

## Another Event with H.O.G. Geordie Chapter Support

A great time was had by all meeting the lovey guys and girls and their gorgeous Harley-Davisons. The bikers joined us for a coffee morning which was good fun with lots of cake and chat. The bikes were nostalgic for everyone. Thanks so much to the bikers for their generous time and efforts and for being a fab support to Chrysalis Club for a long time now. Over £900 was raised on the day including a lovely surprise cheque for £500 from the bikers themselves.



## Blooming Marvelous!!

Once again Halls of Heddon donated some beautiful dahlia blooms and we thank Sheelagh for running the session.



## News from Rosie!

Hello Everyone

Well here I am, newly returned from Australia, having had a great time. We did lots of water connected activities including: swimming, snorkeling and white water-rafting and I can tell you that the water was a lot warmer than the North Sea!! We also saw the outback and it was interesting to see the life farmers lead out there. It is pretty tough for all the family! We had a little taste of the cities too, although we didn't find that nearly as enjoyable. It was lovely to come home and see John, the dogs and the horses again though, I was also relieved that Chrysalis had run smoothly whilst lots of us were on holiday. We are so lucky to have such great staff and volunteers and I thank you all for 'mucking in' and making sure the members still had a good time.



Rosie: Chrysalis'  
Chair

It looks like we have a few treats coming up, with the pantomime in December and Hexham races next week.

Some of you may have noticed that Chrysalis is becoming more and more popular and we have lots of new members. We are now often full on Monday and Wednesday afternoons, so we have had to encourage you to book and we have to restrict places for regular attendees on these days. We apologise to anyone who has been disappointed. This will be a temporary situation because we will start putting extra sessions on once we are sure of numbers. One possibility is opening up on a Friday, please could you let us know if this is a day you would like to attend, then we can plan accordingly.

Soon it will be time for Christmas celebrations and our annual fun party. Christmas day and New Year's day fall on a Monday this year so there will be no Chrysalis on either of those days but we will be open as normal on the Wednesdays. It is usually just a social session between Christmas and New Year but we will have some fun and eat some cake as normal!!

We are sorry to have lost Penny Wallace as a volunteer. Penny has supported Chrysalis for many years, first as a trustee, then as a volunteer leading on training, helping with the young people's group and being instrumental in setting up the Voices Project. We will miss Penny, who now has less time to spare and wish her well for the future. We hope to keep in touch with her.

I hope people had some fun with the Halloween celebrations. We had a beautiful 'witch' come to call accompanied by her Labrador with a toy pumpkin attached to its back—very unusual!!

Rosie x



# Fundraising

## Harley Davison's Visit Chrysalis Club



## News

### Session challenges

You may have noticed that numbers are going up, so we need everyone to firm up their places at the beginning of the month when the timetable comes out.

We may be able to put on an extra tutored session on a Thursday morning or a Friday - if you would be interested, or have a preference, please let us know which suits you better.

We may also start asking for 48 hours notice for cancellations to try to help with the waiting lists. Please get in touch if you have any questions or comments.

Don't forget to give us a follow:



**Let's sing!**

Have fun singing favourites from the 20th century: pop, local choruses & material from the musicals. Learn some new songs too!

**Tuesday mornings at West End Methodist Church, Hexham.**

**Sept 5th, 12th, 19th.  
Oct 3rd, 10th, 17th  
Nov 7th, 14th, 21st, 28th  
Dec 5th, 12th 2023.**

**10.15 a.m.**

Tel: 01434 607490  
email: musicalmemories17@gmail.com

**£5** Ample free parking

### Dates for you Diary

Thursday 9th November Carers Group Wellbeing Session in conjunction with Northumberland County Council

Friday 10th November - Trip to Hexham Races!

Friday 1st to Tuesday 5th December—St Andrews Tree Festival, Corbridge

Friday 8th December - Peter Pan at The Tyne Theatre in Newcastle

Friday 22nd March—Tynedale Film Festival



## Trips

### PANTO

We're Going to the Panto - Oh Yes we are!

We're off to see Peter Pan at the Tyne Theatre in Newcastle on Friday 8th December. Our tickets are booked - but there are lots of available seats next to them, so please let me know if you would like to come and I can order more.



Janet: Trips and Prudhoe coordinator

The coach will leave Hexham at around 11am, pick up in Prudhoe and then on to Newcastle. We will stop off for a meal on the way home, then hopefully be back in Prudhoe and Hexham for around 5.30.

Please get in touch if you would like any further information or if you would like to book a place.



## Trips

### Hexham Races Friday 10 November

Anyone fancy an afternoon at the races?

Hexham Races has kindly offered us a box for the meeting on Friday November 10th. As locals, you will know this is jump racing and Hexham is known as the most scenic racecourse. The box has a great view of the course so you don't



need to go outside if you don't want to. There will be a sandwich lunch and tea and coffee freely available.

It sounds exciting and something different, so please let me know if you are interested and we might still be able to squeeze you in.



This year we will be entering the Tree Festival competition. The theme will be snowflakes and we will be making all our own decorations in craft sessions.

Why not pop along and see if you can spot our entry?

### Opening times

Friday 1 December	9.30am to 6.30pm
Saturday 2 December	9.30am to 6.30pm
Sunday 3 December	11.30am to 5.00pm
Monday 4 December	9.30am to 8.00pm
Tuesday 5 December	9.30am to 5.00pm
<b>Refreshments</b>	<b>10.00am to 4.00pm</b>



## Prudhoe and district at Wylam

### Wylam

We had a fantastic session painting clouds with artist Carl von Weiler.

There was so much concentration and a great sense of achievement for everyone.

One member in particular was delighted to be painting and is going to do more at home. Her work was amazing despite her failing vision. We love it when we can inspire our members to have a go at home!



### Comments about Chrysalis

"Super sessions, well done Sheelagh we all enjoyed them"

"I love the photos of my Mum at Chrysalis ... she looks so happy ... it's like I've got my Mum back"

"very kind and helpful"

"it makes me want to cry it's so lovely"


"My Mam's face that's 100 percent pure happiness that. Thank you for making her days so happy xx"



## More News

### Dragon Tale Theatre Group, Prudhoe

One of our lovely after-carers, Lorraine, is appearing in Panto. If you would like to go, details are in the poster below and she would love to see you! Her mum, Jeanette, who, many of you will remember fondly as a member of Chrysalis, was part of amateur theatre and had several positions including choreography, box office supervisor, volunteer supervisor and in later years rehearsal refreshments and show week helper. She was awarded her 40 year NODA long service award. Lorraine has been involved with Dragon Tale Theatre group for 23 years and has been the secretary for all those years. She also performs and is now the only person who has performed in every performance.



★ Its panto time again! ★  
**Dragon Tale Theatre Group**  
 present their 2023 panto...

**Hansel & Gretel**  
A Pantomime by Alan Frayn

Highfield Middle School, Highfield Lane, Prudhoe, Northumberland, NE42 6EY	Wed 1st November - 7pm Thurs 2nd November - 7pm Fri 3rd November - 7pm Sat 4th November - 2pm Sat 4th November - 7pm
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Ticket prices: Adults £10 - Senior Citizens (60+) £8 - Child (under 18yrs) £6  
 Tickets available from [www.dragontaletheatregroup.co.uk](http://www.dragontaletheatregroup.co.uk)  
 Tel: 01661 839393 for accessible seating, Email: [dragontaletg@gmail.com](mailto:dragontaletg@gmail.com)  
 All tickets must be paid for in advance

Charity Number 1107712



## Carers and After-carers

### Carer Support Group

November 8th (no Support Group November 1st)

Wellbeing Session, 1.45 - 3.15, Chrysalis Hexham.  
All Carers and After-Carers welcome to attend, please book in advance. See poster with further info on the next page



Mel: Carer support  
admin and premises  
officer

### Carers' Cuppa and Catch-ups

Some of you have expressed that you are keen to connect with other carers/family members in similar situations. If you are bringing a member along to a Chrysalis session, you are most welcome to stay and catch-up with other carers in the 'Quiet Room' if it is free. Just let a member of staff, trustee or volunteer know that you are staying, settle in and we will provide the refreshments!

**PayPal**  
Giving Fund

Got a PayPal account?



Chrysalis Club  
Tynedale

We would be extremely grateful if you would like make a donation to support our work here at Chrysalis. If you have a PayPal account then please follow the QR Code below to our PayPal Giving Site.



There is also the option on our PayPal Giving Site to support Chrysalis Club Tynedale when you shop online with PayPal. Set us as your favourite charity, and you can choose to donate £1 when you checkout with PayPal.

## More Carers and After-carers

### Wellbeing Session for carers

**Date:** Wednesday 8th November 2023

**Time:** 13:45 – 15:15

**Location:** Chrysalis Club, Hexham

#### Overview of the session

The session aims to increase the basic knowledge and understanding of mental health and wellbeing. The session is tailored for carers, covering a range of topic areas such as the five ways to wellbeing, nutrition, sleep and healthy habits to support carers to look after their mental wellbeing and overall health. Information about local and national services and resources will be discussed.

#### What you will achieve

- Increased knowledge of mental health
- How to look after your wellbeing



Northumberland  
County Council

[www.northumberland.gov.uk](http://www.northumberland.gov.uk)



<https://www.chrysalisclub.org.uk>

## More Activities

