



UTASS

COMMUNITY NEWSLETTER

Supporting our Communities in the Durham Dales



LOTTERY FUNDED

Winter 2018/2019
Covering December, January & February



THE PRINCE'S
COUNTRYSIDE
FUND

GEORGE F. WHITE

Winter 2018/2019

Winter Newsletter...

Welcome to the winter community newsletter...

We have the usual dates for your diary on page 4, a training update on pages 8 & 9, including details of a great training opportunity for farmers on page 7 and information about outreach services available are on page 5. We also have a list of mart sale dates, updates from our young peoples sessions and LOTSMORE!...

If you have anything for the spring newsletter, which will be out at the end of February and will cover March, April & May; it could be a story, an event or an advertisement, please email details to me at emma@utass.org

Best Wishes, Emma

It's beginning to look a lot like Christmas..

The last Saturday of November is historically 'Switch-On' day for Middleton-in-Teesdale, and this year was no exception.

The sixth 'Middleton Mart Christmas Fair' also took place, to provide a truly festive day.

The first fair was held in December 2013, prior to 'The Village Christmas' with just 12 stall holders, and year on year the event has grown. 46 stallholders attended this year, and over 400 people through the doors.

This year saw the addition of Sarah Meeson from

Vintage Essence who chose to run one of her "Wreath Decorating Workshops" in the auction ring during the fair.

The fair is the warm-up act for the main event of the day, the big 'Switch-On' of the Christmas lights in the village.

The Switch-on event, which saw a great turn out began with Carols around the tree with the Middleton-in-Teesdale Silver Band, before count down for the lights to be switched on. The event

ended with a very special visitor arriving on his Sleigh QUAD BIKE, and meeting all the children for a chat and a nice early gift before Christmas.



The Christmas Lights committee have **AGAIN** really excelled this year, with lots of new lights, providing, as always, a wonderful display to be proud of.

Those living in the village have also made personal efforts, which is amazing!

**WELL DONE
TO EVERYONE!**





October 2018 – e-news issue 41

Farming Advice Service newsletter - special edition

There have been several new or updated Farming Advice Service (FAS) resources released during the summer that you may have missed.

This special edition of the newsletter has a particular focus on these resources to help keep you up to date. It also provides the usual forthcoming key dates for cross compliance and greening.

If you do not already receive the FAS newsletter straight to your inbox, but would like to, please email bookings@farmingadvice.service.org.uk with 'Register for newsletter' in the subject line. Your details will not be shared with any third parties.

FAS technical advice line:

T: 03000 200 301

W: advice@farmingadvice.service.org.uk

Theatre Club

Outing in the Planning: 'Les Miserables'
at the Newcastle Theatre Royal
AUGUST-OCTOBER 2019
Register your interest with Anne Scott
Email: annes@utass.org or Call 01833 641010

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

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

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.



FREE Training Workshop

Pre-school Learning Alliance in partnership with Teesdale Area Action Partnership and Durham Community Action are launching free training for volunteers and charities within the Teesdale area.

The following workshops are available:

TCR Hub Barnard Castle	Randolph Centre Evenwood
GDPR 27th November 9.30am-12.30pm 5th March 9am-12noon	GDPR 4th March -9am-12noon
Roles and Responsibilities of Trustees 19th March and 14th May 9am- 12noon	Roles and Responsibilities of Trustees 18th March -9am-12noon
Fundraising for Success 27th November and March 12th March 1pm-4pm	Fundraising for Success 22nd March 9am- 12noon
Safeguarding 12th March and 7th May 9am-12noon	Safeguarding 11th March 9am-12noon

Child development – Dates and venue to be confirmed

For more details and booking information
 Call us on 01924 460930 or
 Email events.north@pre-school.org.uk

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**

PLEASE REMEMBER

We hope it's never needed

BUT

We have a
DEFIBRILLATOR

Located in reception of the
UTASS office.



December 2018

Mo	Tu	We	Th	Fr	Sa	Su
31					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

December Events Listings:

- Citizens Advice are at UTASS every other Monday, 10am - 1pm. (10th)
- Durham County Carers are at UTASS twice a month on a Friday.
- Pilates - every Wednesday, 9.15am.
- Yoga - every Tuesday, 6.15pm
- 11th - Middleton in Teesdale Farmers Lunch.
- 12th - St Johns Chapel Farmers Lunch.
- 13th - Rachel Kidd Chiropodist at UTASS. (contact details on page 5)
- 13th - Barnard Castle Farmers Lunch.
- 16th - Village Christmas at the Pathway, 6pm.
- 21st - The UTASS office CLOSED from 5pm until 9am Thursday 3rd January. **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)

January 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			

January Events Listings:

- Citizens Advice are at UTASS every other Monday, 10am - 1pm. (7th & 21st)
- Durham County Carers are at UTASS twice a month on a Friday.
- Pilates - every Wednesday, 9.15am.
- Yoga - every Tuesday, 6.15pm
- 3rd - UTASS OFFICE RE-OPENS.
- 9th - St Johns Chapel Farmers Lunch.
- 15th - Middleton in Teesdale Farmers Lunch.
- 17th - Barnard Castle Farmers Lunch.

Christmas Bin Collections:

Normal collection day	Revised collection days	
	Christmas	New Year
Tuesday	Thursday 27 December 2018	Wednesday 2 January 2019
Wednesday	Friday 28 December 2018	Thursday 3 January 2019
Thursday	Saturday 29 December 2018	Friday 4 January 2019
Friday	Monday 31 December 2018	Saturday 5 January 2019

February 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			

February Events Listings:

- Citizens Advice are at UTASS every other Monday, 10am - 1pm. (4th & 18th)
- Durham County Carers are at UTASS twice a month on a Friday.
- Pilates - every Wednesday, 9.15am.
- Yoga - every Tuesday, 6.15pm
- 13th - St Johns Chapel Farmers Lunch.
- 19th - Middleton in Teesdale Farmers Lunch.
- 21st - Barnard Castle Farmers Lunch.
- 22nd - Highlight Production at UTASS (details on page 13)



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 ann@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 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 twice a
month on a Friday,
supporting carers in our local
community.

You can find out more
information by visiting
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) 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
diane@utass.org**

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

We must make time for each other...

With pressures mounting on farmers in all sectors, FCN regional director and NFU regional board chairman, Richard Betton, says making time for each other will be crucial this winter. He writes:

This time last year the Farming Community Network ([FCN](#)), like the NFU, was preparing for Brexit. We have never before had the luxury of advance warning of a pending farm crisis but with Brexit there was time to make ready, to 'get our house in order'. Our challenge was to make sure we had the volunteers suitably prepared and trained to help those who would inevitably struggle in the face of huge upheaval across the industry. The problem was that we did not know how, when or where it would make itself felt: a bit like trying to predict where a hurricane off the east coast of the United States will make landfall!



What we couldn't have foreseen however, was that climate change would deliver 14 months of dramatic weather extremes that collectively ravaged farming businesses of all shapes and sizes. From the unseasonably wet and cold August in 2017, to the relentlessly wet back-end and cold winter culminating in the 'Beast from the East', the summer's drought was for many the final straw, with cereal, vegetable, fodder and livestock crops all affected. From a livestock point of view, pitifully light fodder crops were further depleted by the need to feed animals at the peak of the drought. On our own farm we have no correct draft ewes to sell this year, our lamb crop is down by more than 40% and our meagre haylage will be insufficient to last the winter: not a particularly inviting prospect but elements of this situation will strike a note with many other farming families.

Despite floundering Brexit negotiations and the threat of a 'no deal' looming large on the horizon, all of us at FCN are now focused on how we can best help farmers and their families get through winter in the face of rising costs, feed shortages and reduced incomes from sales. There are many out there who will really suffer if the 2018 Basic Payment Scheme claims are not paid early in the payment window. Our Brexit preparations continue but our priority now is supporting farming families who otherwise may not survive in business until Brexit actually happens.

Farmers are renowned for being independent and self-reliant: "whatever is thrown my way I will cope, just bring it on". This macho approach has been one of the industry's greatest strengths but, paradoxically, may also be its greatest weakness. At the moment there are so many different issues affecting farming businesses from current prices and 'keen' land agents to increased costs and the weather to name just a few, that even the most resilient will find it hard to manage. The message needs to go out that there is nothing wrong or shameful about not being able to cope when assailed by such a multitude of different pressures. We need to turn our preconceived assumptions around: it is actually a strength, not a weakness, to be able to recognise when you need help.

Help is out there, not just from FCN or [RABI](#), but through the NFU network, its staff and members who are only too aware of the need to support each other. We all need to keep an eye on our friends, colleagues and neighbours, look for signs of stress (abnormal behaviour) and be willing to engage in conversation. Help does not need to be tangible or financial. Often just a sympathetic, listening ear can be far more effective - especially in a digital age when nobody seems to have time any more. Giving other people TIME, exclusive TIME that's concentrated on listening to them and only them, is one of the most valuable gifts any person can give to someone else. It is a relatively simple change in how the industry works and engages with each other: let's get out there and make it happen.



Rural Learning Programme in conjunction with UTASS

Durham County Council have launched an exciting new initiative that aims to improve access to learning to adults wanting to improve their employment prospects. The new project 'DurhamLEARN' provides an innovative approach to delivering work related skills through a hybrid model of learning that incorporates classroom learning with online learning through an interactive learning environment. Supported by the Department for Education, it's the first pilot of its type to be trialled by the Adult Learning and Skills Service providing learners with a flexibility that responds to the challenges that the county's social, economic and geographical diversity presents.

Free Training for Dales Communities

One of the target audiences with whom the DurhamLearn project aims to support are those living in rural areas. The flexibility of the blended learning model and improved internet connectivity in the Durham dales now lends itself to rolling out the DurhamLearn model to support those who wish to improve their skills yet struggle to access traditional classroom based provision due to geographical isolation.

Working in partnership with UTASS we have developed some bespoke training offers to target audiences living in the Dales.

We are starting delivery in January of the following three types of courses:



21st Century Farming- delivery to start in January 2019

The target audience for this are owners/operators of farms who need to develop the digital skills to perform these core tasks for the project:

A bespoke package of support to farm owners/operators delivering practical IT training that covers:

- **1Generic IT and Online Safety-** showing learners the basics of using IT and the internet including setting up emails
- **Level 2 Certificate in transport of animals by road (short journeys)** - Gaining the knowledge for successful completion of qualification which is done online. This will include a pre-curser to the course that would help learners understand the basics of using a computer and selecting and reviewing multi choice answers that would support them with the test for this. It would also include some online learning to help embed the knowledge required to pass the qualification.
- **BCMS website for moving cattle** - we are developing a bespoke unit through an ICT qualification that will guide learners through the varying steps.
- **Online VAT returns-** we are developing a unit which show learners how to perform the basic steps required to log into the portal and successfully complete their VAT return online.

Rural Skills Challenge- delivery to start in January 2019

This is a programme to support adults (18+) living in rural communities achieve or update their Functional Skills in Maths and English. This is targeted at anybody who needs to gain or refresh their qualifications. Target audiences will be people wanting to improve their employment prospects and parents who want to improve their skills to support their children.

It is recommended for people whose current maths and/or English qualifications are over 5 years old, an O Level, GCSE grade D or less, a CSE, Key Skills qualification, an Adult literacy and/or numeracy qualification.

Classroom sessions will be once a month with the rest being delivered online.

Short Course Improve Your Employability Courses- delivery to start in January 2019

This learning programme will include:

Award in Equality & Diversity (short course)
Award in Mental Health & Wellbeing (short course)
Award in Health & Safety (short course)
Award in Health Living (L1) (short course)
Award in Health Living (L2) (short course)
Award Internet Safety

We will be holding an induction event in the second week of January 2019

Learners will be required to attend the whole session where they will have the opportunity to have an induction to the Canvas Virtual Learning Platform, get started on their qualifications and get an overview of the study and assessment programmes. Learners then go away and learn at their own pace and will be given the opportunity to book in for exams as and when they feel ready for it. Exam sessions will arranged locally once

a month or they can travel to central point in Durham. Courses are available **free of charge until March 2019** and are available to anybody aged 18+ living in County Durham who would like to improve their skills and employment prospects.

To apply or find out more information: *An Open Event has been arranged in partnership with UTASS for people to come and find out about the project. People interested in doing any of the courses can come and sign up to the project on Thursday 13th December anytime between 2pm and 6pm at UTASS.*

Full details of courses and how to access them are available at: www.durham.gov.uk/durhamlearn

Alternatively you can contact 03000 266115 or email us at durhamlearn@durham.gov.uk for an information pack.

TRAINING UPDATE 2018

WE REGRET TRAINING COURSES CAN ONLY RUN WHEN THERE ARE SUFFICIENT NUMBERS

Please contact Julia Stephenson and Charlotte Fletcher on 01833 641010 or email julia@utass.org and charlotte@utass.org for more information.

(Please remember we are closed on Wednesdays)

Whats New.....

Weardale Rural Skills Training – a second project to open up opportunities to support the farming community by subsidising the cost of rural skills training has been confirmed by Weardale Action Partnership. FURTHER INFORMATION BELOW

Turn2Us 'Grant Search' and 'Benefits Calculator' There are now pages available on our website for anyone to access. Turn2Us is a national charity that helps people in financial hardship to gain access to welfare benefits, charitable grants and support services. UTASS staff can help with accessing this.

Durham Learn will be offering a range of computer training in UTASS next year, details are on page 7 of this Newsletter.

2 Day Mental Health First Aid Course We are planning for this to be held at UTASS mid/end January. This accredited course is aimed at Volunteers and Organisations in Teesdale.

The content of the course is:

Session 1 (am): Mental Health First Aid, mental health, depression

Session 2 (pm): First aid for suicidal crisis and depression

Session 3 (am): Anxiety, personality disorders, eating disorders, self-harm

Session 4 (pm): Psychosis, recovery, MHFA action planning and building a mentally healthy community

Wellbeing for Life Training Opportunities Free for anyone living or working in County Durham. Sessions at Stanhope Community Centre, 11 Front Street, Stanhope, DL13 2NQ. For further information please contact 01388 455 244

Thursday 22nd November 2018 1.30pm till 4.30pm – Diabetes Awareness

Thursday 22nd November 2018 9.30am till 12.30pm – Energy Drinks & Sugar

Thursday 29th November 2018 9.30am till 12.30pm – Basic Mental Health Awareness

Tuesday 11th December 2018 9.30am till 12.30pm – Healthy Lives Living Well

The link for all courses for 2018 can be found on our website.

Whats been happening...

A full Level 3 Award in Emergency First Aid course was held on Tuesday, 6th November at Woodland Village Hall and further courses for this or the Food Safety in Catering will be arranged subject to demand.

NPTC Certificate of Competence for the Transport of Livestock – 5 trainees successfully completed assessments on Wednesday, 7th November.

CMI Level 5 Diploma in Management & Leadership and NVQ Level 5 in Management – the first session of this year long programme is being held at UTASS on Wednesday 21st November following registration at the end of October.

LATEST NEWS...

Funding for Weardale Rural Skills Training

We have received an offer from Weardale Action Partnership to provide part funding for eligible Weardale trainees to open up opportunities to support the farming community. It is planned that Lantra Abrasive Wheel Machines, NPTC Safe Use of Sheep Dip, NPTC Certificate of Competence for the Transport of Livestock and Managing Medicines will be delivered as well as the courses delivered previously which are listed below. (The DIY Artificial Insemination for Cattle training is no longer available locally and would not be included.)

We would welcome enquiries about these courses as minimum numbers will be needed for training courses to run.

Over the last two years 49 trainee places, part or fully funded from Weardale Action Partnership have been provided by the Weardale Rural Skills Training as detailed below:

- 13 for NPTC Safe Use of Pesticides training & assessment (2 days training)
- 2 for the Semex DIY Artificial Insemination for Cattle (4 days training)
- 4 for British Wool Marketing Board Sheep Shearing (2 days training)
- 7 for Lantra Chainsaw (2 days training)
- 5 for Trailer lessons in preparation for B+E Test
- 6 for NPTC City & Guilds Level 2 Award in Land-based Forklift Truck Operations (Rough Terrain, Masted and Telescopic Types) (2 days training)
- 10 for Emergency First Aid Training (1 days training fully funded)
- 2 for Dry Stone Walling (3 day course held October 17)

Vehicle Training to Improve Employability

Thanks to opportunities provided by The Wellesley Trust at The Community Foundation Tyne & Wear and Northumberland and The Hedley Foundation, Lantra 13-15 Tractor Driving training was held on 24th July. Quad Bike Training was also delivered for two trainees on Thursday, 5th July. So far 31 successful applicants have been reimbursed towards their driver training from The Wellesley Trust and The Hedley Foundation and we are so grateful to these funders.

All these driver training opportunities have now been taken up and we hope to be able to offer this training again if funding permits. Meanwhile if anyone wants to register an interest, please complete and return an application form from www.utass.org or forms are available from the UTASS Office.

We would very much like to thank the Wellesley Trust Fund at The Community Foundation Tyne & Wear and Northumberland for the opportunity for young people to access driver training and to thank applicants too. Unfortunately there were a lot more applications than spaces for the Trailer & Car Lessons, however due to this high demand, we applied to a second funder and we are so grateful to The Hedley Foundation for providing more funding, with previous applicants for car lessons or trailer lessons not needing to reapply. Comments already received in January include "I am very pleased with the outcome! Thank you for allowing me this funding so I could do this." and "That's brilliant thanks so much for your help."

COURSES AVAILABLE AT UTASS:

- Computer Training
- British Wool Shearing Courses
- Guidance Notes on Transporter Authorisations
- UK animal transporter: application for type 1 authorisation
- Lantra Chainsaw Maintenance and Cross Cutting
- NPTC Safe Use of Veterinary Medicines
- NPTC Level 2 Award In Safe Use of Sheep Dips
- NPTC Rough Terrain Telescopic
- Lantra Abrasive Wheel Machines
- NPTC Safe use of Pesticides

Links and full details can be found at www.UTASS.org

Mart Sale Days

MONDAY 03/12/2018	DARLINGTON - DFAM's Christmas Cracker Show & Sale of Suckled calves and Store Cattle KIRKBY STEPHEN - Christmas Prize Show & Sale of breeding Cattle, cast cows & OTM Cattle.
TUESDAY 04/12/2018	DARLINGTON - Special sale of store lambs & feeding ewes. HAWES - Correct & cast rams. Prime lambs & cat ewes. KIRKBY STEPHEN - Christmas show of prime & lightweight lambs cast & feeding ewes & store lambs. MIDDLETON - Christmas show of Cattle.
THURSDAY 06/12/2018	DARLINGTON - Christmas prime show & sale of sheep.
TUESDAY 11/12/2018	BARNARD CASTLE - OTM & breeding cattle. Feeding Bulls & store cattle. Also machinery & implements on behalf of A. Guy, Nova Scotia Farm.. HAWES - Christmas show & sale of prime lambs, correct & cast rams & cast ewes. KIRKBY STEPHEN - Prime & lightweight lambs, cast & feeding ewes & store lambs.
WEDNESDAY 12/12/2018	BARNARD CASLTE - Christmas show & sale of prime lambs.
MONDAY 17/12/2018	DARLINGTON - Junior calf club 2018.
TUESDAY 18/12/2018	HAWES - Prime lambs, cast ewes & rams.
SATURDAY 22/12/2018	HAWES - Poultry sale, 11am. KIRKBY STEPHEN - Poultry sale.
WEDNESDAY 26/12/2018	HAWES - Prime lambs, cast ewes & rams.
THURSDAY 27/12/2018	KIRKBY STEPHEN - Prime & lightweight lambs, cast & feeding ewes & store lambs.
SATURDAY 19/01/2019	HAWES - Prize show & sale of BFL females, Swaledale females & Herdwick females.



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.



MIDDLETON

Weekly Prime Sheep Collection



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

Winter Wellness

Stay Well this
WINTER

Warm

Keep your house warm this winter

Immunisations

Get your flu vaccination

Neighbours

Keep an eye on elderly neighbours and relatives

Timely

Seek advice from a pharmacist at first sign of illness

Enough

Pick up repeat prescriptions so you have enough while pharmacies/surgeries are closed

Restock

Make sure you have enough food and medicine in the cupboard

ARE YOU READY
**FOR THE
WINTER
SEASON?**



**Choose
well.**

Which NHS
service is
right for you?

Hangover?
Grazed knee?
Sore throat?
Cough?

Self care

A lot of common illnesses can be treated in your own home by using medicine and getting plenty of rest. It is worth keeping in your medicine cabinet paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy, antihistamine, plasters and a thermometer.

For more information visit NHS Choices: www.nhs.uk

Diarrhoea?
Runny nose?
Painful cough?
Headache?

Pharmacist

Your local pharmacist can give you friendly, expert advice about over-the-counter medicines that can help with lots of common conditions, without the need for an appointment.

For help finding your nearest pharmacist visit NHS Choices: www.nhs.uk or call 0300 311 22 33

Vomiting?
Ear pain?
Stomach ache?
Back ache?

GP

Make an appointment with your local GP when you have an illness or injury that will not go away. Get the treatment you need at a convenient time and place and reduce the demand on emergency services. The GP out of hours service can be accessed during evenings and weekends by appointment only.

To access your local Out of Hours service, please dial your normal GP surgery telephone number where you will be diverted to the service, or call NHS 111.

Cuts?
Strains?
Itches?
Sprains?

Urgent Care Centre

If you feel your symptoms can not wait for a GP appointment, but at the same time do not require emergency treatment, go to your nearest Urgent Care Centre. For Newark residents, this is at Newark Hospital.

Further information on the nearest services to you can be found by visiting www.nhs.uk

It's not a
medical
emergency but
you need help
fast?

NHS 111

111 is the new free phone number for when you need medical help fast – but it is not an emergency – when someone needs help to save their life – call 999.

The service operates 24 hours per day,
7 days per week, 365 days a year.

Mental health
emergency?

Mental Health Services

You should call your GP practice if you have a mental health emergency.

Outside normal surgery hours you can still phone your GP surgery, when you may be asked to call the out-of-hours service on 111.

If you are already having care through a mental health team, contact them directly.

Chest pain?
Choking?
Blacking out?
Blood loss?

A&E or 999

For life threatening injuries or illnesses go to A&E or call 999. A&E departments are open 24 hours a day, 365 days a year to treat people with serious and life-threatening emergencies. A&E or 999 should only be used in a critical or life threatening situation.

To find your nearest A&E Department please visit NHS Choices www.nhs.uk or call NHS 111

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**



Extortion Scam! Cyber Criminals send victim their own passwords.....

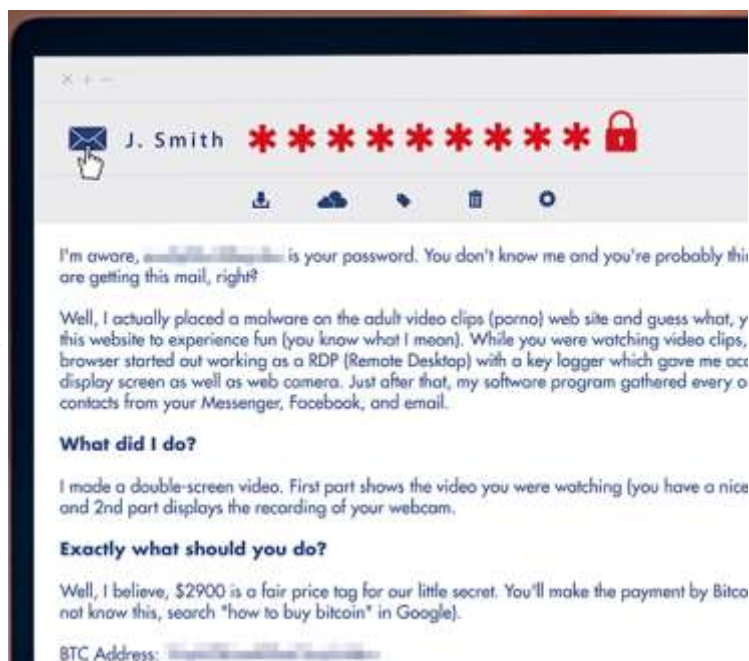
Cyber criminals are attempting to blackmail victims by claiming to have used their password to install spying malware on their computer!

Claiming to have recorded videos of the victim watching adult material by activating their webcam when they visit these websites. What makes the scam so convincing is that the email will usually include a genuine password the victim has used for one of their online accounts.

It is believed that the criminals obtain the password from data breaches.

If you get one of these emails do not reply to it, or be pressured into paying. Flag the email as spam/junk if you receive it multiply times. Perform password resets as soon as possible on any accounts where you've used the password mentioned in the email. Always use strong, separate passwords for important accounts.

If you receive one of these emails, report it to Action Fraud's phishing reporting tool. If you have received on and paid the ransom, report it to your local police force.



Help to Health

Volunteer Patient Transport

If you live in the Durham Dales, Easington, Sedgefield, Derwentside, Durham or Chester-le-Street areas and need assistance getting to your health appointments, our volunteers could help get you there.

Help to Health is a volunteer driver service delivered by County Durham charities Volunteering Matters and Supportive. Between them they have over 40 years experience of transporting patients to their doctors and hospital appointments. Transport is available Monday to Friday 8:30am to 5:30pm.

You can book up to four weeks before your appointment but we need at least 48 hours notice. The service will be charged per mile. When your booking is confirmed we will tell you how much your journey will be.

For more information visit: www.helpstohealth.org.uk

To book an appointment and to see if you are eligible, telephone: **0300 3309424**



Help to Health

Volunteer Patient Transport



Are you looking to get more involved with your local community and enjoy helping people?

Are you reliable, friendly and helpful?

Do you have your own car?

If so, come and volunteer for Help To Health

We have over 40 years experience of delivering volunteer patient transport and it's never been more of an exciting time to come and volunteer for us.

We know that your time is precious so we will support you to give as much or as little time as you are able. Some of our volunteers help us a couple of hours a month, others much more.

You'll be working directly with patients, but don't worry if you've never volunteered before as we'll give you all the training you need and cover the costs.

Not only will you receive the HMRC recommended mileage amount along with any costs incurred, but you'll probably make some new friends too!

For more information visit: www.helpstohealth.org.uk

For an application form telephone: **0300 3309424**



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 or visit the website: 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.

Production At UTASS in February

highlights
rural touring scheme

“Where There’s Muck, There’s Bras “ is a playful, provocative, hilarious and inspiring standup show exploring the way women are represented (or under-represented) in ideas of Northerness. Performed by Radio 4 regular and standup poet, Kate Fox and actor Joey Holden, it’s a chance to explore stories of amazing northern women, including writers, scientists, sportswomen, politicians, protestors, musicians and other heroines who make up a far more diverse North than we usually see.

This great production, commissioned for the Great Exhibition of the North is coming to UTASS on Friday 22nd February 2019.

Tickets are available from UTASS:

Adults - £10 , Children (12+) - £6, Family Ticket (2 + 2) - £23



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.

Zelda and Kyle receiving their Boxing Tutor Awards, having completed a one day course in Leeds. We're looking forward to seeing them putting their new skills into action with young people at UTASS!



Halloween Crafts



Prof Sarah Eton with a collection of bones



Autumn Leaves Tea Light Shades



Girls group enjoying cinema snacks at Movie Night Upstairs at UTASS



The girls voting for their choice of movie, Worlds Greatest Showman won the vote!



The first of our new monthly sports inputs with Kyle Swankie



The Girls at UTASS have certainly got talent !



Joe and Roman learning how to make Chocolate Brownie



Paintball Wizards!

A much awaited paintballing trip for the older lads who attend the weekly Thursday evening 'Drop In', took place on Saturday 13th October. Accompanied by youth workers Andy and Eve the UTASS minibus transported nine 12-16 year olds to Blacks Plantation near Richmond, where staff from Adrenalin Ltd guided them through a series of 'maps', featuring a wild west scenario where they worked as teams , practising stealth and strategy to win the various challenges set for them (and of course to spatter their opponents with paint!). Despite the wet and miserable weather (and a few bruises) a good time was had by all. A stop off at KFC in Catterick on the way home was a perfect way to end the day. Already the group are planning their next trip!



DID YOU KNOW??

**COMMUNITY
COMPUTER
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 UTASSTuesdays - 9.45am until 12.30pm
and

Fridays - 1.45pm until 3.30pm

**Supporting
UTASS**You can now
support
UTASS via
Virgin
Money
Giving
using our**UTASS Christmas Cards &
2019 Calendar****ARE NOW ON SALE!**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.orgIf you would like to advertise your business in
the calendar, get in touch for sponsorship
details.

Upper Teesdale Agriculture Support Services Ltd

UTASS is a registered charity (1120120) and Company Limited by Guarantee (6054331)
Managed by local people for local people. Money here to help:
www.utass.org Tel: 01833 643310**UTASS disclaimer**

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