

Newsletter

March 2023



Chrysalis Club
Tynedale

Fun is the order of the day...

Although we pride ourselves on “retaining skill levels,” our primary concern is having a good time, as you can see from this very serious and complex pottery tutorial...



Our Activities

In February we've had a wide variety of activities at our Hexham centre, including singing, pottery, curling, sport, percussion, crafts, sculpture and gardening...



Look out soon for willow lanterns with Deni, creation of percussion instruments from recycled materials with Gary, and carpet bowls with Jim!

News from the board

Hello Everyone!

Well after a reasonably mild open winter we have finally got some rough weather. I went to Hexham last night for a function and had a tricky drive home on slippery roads, which resulted in me abandoning my car at the bottom of the village and walking the last quarter mile. Just as well it was a lovely evening!

Chrysalis has had another good month. We are attracting new members and volunteers; we are always pleased to welcome new faces! We have some new activities and more new ones planned.

We have been successful in a funding bid and now have the carers' support project secured for another 18 months. We have received more money for the intergenerational project which will start in the next school term. I have submitted a bid for our main funding; this was a difficult one to do but if we get it you will see me doing cartwheels round the carpark! It will replace the Tudor Trust money which runs out early in 2024 and allows us to employ Gina and the other part of Mel's post.

We have some exciting news about fundraising - our patron Mari Hannah the author, who lives in Corbridge and writes about Northumberland, offered to be part of a fundraising event for us. After various conversations she suggested an event entitled 'In conversation with ...' This is two authors talking about their characters in their books and the locations and plots. So Mari said she would ask another author to join her - she only got us Ann Cleeves - woohoo!! So this event will take place at the Mart on the evening of July 6th. We are planning the event now and quite a few ideas for raising money and publicising Chrysalis.

We are also planning a Coronation party which Lucy is going to organise - it should be good fun.

I was supposed to be at Carlisle races today watching one of my young race-horses run but instead it looks like an admin day - very useful but not very exciting! Next week is the Cheltenham Festival so I will be glued to the telly all week, apart from Hexham races on Thursday where I hope to have a runner. Happy spring everyone!

Rosie x

Activities

Here's a selection of photos from the activities that we hosted in February...



News

Carers' Information Course

We have started the Carers' Information Course and are pleased to welcome 12 carers. Our most recent speakers were a psychiatrist and a retired GP. The session ran over time, but there was some good information to take away.

Programme



- 28th February Introduction. What is dementia?
- 7th March The medical perspective
- 14th March Julie Allan, occupational therapist
- 21st March Benefits, direct payments, NHS continuing care
- 28th March The legal perspective with Latimer Hinks, solicitors
- 4th April Who is out there to help?

The Little Prince at The Queen's Hall - feedback

We recently emailed you about a relaxed performance of The Little Prince at The Queen's Hall in Hexham. A few of our members attended, and the feedback that we received was excellent, including "visually amazing", "really interesting" and "fabulous". We'll keep you informed of any new showings that are "relaxed"; it's definitely worth thinking about! The Queen's Hall want us to let you know that



- Carers go free
- You can request seats on the end of an aisle
- If you phone the box office to book, they can make special provision for you, for example, they can bring you pre-ordered ice-cream at the interval, or they can make provision for you to arrive early, or directly before the performance starts.

And this applies to all showings not just the relaxed ones!



Activities

You've heard of Knit 'n' natter, how about Proggy mat 'n' chat?

I was thinking recently about how it would be fun to try out some crafting activities from days gone by, and which we (or even our parents) may have enjoyed as children, and this brought to mind the traditional North East craft of proggy mats, also known as clippy mats. At one time proggy mats would have been made all over the country, but nowa-days they're especially associated with Northumberland and Durham mining villages. They're made by stretching a piece of hessian onto a wooden frame, then pushing the ends of a small strip of fabric through the hessian like a stitch, so that the ends form a pile on one side of the mat. This is done using either a wooden tool called a "progger", or even just a whittled down clothes peg.



Originally these were often made with whatever spare materials were available in a household. The hessian could come from an old sack, and the fabric strips could be made from well-used clothes that could no longer be worn. This was usually a winter activity when there was time to be filled in the dark evenings. Before you started, you would need to choose your pattern and mark it out onto the hessian.

Because the mats were usually made with whatever fabric was available, the designs often featured shapes which would be solid colours and then the area around them would be infilled with a mixture of all the other colours of fabric left over.

We were very generously donated some small proggy frames specially handmade for us by a member's husband (thank you John!) and so we ran our first proggy session in February. Carolyn led the session and talked us through the steps and helped us to choose the



right fabrics for our designs. She brought a huge bag of rags and we had a lovely time sifting through the fabrics and choosing colours. The process of making the mats is very slow and methodical and kept our hands busy while we had a chance for a good natter! We took a half time break for tea, coffee and some delicious cheese scones before we got back to work again on our mats. As we got towards the end of the session the patterns began to emerge and we could see the fruits of our labour so we celebrated with more tea, coffee and cake! If you fancy joining us, then book in to the next session, on Thursday 23rd March.

Fundraising



Chrysalis Club
Tynedale

Looking for a space to rent in Hexham?

Chrysalis Club rents rooms for your meetings, events and activities in our light and airy building, conveniently situated close to the centre of Hexham on Corbridge Road. Please get in touch for our current availability.

Prices from £12 per hour + a seasonal utility charge

For bookings and further details please contact us on
07760 124539 / 01434 408080
info@chrysalisclub.org.uk
FB/Instagram: @chrysalisclubtynedale



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.

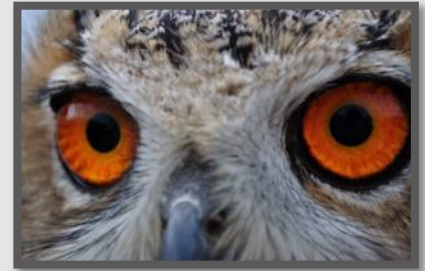


There is also the option on our PayPal Giving Site to support Chrysalis Club Tynedale when you shop online with PayPal. Set us as your favourite charity, and you can choose to donate £1 when you checkout with PayPal.

Trips

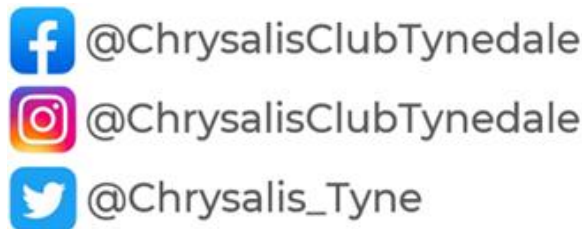
Whitehouse Farm, Morpeth - Tuesday 18th April

Come and have a **farmtastic** time with us, seeing, touching and feeding a large variety of animals, including owls, reptiles, guineapigs, and the more traditional farm animals. Open since 1997, Whitehouse Farm is spread over 40 acres, but don't worry, we'll bring the animals to you! We will be



travelling by bus with limited places, so get in touch ASAP to reserve your spot. Further details to follow!

Social Media



Visit the Alpacas - Friday 16th June



After the hugely successful day last year when 2 young alpacas came to visit us at Chrysalis, it is our turn to visit them. They live just outside Hexham, and we will see the whole herd, with baby alpacas there too (did you know...a baby alpaca is called a Cria?)



Information

Plea for plants!

Some of us are starting to sow seeds, for cosmos, dahlia, tomatoes and lots of other home grown flowers and vegetables. If you are a keen gardener (or just like having a go)



could you sow a few extra for us?



We will be running a plant stall again this summer, and any donations would be greatly appreciated!

Parking

Chrysalis spent years looking for suitable premises in Hexham. It proved very difficult, and we worked out that we needed somewhere on a bus route, with some parking and with doorways wide enough for a wheel chair.

We were delighted to find 'Unit 1' which ticked most of the boxes. The parking is not great but a good capacity for Hexham. We do, however, need to utilise it as well as possible. Please can you park behind each other up the side (to get as many cars as possible in) and please don't park right next to the gate if there is still space up the side (it's too hard for people to get past you). If you are worried about getting blocked in please park on the road. I know it is difficult to get a space on the road but sometimes there are spaces to the Corbridge end. The 2 spaces at the door are only suitable for 2 small cars so we have decided that we will make this one disabled space, reserved for members who are in a wheelchair or severely disabled.

Sorry to be bossy but we need to utilise the space we have fully. Rosie x



Even More Trips!

“Personal History of David Copperfield” at Forum Cinema - 24th March

Part of Tyne Valley Film Festival, this screening will be Dementia Friendly, and is “sponsored” by Chrysalis, so please feel free to invite any family and friends to help raise awareness of Chrysalis, and to support our local Film Festival.

A fresh and distinctive take on Charles Dickens’ semi-autobiographical masterpiece, *The Personal History of David Copperfield*, set in the 1840s, chronicles the life of its iconic title character as he navigates a chaotic world to find his elusive place within it. From his childhood to the discovery of his gift as a storyteller and writer, David’s journey is by turns hilarious and tragic, but always full of life, colour and humanity.



The Dementia Friendly Screenings are designed for people living with Dementia and their carers, or for anyone who would benefit from a relaxed cinema environment, but all are welcome. Providing a comfortable and welcoming environment, the sound is turned down a notch, the lights are on low and people can come and go as they want with unallocated seating. Led by Forum Cinema Hexham, Tyne Valley Film Festival is a community programmed film festival consisting of 29 screenings across 13 unique venues in the Tyne Valley.

Organ Recital at Hexham Abbey - 16th March

This year is the 50th Anniversary of Hexham Abbey's Phelps Organ - and they are putting on monthly recitals all year: "Phelps at 50". It lasts 45 minutes, and is free to attend. We'll meet beforehand for lunch at the Queens Hall Café at 11.30, with the organ recital starting at 1pm. Get in touch if you would like to come along.



<https://www.hexhamabbey.org.uk/events/phelps-fifty-4>

Fun!



Having fun at
Chrysalis!

But our members aren't the only ones...



Comments about Chrysalis:

"The atmosphere in the room was joyful and attentive, and it was a pleasure to be working with you all."

"I do like coming here. Everyone is so friendly here."

"What a brilliant pianist!"

"It was great in every way"

"Thanks for keeping in touch"

"Thank you for taking such good care of her. She really enjoys your sessions"

And finally...

Musical Afternoon Tea

A very sociable, stimulating and enjoyable afternoon was had by all, at Hexham Community Centre, hosted by Janet, with entertainment provided by Hazel Mason (mum of Janet) who played the piano, while we all sang, whistled and tapped our feet to the uplifting music. We even had a duet from David & Michelle, which was fabulous! And to top it off, we indulged in a delicious afternoon tea. Yummy!



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

Dates for your diary

- Thursday 16th March - Organ Recital at Hexham Abbey
- Thursday 23rd March - Proggy mat 'n' chat
- Friday 24th March - "David Copperfield" at Forum Hexham
- Monday 27th March - Percussion instrument creation with Gary
- Wednesday 29th March - Willow lanterns with Deni
- Tuesday 18th April - Whitehouse Farm, Morpeth
- Wednesday 26th April - Carpet Bowls with Jim
- Wednesday 3rd May - Coronation Party
- Friday 5th May - Golfing at Matfen
- Friday 16th June - Visit the Alpacas
- Thursday 6th July - Summer Tyne Crime*

*Further details to follow!!!