



**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 clean licence can drive. For more details please contact UTASS on 01833 641010.

**COULD YOU SAVE MONEY ON YOUR ENERGY SUPPLY?**

ONE LOCAL RESIDENT SAVED OVER £1000!  
Could you save more?

**FREE ENERGY SURGERY**

UTASS 9-11 Chapel Row  
Middleton in Teesdale

**Monday 15<sup>th</sup> January at 10am – 4pm**

Phone UTASS on 01833 641010 to arrange an appointment

Remember to bring your most recent bill or statement!



# UTASS

## COMMUNITY NEWSLETTER

Supporting our Communities in the Durham Dales



LOTTERY FUNDED

**Winter 2017**  
Covering December, January & February



THE PRINCE'S COUNTRYSIDE FUND

**GEORGE F. WHITE**

Winter 2017

**Winter Newsletter...**

Welcome to the winter community newsletter...

We have the usual dates for your diary on page 7, a training update on page 8 & 9, and information about outreach services available in and around Teesdale and the Durham Dales. We also have a list of mart sale dates, and update from Middleton-in-Teesdale Carnival Committee, along with details about the Ralph Gowland Trust, which awards grants to members of the Middleton-in-Teesdale Parish who are over 60....

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

**Fifth Mart Fair.. The Best Yet!**

The last Saturday of November has historically been 'Switch-On' day for Middleton-in-Teesdale, however for the past 4 years it has teamed up with 'Middleton Mart Christmas Fair', to provide a truly festive day.

both stall holders and those who braved the 'festively' freezing cold weather and came along to support the event. The Local Cubs and Scouts hosted the Café, providing a fantastic array of refreshments.

The first fair was held in December, prior to 'The Village Christmas' with just 12 stall holders, and year on year that number has grown to a tremendous 54 stall holders this year, and over 400 people through the doors.

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 turnout began with carols around the tree with the Middleton-in-Teesdale Silver Band before the



Carnival Queen switched on the lights. The event ended with a very special visitor arriving on the back of his Sleigh Toyota pick-up, and meeting all the boys and girls for a chat and a nice early gift before Christmas. The Christmas Lights committee have really excelled this year, with lots of new lights, providing a wonderful display.

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

**WELL DONE TO EVERYONE!**



**UTASS disclaimer**

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, UTASS is funded by The Sherburn House Community Grants Fund managed by County Durham Community Foundation, The R H Woods Charitable Trust, Esmee Fairbairn North East, the Wellesley Trust Fund at the Community Foundation serving Tyne & Wear and Northumberland, Teesdale and Weardale Area Action Partnerships, The Garfield Weston Foundation, The Martell Family Fund, The Barbour Foundation, BBC Children in Need, The Sir James Knott Charitable Trust, County Durham Community Foundation, The Hedley Foundation, Durham Shopping Extravaganza, The Frazer Trust, The Sir John Priestman Charity Trust,

## 29 Years of The Ralph Gowland Trust...

The Ralph Gowland Trust was formed in December 1988, specifically to benefit residents of the parish of Middleton in Teesdale, aged 60 years or over, who are in need, suffering hardship and or in situations of distress, who receive only a low income.

They make grants of money or can pay for items, services or facilities to help reduce the hardship and distress.

Examples of help given in the past include payments for or towards fuel or electric bills, furniture replacement, kitchen equipment and assistance with holidays.

If your total income is less than £275 per week for a couple, or £180 per week for a single person the trust may be able to help you purchase some item (s) that you need but cannot afford.

To access and apply to the fund please write to the trust, explaining your problem.

Any application/correspondence will be treated in the strictest confidence.

The Trustees are eager and anxious to help and provide any necessary assistance from the fund.

Address your sealed envelope to:

**"The Ralph Gowland Trust"**

Barclays Bank, 7 Market Place, Middleton in Teesdale, County Durham, DL12 0QF

### Present

On the night before Christmas you hear Santa's bells,

If people ever saw him they would never tell.

Children are sleeping, sleeping so deeply,  
As St Nicholas falls down the chimney.

As the children hear a thud,  
They crept down stairs, as quiet as they could.

As they recognise the presents under the tree,  
they were as happy as can be.

They crept upstairs, looked out the window and  
saw Santa drinking their Fanta.

A Poem by Lola, Jessica & Zoe



**Theatre Club**

Next outing: 'Miss Saigon'  
at the Sunderland Empire Theatre  
OCTOBER 2018

Register your interest with Anne Scott  
Email: [annes@utass.org](mailto:annes@utass.org) or Call 01833 641010

## 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

ic Types) (2 days training)

- 8 for Emergency First Aid Training (1 days training fully funded)
- 2 for Dry Stone Walling (3 day course held October 17 and pictured below)

We also have a few names for Chainsaw and Telehandler training and for the Emergency First Aid training. If you would like to apply please click on the following link: [WAP APPLICATION FORM](#)



### Other Courses Available

**NPTC Safe Use of Sheep Dip** (course notified by John Jones Training at £220 at Westmorland County Showground – Tuesday 12<sup>th</sup> December training, with assessment the following day) – contact John Jones on 01768 898731

**NPTC Safe Use of Pesticides** (approx cost £350 for theory + Handheld or Mounted)-Plan to run this in early 2018. In May '17 another 10 trainees in total attended this training over three days at Middleton Mart, with assessments the following week. Our thanks go to Middleton Mart for the use of their facilities as a venue, alongside UTASS.

**NPTC Rough Terrain Telescopic** (approx cost £345) – A few requests have been received

**Lantra Award in Chainsaw Maintenance & Crosscutting** – A few requests have been received

**NPTC Certificate of Competence for the Transport of Livestock (Cattle & Sheep)** – contact John Jones on 01768 898731 (further details below)

**Rodenticides** – please call our Office to request a copy of the AHDB publication "Rodent Control on Farms" booklet with details of how to access on line training and Lantra assessment, if required.

**NPTC Level 2 Award in the Transport of Animals by Road (Short Journeys)** – Cattle & Sheep are classed as one species. Although no training is required, those interested will receive information to prepare beforehand. Qualification handbook 600/0306/6 states "This qualification is aimed specifically at people transporting animals over 65Km and up to eight hours in duration, where the journey is in connection with an economic activity". [COC Transport Animals by Road Schedule](#)

The above qualification ties in with requirements for a **business** to apply for an Animal Transporter Authorisation for the above journeys, which is free of charge. This Animal Health and Plant Agency application form needs to be completed and returned to the Welfare in Transport Team at Carlisle and can be obtained from UTASS.

## Thank you!

Grateful thanks too, go for the team effort to make young people's driver training possible – this time involving tractors & trailers kindly loaned by Watsons of Strand Foot; Karl, Loraine & Michael Robinson and Peter & Barbara Needham & Stuart Richardson and latterly to Jamie & Rosie Finch for hosting the Lantra training. Thanks too to all trainers involved with helping young people achieve their goals. The venue is usually provided by kind permission of Middleton in Teesdale Mart, with voluntary help from H & H Staff, community & UTASS Members much appreciated.

## TRAINING UPDATE

Please view our website's Training Opportunities page: <http://utass.org/training-available/>

& Minibus Training <http://utass.org/minibus-training/>

As training courses can only run when there are sufficient numbers, please contact Julia Stephenson or Charlotte Fletcher on 01833 641010 or email [julia@utass.org](mailto:julia@utass.org) and [charlotte@utass.org](mailto:charlotte@utass.org) and let us know what's of interest

### Computer Training

This training is being delivered during November and December by our usual trainer, Sarah Peart from Frosterley, who is an Accountant and farmer. We would like to thank The Sir James Knott Trust for making funding available towards the cost. Whilst most of the subject matter for the "Getting On Line" basic training has a farming theme, the skills and knowledge gained are enabling trainees to do lots of things online over a number of weeks, with sessions covering:

1. **How to get online – "What do I need to Know?"**
2. **Online already & like to know more ...** How to send & receive e-mails including attachments (including managing e-mails when online e.g. using gmail)
3. **Using the "Whole Farm Approach" to access BCMS & VAT online & more** (password required beforehand to access this service – instructions available prior to the course to facilitate this)
4. **How to submit VAT online** using existing records for working out (or progressing to using Sarah's Excel VAT training).



The more advanced 5 weeks training "VAT using Excel" enables trainees to learn how to input their farm payments and receipts into Sarah's specially designed spreadsheet which calculates the amount of VAT to claim/payable each quarter. Trainees also learn how to check formulae and lots of useful information relevant to VAT, with sessions running 4.15pm - 6.45pm on **Wednesdays**. Trainees were able to start inputting data right from the first session by bringing along their own invoices and receipts.

### The Prince's Farm Resilience Programme

UTASS are delighted to be partnering with The Prince's Countryside Fund to deliver The Prince's Farm Resilience Programme. The aim of the programme is to support family farm businesses to improve their confidence, efficiency, and resilience. The programme has already started, with the first workshop planned for Monday 11th December – please contact Emma for further information ([emma@utass.org](mailto:emma@utass.org))

### Vehicle Training to Improve Employability

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. We are so grateful to The Hedley Foundation for providing more funding. Previous applicants for car lessons or trailer lessons need not reapply and they will all be contacted again by the middle of December to let them know the outcome.

If there are any new applicants who want to apply for Pre-Test Tractor, Quad Bike or Lantra 13-15 Tractor Driving, an Application Form can be downloaded by clicking on this link: <http://utass.org/training-available/> or forms are available from the UTASS Office.

### Funding for Weardale Rural Skills Training

So far 45 trainee places have been part funded from WAP, which has also enabled other trainees to attend training courses locally as well:-

- 12 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)
- 4 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 Telescop-

## Middleton-in-Teesdale Carnival

### Think of Summer...

**It may be cold and wintry outside, but warm yourself with thoughts of hot, sultry early August sunshine and the fun and laughter that Carnival brings to the Dale. With two successful Carnivals already under their belts, the Carnival Committee is already making plans for 2018.**

At the Annual General Meeting in October, Chair, Eileen Dent said, "The Carnival Procession makes the Middleton Carnival really special and we all really appreciate how much money, time and effort is spent in putting together the floats and costumes. We are keen to see the Procession continue as part of the Carnival celebrations and are increasing the prizemoney to support the people who get our Carnival off to a great start".

For the procession in the 2018 Carnival, the prizes will be:-

Walkers: 1<sup>st</sup> £15, 2<sup>nd</sup> £10, 3<sup>rd</sup> £5,

All other walkers in full fancy dress £2

Floats: 1<sup>st</sup> £100, 2<sup>nd</sup> £75, 3<sup>rd</sup> £70

There will also be a new prize category for floats of 'Highly Commended' at £60, and a number of these prizes can be awarded at the judge's discretion. All other floats entered will receive £25.



Eileen once again said a huge thank you to the many people who had made this year's Carnival a great success and reported that plans for next year's Carnival are already taking shape. "This year we tried to provide more entertainment for younger people and fill the gap between children's rides and traditional stalls. The new activities such as the rodeo bull, pillow warz, bungee run and the tug of war were all popular and very well received. We got a good mix of things to do on the field and we had a great Carnival atmosphere in the village. We want to make sure our plans for 2018 build on this success. All new ideas, volunteers and offers of help are very welcome – please get in touch"

**Not been part of the Procession before? What's stopping you?**

**Get a costume and turn up on the day. ANYBODY can join in the fun.**

**Carnival 2018 – Saturday 4<sup>th</sup> August**  
**Save the date!**



Follow us on our Facebook page – [middletoncarnival](https://www.facebook.com/middletoncarnival)

# Mart Sale Days

MONDAY 11/12/2017	KIRKBY STEPHEN - OTM Cattle
TUESDAY 12/12/2017	KIRKBY STEPHEN - Sale of prime and lightweight lambs, cast and feeding ewes and store lambs. BARNARD CASTLE - Sale of OTM & breeding cattle, feeding bulls & store cattle. HAWES - Annual Christmas Show & Sale of Prime Lambs. Classes for Pens of 4. Judging at 9.15am also Classes for Young Farmers. Annual Christmas Show & Sale of Calves. Judging 10.00am. Correct & Cast Rams. Prime Lambs. Cast Ewes.
WEDNESDAY 13/12/2017	BARNARD CASTLE - Christmas prize show & sale of prime lambs. PLEASE NOTE CHANGE OF SALE DATE - Judging at 12.30pm, Sale at 1.30pm.
TUESDAY 19/12/2017	HAWES - Prime lambs. Cast ewes and rams.
WEDNESDAY 20/12/2017	BARNARD CASTLE - Sale of Prime Lambs and Cast Sheep
THURSDAY 21/12/2017	KIRKBY STEPHEN - Sale of prime and lightweight lambs, cast and feeding ewes and store lambs
SATURDAY 23/12/2017	HAWES - Annual sale of dressed poultry at 11am.
TUESDAY 26/12/2017	KIRKBY STEPHEN - Sale of prime & lightweight lambs, cast and feeding ewes and store lambs. HAWES - Prime lambs. Cast ewes and rams.
WEDNESDAY 27/12/2017	BARNARD CASTLE - Sale of Prime Lambs and Cast Sheep.
TUESDAY 02/01/2018	HAWES - Prime hogs. Cast Sheep.
WEDNESDAY 03/01/2018	BARNARD CASTLE - Sale of Prime & Cast Sheep.
TUESDAY 09/01/2018	BARNARD CASTLE - Sale of OTM & breeding cattle, feeding bulls and store cattle. HAWES - Prime hogs. Cast Sheep.
WEDNESDAY 10/01/2018	BARNARD CASTLE - Sale of Prime Lambs and Cast Sheep.
TUESDAY 16/01/2018	HAWES - Prime hogs. Cast Sheep. MIDDLETON-IN-TEESDALE - Store and breeding cattle. (Entries close 10am 8th January)
SATURDAY 20/01/2018	HAWES - Prize Show & Sale of Individual Registered Bluefaced Leicester Females for The Bluefaced Leicester Sheep Breeders Association. Followed by Prize Show & Sale of Individual Crowned Swaledale Ewes, Gimmer Shearlings & Gimmer Lambs for The Swaledale Sheep Breeders Association. Prize Show & Sale of Ewes, Gimmer Shearlings & Gimmer Hogs in Association with the Herdwick Sheep Breeders Association. Judging 10am, Sale at 11am.
TUESDAY 23/01/2018	BARNARD CASTLE - Sale of OTM & breeding cattle, prize show & sale of feeding bulls and store cattle. HAWES - Prime hogs. Cast Sheep.
TUESDAY 30/01/2018	HAWES - Prime hogs. Cast Sheep.
TUESDAY 13/02/2018	MIDDLETON-IN-TEESDALE - Special prize show and sale of store and breeding cattle. (Entries close 10am 5th January)
TUESDAY 20/02/2018	BARNARD CASTLE - Sale of OTM & breeding cattle, PRIZE SHOW & SALE of show potential cattle, feeding bulls and store cattle.

# Units at The Aspire Building

Middleton in Teesdale Auction Mart, DL12 0NG

And UTASS 9-11 Chapel Row, DL12 0SN

## Yan - Unit 1 - AVAILABLE TO LET

250sqft / 23sqm

Workshop for office and light manufacturing use, targeted at new or expanding small enterprises.

£250 inc VAT per calendar month, which includes phone & broadband\*

Available to let - Call Diane on 01833 641010 for full details.



## 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.

# STAY WELL THIS WINTER

NHS England and Public Health England have launched a campaign to help people with long-term health conditions and those over 65 to the [Stay Well This Winter](#). Winter weather can increase the risk of heart attacks, strokes and high blood pressure for people in these groups but if this is you there are a number of things you can do to prepare for the cold.

- At the first sign of a cough or cold, get immediate advice from your pharmacist before it gets more serious.
  - Speak to your pharmacist about medicines you should have in stock at home over winter
  - Pick up prescription medications before the Christmas holidays start as many GPs and pharmacies will close
  - It is important to keep warm in winter, so heat your home to at least 18°C (65°F.) If you can, you might prefer your living room to be slightly warmer
  - Make sure you get your flu jab
- If you need help over the holiday period when your GP surgery or pharmacy is closed, call NHS 111 or visit [NHS Choices](#)

## 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)

UTASS would like to thank **Simpsons** for very kindly donating sausages used for hot suppers during our **Highlights Theatre** visits.

**Bishop Auckland College**

## ENROL UP! ENROL UP!

**NEED TO IMPROVE YOUR MATHS AND ENGLISH? STRUGGLING TO FIND THE TIME TO ATTEND A CLASS? FINDING IT HARD TO ATTEND A CLASS AROUND WORK COMMITMENTS OR CHILDCARE?**

Come and join our Distance Learning Maths and English course with workshops every 3rd Saturday morning at the Newgate Learning Centre. Complete your coursework at a time that suits you.

**Come and see us at Newgate, call 01388 443 133 (Monday-Friday) or email [Newgate.Admin@bacoll.ac.uk](mailto:Newgate.Admin@bacoll.ac.uk)**

All Maths and English courses are free. Please enquire for further details

[facebook.com/bacoll](https://www.facebook.com/bacoll) [twitter.com/bishopcollege](https://twitter.com/bishopcollege)

## Music & Memories

UTASS will be offering FREE monthly music and memories sessions between 2.30pm and 3.30pm.

Tuesday 19th December  
Tuesday 23rd January  
Tuesday 27th February  
Tuesday 27th March

The aim of the session is to provide a warm, welcoming and caring setting where people can come together for a singalong, socialise, cup of tea and a cake. The Monday Night Girls Group at UTASS will bake the cakes for participants to share, at the music and memories sessions.

Transport to and from UTASS may also be available if required.

If you want to come along please contact UTASS on 01833 641010.



# OUTREACH FACILITIES AT UTASS

FULLY QUALIFIED & INSURED

## MOBILE BEAUTY BY EMMA

TEL: 07555 685228

COVERING SUNDERLAND & SURROUNDING AREAS. AVAILABLE IN MIDDLETON IN TEESDALE ON FRIDAYS

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)



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

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

Leading the fight against dementia

## Alzheimer's Society

Nicky Tulloch from the Alzheimer's Society will be based at UTASS on Fridays, with a remit to help people living with Dementia, their carers and families, by providing information, advice and support.

For further details contact her on 07484 040630 or email: [Nicola.Tulloch@alzheimers.org.uk](mailto:Nicola.Tulloch@alzheimers.org.uk)

## RACHEL LOGAN

MCFHP MAFHP

Foot Health Professional

Telephone: 07825314487  
e-mail: [rachy87@hotmail.com](mailto: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.

## citizens advice County Durham

## 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

Teesdale 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 vary  
8 - 12 year olds

Thursday's  
Youth Club

6pm til 7.30pm 8 - 11 year olds  
7.30pm til 9pm 12 - 19 year olds

**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.

All Sessions £1 per child per session

## Feeling lonely?

It is estimated that over half a million older people go a week without seeing anyone. Research shows that loneliness and social isolation can be harmful to our physical health as well as a distressing emotion. So what can you do if you are feeling lonely? GPs in the area recently received a talk from [The Silver Line](#), a free, confidential helpline for older people in the UK that is open all day every day. The helpline team:

- offer information, friendship and advice
- link callers to local groups and services
- offer regular friendship calls and group calls
- protect and support older people who are suffering abuse and neglect

Wherever you live, if you are over 55 you can call the helpline anytime on **0800 470 80 90**.



We're celebrating the start of the Christmas holidays with a

## Christmas Movie Night ARTHUR CHRISTMAS

At Middleton-in-Teesdale Primary School  
Wednesday 20th December

Come along in your favourite pair of pyjamas and snugly dressing gown. Don't forget your favourite teddy and a cushion or bean bag, and enjoy some popcorn and hot chocolate.

It's £1.50 entry, 6pm til 7.30pm.

All we ask is that children under 8 years old are accompanied by a parent or guardian.

### 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](mailto:ann@utass.org)

This is a community based, free project, supporting local people at Christmas  
After lunch, The Pathway will remain open for soup, mince pies and refreshments until 6pm, so do drop in.

1pm, Monday 25<sup>th</sup> December  
At The Pathway Middleton

### Christmas Luncheon

Accompanied by pianist Matthew Ruddock playing Festive tunes

Enquiries to Carol or Neil 01833 641211

Provisional Menu  
Carrot and Orange Soup  
oo00oo

Turkey, stuffed with Apricots in honey, slow cooked Middleton Pork, Parsnips, Baby Potatoes, Roast potatoes, Pigs in Blankets, Carrot and Swede Mash Brussels in Butter and Bacon, Gravy or Apple and Tarragon Cream.  
oo00oo

Christmas Pudding and Custard.  
Tea/Coffee, Chocolates, Mince Pies and Cream.

Merry Christmas

The organisers are grateful to businesses, organisations and individuals who support the event  
Please note the Pathway is a non alcoholic facility run by volunteers and paid for by donations.

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!

## December 2017

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

### December Events Listings:

- Citizens Advice are at UTASS every other Monday, 10am - 1pm. (4th & 18th)
- 'Mobile Beauty By Emma' is at UTASS on Fridays.
- Durham County Carers are at UTASS every other Friday, (1st & 15th).
- Nicky Tulloch from the Alzheimer's Society will be here every Friday.
- Pilates - every Wednesday, 9.15am.
- Yoga - every Tuesday, 6.15pm
- 12th - Middleton in Teesdale Farmers Lunch.
- 13th - St Johns Chapel Farmers Lunch.
- 14th - Barnard Castle Farmers Lunch.
- 17th - Village Christmas at the Pathway, 5pm
- 15th - Carers Coffee Morning
- 19th - Music & Memories at UTASS the 4th Tuesday of every month, 2.30pm - 3.30pm.
- 20th - 31st UTASS OFFICE CLOSED and **NO** Young Peoples Sessions.
- 22nd - Middleton-in-Teesdale Primary School- Carols By Candlelight at the Mart, 6.30pm

## January 2018

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. (8, & 22nd)
- 'Mobile Beauty By Emma' is at UTASS every Friday.
- Durham County Carers are at UTASS every other Friday. (5th & 19th)
- Nicky Tulloch from the Alzheimer's Society will be here every Friday.
- Pilates - every Wednesday, 9.15am.
- Yoga - every Tuesday, 6.15pm - First class of 2018 will be on Tuesday 9th.
- 9th - Middleton in Teesdale Farmers Lunch.
- 10th - St Johns Chapel Farmers Lunch.
- 11th Rachel Logan, Chiroprapist at UTASS. (contact details on page 3)
- 15th - Energy Surgery at UTASS, Full details on back page.
- 18th - Barnard Castle Farmers Lunch.
- 23rd - Music & Memories at UTASS the 4th Tuesday of every month, 2.30pm - 3.30pm.
- 1st - 4th UTASS OFFICE CLOSED and **NO** Young Peoples Sessions.

## February 2018

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. (13th & 27th)
- 'Mobile Beauty By Emma' is at UTASS every Friday.
- Durham County Carers are at UTASS every other Friday. (3rd & 17th).
- Nicky Tulloch from the Alzheimer's Society will be here every Friday.
- Pilates - every Wednesday, 9.15am.
- Yoga - every Tuesday, 6.15pm
- 8th - St Johns Chapel Farmers Lunch.
- 13th - Middleton in Teesdale Farmers Lunch.
- 14th - St Johns Chapel Farmers Lunch.
- 22nd - Barnard Castle Farmers Lunch.
- 27th - Music & Memories at UTASS the 4th Tuesday of every month, 2.30pm - 3.30pm.
- 12th - 16th UTASS OFFICE CLOSED and **NO** Young Peoples Sessions, unless off site activities are planned.

## UTASS Christmas Cards & 2019 Calendar

If you're 'out and about', or 'down on the Farm' and have a great photograph send it in sooner rather than later..

If you have any photographs you'd like to offer for the 2018 Christmas card or the 2019 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.

Events get updated regularly on our online diary, which can be found at:  
[www.utass.org/events](http://www.utass.org/events)

### 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.



### 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 would need to be aged over 25, with a clean driving licence. Appropriate Criminal Records Bureau (DBS checks) will need to be undertaken.

Contact Jen on 01833 641010 or email [jen@utass.org](mailto:jen@utass.org)