training (CBT - Compulsory Basic Training)
- Insurance
- Breakdown Cover
- Servicing and Maintenance
- Protective Clothing

A weekly fee applies - get in touch to find out more ...

tel: 0191 303 8442 info@w2wcd.org.uk www.wheels2workcountydurham.org.uk

Logos at the bottom: neca, money foundation, Durham, Durham

## Charity Donations taken at UTASS....

The Great North Air Ambulance Service (GNAAS) operates three helicopters, 365 days a year, across the North-East, North Yorkshire and Cumbria. GNAAS crews respond to around 1,000 call outs each year and on board our aircraft are specialist trauma doctors and paramedics, who bring accident and emergency expertise to the scene.

**There has been a great response, with the GNAAS doing fortnightly collections.**

**UTASS will continue acting as a collection point until the end of 2018**





## Cheaper heating oil

Since UTASS took on overseeing the oil bulk buying group in March 2018 a further 70 households have joined the existing 130 group members.

Group members save an average 3p per litre.

Membership of the group is **FREE** and the minimum order amount is 500 litres.

If you would like to join the scheme or find out more about it – please contact Charlotte at UTASS on 01833 641010 on Tuesdays or Thursdays

or email [Charlotte@utass.org](mailto:Charlotte@utass.org)



### Dog Poo Bags

Thank you for taking dog poo bags so that you can clean up after your dog  
These bags are funded by

**Middleton-in-Teesdale and Newbiggin Parish Council**

The Council is proud of this village and its surroundings and appreciates any help it gets in keeping the place clean and tidy.

Please consider making a donation towards the cost of providing these bags.

*Thanks!*

## VOLUNTEER DRIVERS AND CHAPERONES NEEDED

Could you spare a couple of hours **once every 2 months**

Particularly on a Thursday evening? If so we'd love to hear from you....

Volunteer Drivers need to be aged over 25, with a full driving licence (no more than 5 points).

Travelling expenses can be reimbursed.

**Contact Alison on 01833 641010 or email [alison@utass.org](mailto:alison@utass.org)**

GEORGE F. WHITE



**WE DO BUSINESS WHERE IT MATTERS MOST TO YOU**

Barnard Castle • 14c Redwell Court, Barnard Castle, County Durham DL12 8BN • 01833 690390

Wolsingham • 8 Front Street, Wolsingham, County Durham DL13 3AA • 01388 527966

AGRICULTURE RESIDENTIAL COMMERCIAL DEVELOPMENT INVESTMENT ENERGY ENVIRONMENTAL

# Units at The Aspire Building

Middleton in Teesdale Auction Mart, DL12 0NG  
And UTASS 9-11 Chapel Row, DL12 0SN

**Yan - Unit 1 - Currently Occupied by Fallbright Consulting**

**Tyan - Unit 2 - Currently Occupied by Simmi Performance**

## **Tethera - Unit 3 - Farm, Pet & Equine**



Stock a complete range of Farm, Pet and Equine supplies including:

- Stable Supplies                      - Tack and Horse Rugs                      - Saddles, Bridles and Ropes
- Livestock Health Products and Supplements                      - Equestrian Wear
- Outdoor Clothing                      - New products include Dog and Horse Feed
- **And much more ...**                      The price you see is what you pay

(includes VAT and free delivery to UK mainland).

Open Tuesday, Thursday and Friday 9am-5pm, Saturday 9am-1pm and Sunday 10am-2pm

If you require further information about our products, please contact Mike on 01833 641111 or 07747002184

Email: [mike@farmpetandequine.uk](mailto:mike@farmpetandequine.uk) or visit the website: [www.farmpetandequine.uk](http://www.farmpetandequine.uk)

**Farm Pet & Equine now have an eBay Shop : [farm/pet&equine](https://www.ebay.co.uk/shop/farm-pet-equine)**

**Which offers FREE POSTAGE on all items!**

**Methera - Unit 4 - Currently Occupied by Simmi Performance**

## **Pip - Unit 5 - AT UTASS - Steve Messam**

An environmental artist based in the North of England. With his site-specific installations, he sets visual accents in rural or urban settings, which include historical relics and vacant architecture that make us perceive the familiar environment in a new way.

## Annual Forum 2019, Wednesday 22 May 2019 1.30pm-5pm at High Force Hotel,



The Annual Forum is intended to provide people with an opportunity to find out about some of the recent and upcoming work of the AONB Partnership staff team and to discuss matters relating to the future well-being of our natural land cultural heritage. There will be an opportunity to see some of the work in the field on one of four short tours.

After an opportunity for questions from the floor, to round off the event, the 2019 winner of the 'Pendlebury Award' (in memory of the Partnership's first chairman, Bob Pendlebury) will be announced, marking an outstanding achievement in conserving the AONB or helping others to explore, enjoy and understand this special place.

One of the roles of the Forum every other year is to elect four 'open seats' representatives to the AONB Partnership. These representatives have two-year terms and an election is due at the upcoming Forum. Details of the procedure for nominations and election can be found on our website using the link below this letter.

Booking is essential – if you would like to attend, please book online (including field trip preference and dietary requirements) by Wednesday 15th May.

<http://www.northpennines.org.uk/events-calendar/north-pennines-aonb-partnership-annual-forum-2019/>



# UTASS Youth Sessions

Sessions for young people at UTASS take place during school term time and include Monday Girls Group 6pm to 8pm (8-13 year olds) and Thursday mixed gender drop in 6pm to 7.30pm (8-11 year olds) then 7.30pm – 9pm (12-19 year olds or up to 25 year old for those with additional needs).

During school holidays off site visits to places of interest take place. Transport to and from sessions may be available for those living in remote locations or for those with specific needs.

**For more information please pop along to a session and speak with either Jen, Gina, Eve, Andy, Zelda or Theo.**

## First Sleepover at UTASS For Girls Group

Excited girls started to arrive at UTASS before 6pm on Friday 15th Feb to drop off their overnight bags and beds in anticipation of a sleepover, before piling into the minibus for a drive up to Grassholme Reservoir to view the night sky with 2 members of Bishop Auckland Astronomical Society. Sixteen young women aged 8-14, accompanied by youth workers Zelda and Eve and local volunteer Sarah Elton, were invited to stargaze through the 3 huge telescopes the guys had brought along. The weather was good to us and most importantly the sky was relatively clear, so conditions were perfect not only to look at Mars, the moon

and various constellations, but also for playing chase in the moonlight.

Everyone was eager to return to base for hot chocolate and pizza and to get on with the main event! Beds were inflated, sleeping bags unrolled and pyjamas donned. Then the fun began, some played pool and darts while others watched a DVD or listened to music. Someone discovered the UTASS stash of board games and this occupied several of the group for a while. They were also introduced to 'Bananagrams', as well as some old favourites such as Uno and even dominoes!

A few of the girls had brought their hoverboards which were perfect in the darkness of the hall and caused great hilarity when Zelda and Eve tried to master riding them!

Then someone spotted a pile of masks in the office and they began to paint with enthusiasm. We all reckoned that 1.30am was probably the latest arts and craft session ever held at girls club!

By 2.30am we were all



starting to get sleepy and agreed to settle down for the night. And that was the last we heard until the girls started to stir at about 8am. A hearty breakfast of pancakes was devoured before packing up and writing their comments on our evaluation sheet. Parents arrived at 10am to collect their daughters, leaving Zelda and Eve to reflect on the events of the night and to read the comments, 100% positive, before heading home to recover!

“Loved it, even though I didn’t get much sleep” “A really great way to make friends” “I wish we could do it again soon” “When is the next sleepover?”

Watch this space for details!

*Eve and Zelda*







Developing crepe making skills at Girls club to celebrate Shrove Tuesday !



Pictured here is Harry being presented with his Bronze Award by Zelda, for his volunteering at UTASS. Harry spends hours behind the coffee bar at the Drop In on Thursday evenings, cheerfully serving his peers with tuck and snacks. He carried out a customer satisfaction survey and has influenced the menu available (hot chocolate, toasted sandwiches and pot noodles). Harry made an amazing effort to raise funds for our Comic Relief marathon treadmill event.



### Trip to Newcastle Eagles Basketball Game!

On Friday 8th March, Eve, Theo and Zelda took a group of boys, who attend our Thursday night youth sessions, to see the Newcastle Eagles play the Glasgow Rocks in their new arena. The Eagles won 83 - 66.

The Boys had a brilliant time, and got to meet some of the players!





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AND PRINTER**Did you know there is a community  
computer at UTASS?Need to print an email or train ticket?  
Broadband not working?  
The Community Computer  
is FREE to use!**POST  
OFFICE**

Barnard Castle Post Office operate a satellite branch

**HERE AT UTASS**Tuesdays - 9.45am until 12.30pm  
and

Fridays - 1.45pm until 3.30pm

**Supporting  
UTASS**You can now  
support  
UTASS via  
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The 2019 calendar was a huge success, If you have any photographs you'd like to offer for the 2019 Christmas card or the 2020 calendar please email them to [emma@utass.org](mailto:emma@utass.org)

If you would like to advertise your business in the calendar, get in touch for sponsorship details.

**UTASS SPONSORSHIP OPPORTUNITY**

Would like to have exclusive sponsorship to advertise your business, in full colour??

If so, please contact Emma for full details  
[emma@utass.org](mailto:emma@utass.org) / 01833 641010

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