



# UTASS

## COMMUNITY NEWSLETTER

Supporting our Communities in the Durham Dales

### Weekly Dementia Support comes to UTASS...



Leading the fight against dementia

#### NEW ARRIVAL!!

Hi, my name is Nicky Tulloch and I'm working with the Alzheimer's Society. Some of you may have known me when I worked with the Carers Centre over here....

Dementia is still a bit of a scary word for many and it is my job to try and break down the barriers of fear and stigmatisation associated with Dementia and get people to talk about it and realise that there is help and support here for them.

**Don't hide behind closed doors - come and see me or contact me.**

So now I'm back in an area that I love, with a remit to help people living with Dementia, their carers and families, by providing information, advice and support.

I will be based at UTASS most Fridays, hopping between the Middleton area and Weardale as required.

There are services, groups and activities around that you may not be aware of that could help.

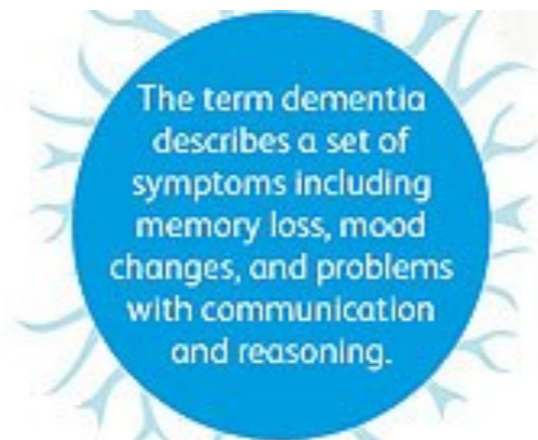
There's nothing worse than thinking that you're on your own, trying to deal with everything, when there are others in very similar situations with whom you could share the load.

For starters, there are 'Singing for the Brain' and 'Games for the Brain' sessions in Barnard Castle and

'Music and Memories' sessions in Middleton in Teesdale. There may also be other services to access that you hadn't thought of before such as the Lunch Club, and that's just a sample of what's already available.

For more information about anything already mentioned or other matters, please contact me on 07484 040630 or email me: [Nicola.tulloch@alzheimers.org.uk](mailto:Nicola.tulloch@alzheimers.org.uk).

I look forward to seeing you very soon.



### Summer Newsletter...

Hello everyone, Welcome to the Summer community newsletter. I hope everyone has enjoyed the dry spring after the long wet winter ...

As usual, there's lots of updates in this edition, from new entrepreneur

at the Aspire Building, and training, to local events, as well as lots of information about services available in and around Teesdale and the Durham Dales.

I do hope you enjoy the newsletter, if you have anything for the next

newsletter, which will cover September, October & November; it could be a story, an event or an advertisement. Please email details to me at [emma@utass.org](mailto:emma@utass.org)  
Best Wishes,  
Emma

### 'Young Rural Entrepreneur' with a 'Sweet Tooth' moves into Methera at Aspire Building ....

Ali Collinson owner of 'Sweet Tooth' is the first 'Young Rural Entrepreneur' to take up the offer of a programme provided by H&H Group and UTASS.

H&H Group and UTASS have a shared synergy, with both organisations supporting and helping a range of rural businesses.

She will be based in Unit Methera, at The Aspire Building, within Middleton Auction Mart.

The programme, which is worth £3000 per year, includes free business accommodation, BT telephone and broadband; the only additional utility cost would be for the electricity. They will also benefit from mentoring support covering business strategy, accountancy, marketing and promotions.

Speaking with Ali she said, "being successful with the

YREP has given me the opportunity to expand my Sweet Tooth business and allowed me to take on more customers and offer more products as I now have the storage space. The support from UTASS, H&H and Ian Coull has



given me confidence and guidance to think bigger and hopefully go from strength to strength.

Sweet Tooth offers sweet treats for any occasion, from party bags to wedding favours, other specialities include sweet trees and gift boxed treats. You can contact Ali at Sweet Tooth on 07891173729 or email [ali\\_tarn\\_116@hotmail.com](mailto:ali_tarn_116@hotmail.com). You can also see the products on her Facebook page /SweetToothAli.



LOTTERY FUNDED

Summer 2016



Mobile Beauty Therapist Emma Richardson of Tranquil Treatments works from UTASS every Friday.

Her treatment menu and price list is on the UTASS website, [www.utass.org](http://www.utass.org)



07555685228  
tranquil.treatments@yahoo.com

*Tranquil Treatments*

Emma Richardson - Mobile Beauty Therapist

Fully Qualified & Insured

Covering Sunderland, surrounding areas & Middleton-in-Teesdale

## UTASS Christmas Cards & 2017 Calendar

It may only be July, however we'll shortly be looking at putting together our 2017 Calendar and choosing our Christmas card design.

If you have any photographs you'd like to offer for the 2016 Christmas card or the 2017 calendar please email them to

[emma@utass.org](mailto:emma@utass.org)

### SALES, WANTS & SERVICES

Here at UTASS we have a notice board, full of Sales, Wants & Services.

Feel free to pop into the office to view them, or you can see them all on our new website:

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

### 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 BELOW.



## NE First Credit Union Opportunities at UTASS

### **Did you know you can join NE First Credit Union and pay in to your account via UTASS?**

Adults can join the credit union for a £1 fee and can now apply immediately for a loan up to a maximum of £15,000. Loan interest rates are calculated daily on a reducing balance basis. There is also free life insurance with every loan. The insurance cover would pay off any outstanding loan as well as doubling the amount of savings for those aged up to 65. For those aged between 65 and 75 any outstanding loan would be paid off. The next 10 people aged between 18 and 25 years who open a credit union account via UTASS will benefit from a deposit of £4 from NE Credit Union.

Young people can also save with the credit union and they do not pay any joining fee. Young savers aged under 8 years also receive a free piggy bank.

Information about NE Credit Union and application packs are available from UTASS during office hours on Mondays, Tuesdays, Thursdays and Fridays and the collection point service is available on Thursdays between 4pm and 5pm.

# 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.

The booking in system is easy.

Ring to discuss your requirements on **01388 718264**

Take a look at our website

[www.joesimpsonsbutchers.co.uk](http://www.joesimpsonsbutchers.co.uk)

We would be grateful if you could please inform us as soon as possible of any changes to the email address you submitted on your membership form. This is to minimise us exceeding our deferred limit of failed email attempts on our server. Any changes and updates can be emailed to [ann@utass.org](mailto:ann@utass.org)

### **Farmers Lunches:**

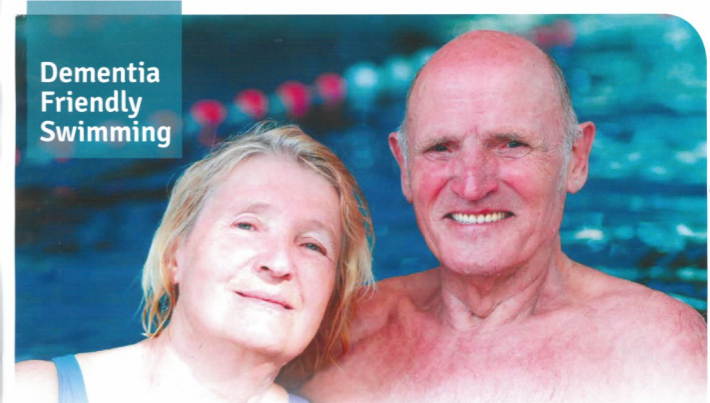
UTASS manages men's CREE lunch sessions for retired / semi-retired farmers or men associated with agriculture:

The **Middleton-in-Teesdale** CREE lunch, at Middleton-in-Teesdale Farmers Auction Mart.

The **Barnard Castle** CREE lunch, at Barnard Castle Farmers Auction Mart.

The **St John's Chapel** CREE lunch, at St John's Chapel Town Hall.

If you would like to attend, please call UTASS (Mondays/Thursdays/Fridays) on 01833 641010 and speak to Anne Scott



## Dementia Friendly Swimming

If you're living with dementia, or care for someone who does, come and try one of our new Dementia Friendly swimming sessions. With accessible equipment and facilities, and assistance from specially trained staff, you can relax and enjoy your swim in a safe and supportive environment.

### Join us for a session at:

**Teesdale Leisure Centre**  
Strathmore Road, Barnard Castle, DL12 8DS  
10:45am - 11:45am every Tuesday  
Free refreshments available from 10:00am

£2.60 - free to carers supporting someone living with dementia.

Find out more: **03000 264572**



[www.swimming.org/dementiafriendly](http://www.swimming.org/dementiafriendly)



# The Aspire Building Middleton-in-Teesdale **Middleton Hub**

**UNIT 1 - H & H Insurance**  
Tel - 01833 641022

**UNIT 2 - Olwen Williams**  
Tel - 01833 641276

**UNIT 3 - Farm, Pet & Equine Store**  
Tel - 01833 641111

**UNIT 4 - Sweet Tooth**  
Tel - 07891 173728

**UNIT 5 at UTASS - Steve Messam**  
Tel - 07713 196583

Durham Dales  
Enterprise  
C.I.C.



## UTASS Youth Sessions

**Monday's**

Girls Group  
6pm til 8pm  
8 - 14 year olds

**Wednesday's**

Off Site visits  
6pm til 8pm  
8 - 16 year olds

**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.

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

### Durham County Carers Support At UTASS

Helen Fothergill, a carer support worker from Durham County Carers Support visits UTASS every other Friday, supporting carers in our local community.

The support can vary from simply having someone to listen and talk to, help with getting carer related benefits, assistance to access grants and funding as well as training courses, and much, much more.

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



### Fourth Middleton Mart Christmas Fair to take place in November ....

The fourth Middleton Mart Christmas Fair will be taking place on Saturday 26th November, along side the 'Christmas Lights Switch On' in the village.

Booking forms are now available for those wishing to exhibit at the event.

We are also keen to take applications from local community groups who would like to 'host' the café as a fund raising exercise.

Please email Emma ([emma@utass.org](mailto:emma@utass.org)) for further information and to request a booking form.

Durham Dales Enterprise CIC  
Hosts the 4th  
**Middleton Mart Christmas Fair**  
**Saturday 26th November 2016**  
**11.00 am to 3.00 pm**  
Middleton-in-Teesdale Farmers Mart, Station Road,  
County Durham, DL12 0PG

**Parking and Cafe available**  
An eclectic mix of traders, businesses, crafters and community organisations.

Why not come along before heading to the annual Christmas Lights Switch on in the Village at 4pm.

Contact Details:  
Emma  
[emma@utass.org](mailto:emma@utass.org)  
07905004299  
or call 01833 641010

### Sheep & Goat Movement Reporting Service

Movement documents now need to be directed to:

**Animal Reporting & Movement Service (ARAMS)**  
**South Western, PO Box 6299, Milton Keynes, MK10 1ZQ**

**Helpline: 08445 730137 and FAX: 01908 664433 for the ARAMS forms**

All Animal Health enquiries now need to be directed to:  
Durham County Council, Environment, Health & Consumer Protection  
EHCP [Animal Movements], PO Box 617, Durham, DH1 9HZ

**General enquiries to -Tel 03000 261016**

We'll be saving a spot in every newsletter for a poem written by our member Desmond Collinson...

**Desmonds Poem...**

*GYPSIES*

*Oh for the life of a Gypsy  
A King on the open road  
No rent or tax to bother with  
No Vat to pay on your load.*

*A ten pound here, a five pound there  
All help to make life great,  
Is there any need to work  
In this enlightened state?*

*Picturesque camp fires burning,  
With whippets, that know all the tricks,  
Standing around airing their knowledge  
And burning somebody elses sticks.*

*Desmond.*

**Vodafone mast update ....**



Vodafone ROSS mini mast units have been installed at UTASS the Kingsway Centre, Newbiggin Village Hall, Bowlees Visitor Centre, High Force Hotel and Langdon Beck Youth Hostel to provide an improved phone signal to Vodafone customers. They have an operating range 300 - 500m depending on terrain. Where only a 2G signal is otherwise available Vodafone customers should be able to receive 3G, where no signal is otherwise available Vodafone customers should also be able to receive 3G. It is important to note that most mobile phones will not try to access 3G services if they are already connected to WiFi as there would be no point in doing so. If a mobile phone is receiving 3G the handset will display a symbol to signify this, it may be any of the following: 3, H, E, H+, E+. In locations where there has previously been no mobile phone coverage from any network, such as Langdon Beck YHA then Vodafone customers will receive 3G and non-Vodafone customers will be able to make calls to the 999 service.

**Events**

- Citizens Advice are at UTASS every other Monday, 1pm - 4pm.
- Tranquil Treatments are at UTASS every Friday, except 15th when They will be here on Monday 18th.
- Durham County Carers are at UTASS every other Friday. With a coffee morning happening on Friday 29th July.
- Nicky Tulloch from the Alzheimer's Society will be here every Friday.
- 13th - St Johns Chapel Farmers Lunch.
- 19th - Middleton in Teesdale Farmers Lunch.
- 21st - Barnard Castle Farmers Lunch.
- 22nd - Middleton Carnival Family Treasure Hunt and Quiz night at the Masonic Hall at 6.45pm
- 22nd - Upper Teesdale Social Group Annual Duck Race from Intake Farm Ford at 6.30pm. £1 per duck.
- 24th - Farmers Market & Craft Fair in Middleton.
- 26th - Music & Memories at UTASS the 4th Tuesday of every month, 2pm - 3pm.

*July 2016*

| Mon                 | Tue                              | Wed        | Thu                             | Fri                                    | Sat | Sun                            |
|---------------------|----------------------------------|------------|---------------------------------|--|-----|--------------------------------|
|                     |                                  |            |                                 | 1 DC Carers Support                    | 2   | 3                              |
| 4                   | 5                                | 6          | 7                               | 8 Tranquil Treatments Alzheimer's Soc. | 9   | 10                             |
| 11                  | 12                               | 13 Pilates | 14                              | 15 DC Carers Support                   | 16  | 17                             |
| CAB                 | 18 St Johns Chapel Farmers Lunch | 19         | 20 Pilates                      | 21 Alzheimer's Soc.                    | 22  | 23                             |
| Tranquil Treatments | 19 MIT Farmers Lunch             | 20         | 21 Barnard Castle Farmers Lunch | 22 See List to Left for other events   | 23  | 24 Farmers market & Craft Fair |
| 25                  | 26 Music & Memories              | 27 Pilates | 28 Rachel Logan, Chiroprapist   | 29 DC Carers Support Coffee Morning    | 30  | 31                             |
| CAB                 |                                  |            |                                 |  |     |                                |

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

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



UTASS and Castle Vets are organising 2 micro chipping events at the end of August...

The first at Barnard Castle Auction Mart and the second at Middleton in Teesdale Auction Mart.

For further information and to register your interest please contact UTASS.



**OUTREACH FACILITIES**

**at UTASS, 9-11 Chapel Row**

Teesdale Citizens Advice Bureau : Fortnightly on Mondays - 1pm – 4pm

Durham County Carers : Fortnightly on Fridays

Robyn Peat, Partner, George F White 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 phoning George F White's on 01388 527966



**Carnival Prize Money**

Grand Raffle. £50

Floats. 1<sup>st</sup> £60. 2<sup>nd</sup> £30. 3<sup>rd</sup> £20.  
All non-winning floats. £15

Walkers. 1<sup>st</sup> £10. 2<sup>nd</sup> £5. 3<sup>rd</sup> £3.  
All non-winners to receive £1.

Scarecrow Trail. Winner £10.

The Carnival Committee would like to thank **EVERYONE** who has donated towards or assisted in this year's carnival. Your support and efforts are much appreciated.

**Road Closed**  
Due to the procession, there will be road closures in the village from, 12:45pm until approximately 1:30pm on Saturday 6<sup>th</sup> August. The procession moves through the village from Alston Road Garage to the school field entrance on Leekworth Lane. The following roads will be closed: B6277 at Alston Road Garage, The Hude, Town Head, B6277 Bridge Street, B6288 California Row and all roads adjoining this route will be affected. Ellots Bank will be closed from 12:00pm to 12:50pm. We apologise for any inconvenience caused.

**Disclaimer**  
The Carnival Committee have made the best arrangements in their power for the accommodation and safety of the public. The Committee and its members will not be held responsible for any loss, damage or injury to members of the public. Those participating in Middleton-in-Teesdale Carnival, or any carnival events, do so at their own risk.



Middleton in Teesdale  
Carnival  
2016



Saturday 6<sup>th</sup> August



**Scarecrow Trail**

A Scarecrow Trail and Decorated Shop will start on Monday 18<sup>th</sup> July, up to 3pm on Carnival Saturday, August 6<sup>th</sup>. Entry forms are available from G&J Newsagents.

**Let's Decorate**

Villagers are encouraged to make and display their own scarecrows, either in front gardens or on the Green. Prizes and rosettes for the best dressed. Free entry forms available from G&J Newsagents.

**Village Treasure Hunt and Picture Board Quiz**

This year the Treasure Hunt will be a family friendly hunt around the village on foot, starting at 6:45pm in the Masonic Hall on Friday 22<sup>nd</sup> July. After an hour of treasure hunting, return to the Hall to have a drink and finish off with a picture board quiz for all ages.

**Children's Cycle Race**

Children's cycle races will be held at Middleton School playground starting at 6:30pm on Thursday 4<sup>th</sup> August.

Parents/Guardians are to ensure that all cycles are in good working order and entrants wear appropriate headgear.

**Opening Ceremony**

This year's opening ceremony will take place at the Sports and Social Club at 7:00pm on Friday 5<sup>th</sup> August. This year Carnival Queen, Lucy Watson will be crowned by last year's Carnival Queen, Kirsty Wearmouth. Lucy's attendants are Rosie Newton and Alba Kneller.

The Carnival will be opened by Janet and Neil Robson.

A family night will be held after the crowning at approximately 7:30pm.

**Carnival Saturday**

Saturday's main events will begin with the annual procession of Floats, Fancy Dress Walkers and Bands. Floats should gather at Ellots Bank and Walkers at the Kingsway Outdoor Centre at 12 noon for judging. Floats should be appropriately insured and roadworthy. The procession will leave Alston Road at 12:45pm, travelling through the village to the School Field.

Carnival attractions this year include; Laser Clay Shoot, Children's Rides, Bouncy Castle, Punch and Judy, Jazz and Pipe Bands, Dog Show, Flyball Display, Crossbar Challenge and other traditional favourites, with a variety of Market Stalls, Plants, Cakes and other events taking place throughout the afternoon. Refreshments available including Hotdogs and Cream Teas.

Monday  
18<sup>th</sup> July

Friday 5<sup>th</sup>  
August

Saturday  
6<sup>th</sup>  
August

Friday  
22<sup>nd</sup> July

Thursday  
4<sup>th</sup> August

**TRAINING UPDATE**

**PLEASE SEE SEPARATE SHEET FOR TRAINING DETAILS INCLUDING THE OPPORTUNITY OF THE RANGE OF FUNDED DRIVER TRAINING WITH A CLOSING DATE OF 31.8.16**

We attended the Careers Event at Teesdale School on 7<sup>th</sup> July, which was very successful and offered the opportunity to find out more about a very wide range of different careers. The information sheet below was handed out by UTASS.

| INFORMATION ON TRAINING COURSES<br>(please check as some may already be included on college courses!) |   |                 |                        |                          |
|---|---|-----------------|------------------------|--------------------------|
| AGE   | Details   | Duration        | Cost to Trainee        | Funder details           |
| 12+   | Lambing Course (see information sheet)                        | 2 Hours         | FREE OF CHARGE         | Castle Vets              |
| 13-16   | Lantra 13-16 Tractor Driving                                  | 1 Day           | Approx £160 + VAT      | New funding confirmed    |
| 15+   | British Wool Marketing Board Shearing Course                  | 2 Days          | £150 + VAT             | Heart of Teesdale/WAP    |
| 16+   | Pre Tractor Test training (own venue with tractor)            | 1.5 hrs         | Approx £50             | New funding confirmed    |
| 16+   | Quad Bike (All Terrain Vehicle) Training                      | 1 Day           | Approx £150 + VAT      | New funding confirmed    |
| 16+   | NPTC Certificate of Competence for the Transport of Livestock | Assess only     | Approx £50             | Not usually funded       |
| 16+   | NPTC Safe Use of Pesticides - theory & practical              | 2 Days + Assess | Approx £310 inc VAT    | Not usually funded       |
| 16+   | NPTC Safe Use of Sheep Dip                                    | 1 Day + Assess  | Approx £150 + VAT      | Not usually funded       |
| 16+   | Lantra Chainsaw Maintenance & Cross Cutting                   | 2 Days          | £270 + VAT             | Not usually funded       |
| 16+   | DIY Artificial Insemination for Cattle                        | 3 Days + Assess | £450 + VAT             | Not usually funded       |
| 16+   | NPTC Level 2 Cert of Comp in Forklift Truck Operations        | 2 days          | Approx £425+VAT        | Not usually funded       |
| 16+   | Lantra Level 1 (& 2) Award in Drystone Walling                | Variable        | Min £110               | Not usually funded       |
| 16+   | Hedgelaying/Drystone Walling funded by Heart of Teesdale      | 2 days          | FREE OF CHARGE         | Funding coming to an end |
| 17+   | B + E Test - Car & Trailer Lessons (needed to tow livestock)  | Min 4 lessons   | £120 + VAT/3 hr lesson | New funding confirmed    |

**LOCAL COLLEGES/UNIVERSITIES & TRAINING PROVIDERS**

- [www.newtonrigg.ac.uk](http://www.newtonrigg.ac.uk)
- [www.ncl.ac.uk](http://www.ncl.ac.uk) (Newcastle University)
- [www.eastdurham.ac.uk/vocational\\_course\\_levels\\_explained](http://www.eastdurham.ac.uk/vocational_course_levels_explained)
- [www.valeuk.com/training](http://www.valeuk.com/training)
- [www.johnjonestraining.co.uk](http://www.johnjonestraining.co.uk)

**WEBSITES FOR CAREERS ADVICE**

- [www.plotr.co.uk](http://www.plotr.co.uk)
- [www.careerpilot.org.uk](http://www.careerpilot.org.uk)
- [www.nationalcareersservice.direct.gov.uk](http://www.nationalcareersservice.direct.gov.uk)

**OTHER INFORMATION**

- [www.cdfyfc.co.uk](http://www.cdfyfc.co.uk) (County Durham Federation of Young Farmers Clubs)
- [www.gov.uk/national-minimum-wage-rates](http://www.gov.uk/national-minimum-wage-rates)

Increases in the National Minimum Wage came into effect from 1 October 2015. The new National Minimum wage rates are:

- £6.70 per hour aged 21 and over
- £5.30 per hour for 18 to 20 year olds
- £3.87 per hour for 16-17 years old
- £3.30 per hour for an apprentice

The accommodation offset rate will also increase from the current £5.08 to £5.35

The rate for apprentices is for those apprentices aged 16 to 18 and those aged 19 or over who are in their first year. All other apprentices are entitled to the National Minimum Wage (NMW) for their year.

Julia Stephenson, UTASS, 9-11 Chapel Row, Middleton-in-Teesdale, Barnard Castle. DL12 0SN -[www.utass.org](http://www.utass.org) (01833 641010)

**UTASS disclaimer**

Please Note: UTASS cannot take any responsibility and makes no warranties, representations or undertakings about the individuals advertising their services, the items for sale or content of any website accessed by hypertext link and links should not be taken as an endorsement of any kind. UTASS has no control over the availability of the linked pages.

**Upper Teesdale Agricultural Support Services Ltd [UTASS] is a Registered Charity 1120120 and Company Limited by Guarantee 6054331.**

UTASS gratefully acknowledges the support and financial contributions from Volunteers, The R H Woods Charitable Trust, Esmee Fairbairn North East and the Community Foundation serving Tyne & Wear and Northumberland, Durham County Council, The Garfield Weston Foundation, The Sir Tom Cowie Charitable Trust, The Martell Family Fund, The Ernest Cook Trust, The Lloyd's Bank Foundation for England and Wales, The Barbour Foundation, The Trusthouse Charitable Foundation, BBC Children in Need, The Sir James Knott Charitable Trust, The Sir John Priestman Charity Trust, The Joseph Strong Frazer Trust, The Rothley Trust, The Hadrian Trust, The HSBC Agriculture, County Durham Community Foundation, The Heart of Teesdale, Sponsors and Service Users.