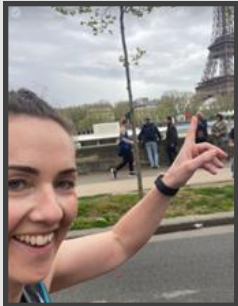




## Personal Best Time for Alison in the Paris Marathon



Many thanks and huge congratulations to Alison, who ran the Paris Marathon on 7th April beating her last time by a fantastic 31 minutes, completing it in 4 hours and 8 minutes. She found it a fantastic experience, and absolutely loved the run. It was Alison's third marathon and her goal is to one day complete the run in under 4 four hours.

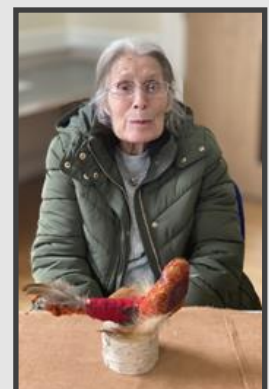
I am really pleased to say with all the very kind donations people have given, plus gift aid, Alison raised a brilliant total of £1684. This will make a great difference to the Chrysalis Club and Mike, her dad is rightly so proud of her.



## Prudhoe & District at Wylam

### Pretty Patchwork Birds with our Artist, Carl

After the disappointment of cancelling our first April session due to road access issues, thank goodness everything was back to normal for our second session. We had a lovely afternoon sculpting these birds from newspaper, and a huge choice of fabric pieces, feather head-dresses and feather or fabric tails.



## News from Rosie!

Hello Everyone

Are you looking forward to some more springlike weather? I think we all are; it has been a long wet winter followed by a cold wet spring so far. But...us Northerners know how to deal with the weather and we are good at just getting on with it and making the best of it. They breed us tough up here and what's more we are proud of it!!



Rosie: Chrysalis' Chair

There are some really exciting events going on at the moment as you will see in the rest of the newsletter. So many lovely people are raising money for Chrysalis with sponsorship and events - it is really heartwarming. Alison did so well in the Paris marathon and raised a huge amount of money – the gift aid is a great bonus – trying to decide if you would like to give money to the tax man or to Chrysalis is not a hard decision! We also have the festivals coming up soon which are good fun as well as raising money for us.

We have some lovely sessions going on and as I write this I am listening to the bongo drums from Gary's music making session and the laughter and happy chatter that is a sure sign of a successful session. We have such lovely tutors and volunteers all with the object of giving our members a happy fun session; Chrysalis is blessed.

On a personal note I am hoping it stops raining soon so my young horse can run at Hexham races on 11th May.

Best wishes everyone,

Rosie x



Don't forget to give us a follow:



@ChrysalisClubTynedale



@ChrysalisClubTynedale



@Chrysalis\_Tyne

## Fundraising

### Haydon Bridge Festival - Saturday 8th June

All monies raised by this Festival are donated to local charities, and we are very grateful that this year they will be supporting Chrysalis Tynedale.



Held in the grounds of Haydon Bridge United Football Club, the festival takes place within a large grassed area, with plenty of outdoor space to enjoy the atmosphere, a few drinks from the bar or food from the fantastic caterers. There is a large marquee which houses the bar and the stage area where several bands will perform throughout the day.



Keep an eye out for further updates on ticket sales and the musical line up. Admission is free for children under 18.

### Comments about Chrysalis

"Such a great organisation with a lovely atmosphere- very friendly"

"it was a highlight of her week to come to Chrysalis and lifted her spirits enormously. "

"The work you all do is invaluable and I tell people I meet just how good you all are and if anyone I know finds themselves in a similar situation I would be recommending Chrysalis Club without a second thought."



### Got a PayPal account?



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 Fundraising

Only Two Months To go ... Are You Ready?

Tynedale Beer Festival - Thursday 13th – Sunday June 16th June

We are very grateful to this fantastic event as they have nominated Chrysalis Tynedale as one of the charities they will be supporting this year.

As ever, a huge amount of work is going on behind the scenes to make sure that the festival is as fun, safe and well run as it always is.

Beers are being picked and ordered, the food vendors are all decided and there's a big marquee somewhere with their name on it!



As ever, they have a brilliant line up of bands and musical acts to entertain you at the festival. Check out the website to read up about which acts have been booked in for 2024, including some bands that are new to the festival.

[www.tynedalebeerfestival.org.uk](http://www.tynedalebeerfestival.org.uk)

All they need from you now is to book your tickets if you haven't already done so! Tickets are on sale online starting at £7.50 with free entry for children and under 18's - [www.tynedalebeerfestival.org.uk/tickets/](http://www.tynedalebeerfestival.org.uk/tickets/)

Taking place at Tynedale Rugby Club, Corbridge, there is plenty of free parking on site. Corbridge station is right outside the rugby club entrance, so travel by train is also a good option.

**Festival Opening Times 2024:**

Thursday 13th June - 6pm to 11pm

Friday 14th June - 4pm to 11pm

Saturday 15th June - noon to 11pm

Sunday 16th June - noon to 6pm



## Even More Fundraising

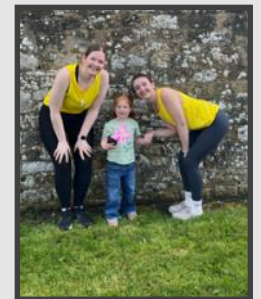
Our Youngest Ever Supporter, 3 Year Old Mabel, has Joined the Group of Runners Supporting Chrysalis Club in This Years Great North Run on 8 September 2024!



Maddey's foot has healed now and she is pleased to be back running. Training for **Ellie and Maddey** has already reached a distance of 5km (3.1 miles) and continues to make good progress. Fundraising is still going well through collection boxes and their **Just Giving Page**. Here is a photo of them in their official Chrysalis running vests.

[www.justgiving.com/page/ellieandmaddeygnr](http://www.justgiving.com/page/ellieandmaddeygnr)

**Mabel**, Ellie and Maddey's 3 year old niece, is also running the mini great north run with her mum Aileen - 1.2km along the quayside in support of Chrysalis Club. Mabel has set up a **Just Giving Page** to raise £100 and has already exceeded her target! She is very excited and knows she is running for Chrysalis and her great-'grandang' who loved the sessions and support at Chrysalis.



[www.justgiving.com/page/aileen-patterson-1713103701422](http://www.justgiving.com/page/aileen-patterson-1713103701422)

**Gill** has been moving house as well as fitting in training for the Great North Run as well as the Race for Life. She and her dog are both getting even fitter.



### Ruth and Ruby

Despite a heavy University workload towards the end of the academic year, Ruth and Ruby are finding time to continue with their training programme. They have set up a **Just Giving Page** for anyone to sponsor them.

[www.justgiving.com/page/ruby-ruth-gnr-chrysalisclub-08-09-24](http://www.justgiving.com/page/ruby-ruth-gnr-chrysalisclub-08-09-24)

### Gift Aid

Please consider using the Gift Aid option if you are a UK taxpayer, which boosts your donation by a fantastic 20%. £10 donated receives an additional £2.50 from HMRC. It really makes a difference to the charity at no extra cost to yourselves.

## News, Diary Dates...

### Did You Know ... ?

Are you aware of non-means tested Attendance Allowance and the two different rates?

Are you aware of council tax reduction?

Would you like to know more? If so, contact Mel who will be happy to help

[mel@chrysalisclub.org.uk](mailto:mel@chrysalisclub.org.uk)

### Members' Birthdays

Carers, if you let us know the week before your member's birthday, we can arrange for a cake and candles during coffee time on the special day!



### Mobility Scooter for Sale

One of our carers is helping a friend sell a mobility scooter.

It is in immaculate condition and has four wheels, so is stable. It folds and takes apart into three pieces to go in the car. The cost is a very reasonable £100.

If you know of anyone who may be interested please ask them to contact the office:

Email: [info@chrysalisclub.org.uk](mailto:info@chrysalisclub.org.uk) or  
phone: 01434 408080.

### Dates for you Diary

Wednesday 1st May - Carers Support Group

Tuesday 21st May - Hexham Races - Evening Meeting

Friday 24th May After Carers Group (NB: change from last Friday of the month)

Tuesday 4th June - Trip to Visit the Alpacas

Wednesday 5th June - Carers Support Group

Saturday 8th June - Haydon Bridge Festival

Thursday 13th - Sunday 16th June - Tynedale Beer Festival

Friday 6th December - Snow White & The Seven Dwarves at Tyne Theatre

For more information on  
any trips contact  
[Janet@chrysalisclub.org.uk](mailto:Janet@chrysalisclub.org.uk)

## April Trip & Upcoming Trips

### Evita at the Tyne Theatre, Newcastle – Thursday 11th April

We had an amazing afternoon at the Tyne Theatre seeing West End Operatic Society's production of Evita. For a local group, the amount of talented singers and dancers they have is outstanding - it really was the standard of a professional show. There was lots of singing along to the familiar songs from our group, and maybe a tear or two at the very emotional ending. A few members have told me they watched the film when they got home - though I'm sure the lady we saw on stage was just as good as Madonna in the title role! This trip was fully funded by WEOS - huge thanks to them for their generosity.



Janet: Trips and



### Hexham Races - Evening Meeting - 21st May 2024

After the disappointment of cancelling the last trip due to the wet weather, Hexham Races have offered us another box for the evening meeting on 21st May.

The box has a view of the whole course, and as it is indoor, we will be warm and dry regardless of the weather. If it a nice evening some of you may like to go down to get closer to the horses.



The coach will arrive in time for the first race at 6pm, leaving after the 8pm race.

We will have tea and coffee and a light supper (probably soup and sandwiches) in the box. Numbers are limited, so do book your place early.

For more information contact: [Janet@chrysalisclub.org.uk](mailto:Janet@chrysalisclub.org.uk)

## Upcoming Trips

### Trip to Visit the Alpacas - Tuesday 4th June

After the huge success of our trip to see the alpacas last year, we are paying them a visit. We are booked in for the morning of Tuesday 4th June.

We will go into the field with the mums and babies - there will be benches for us to sit on, and we will have the chance to hand feed them. They are very inquisitive and gentle and are happy to be touched. Paul and Kathryn who own the herd will be on hand to give us lots of information about the animals, and answer any of your questions. Afterwards we will have tea and cake before heading home



As there is plenty of parking there, we will not be getting a coach, we will meet up there. The centre is just on the edge of Hexham - detailed directions will be given nearer the time.

I am sure this will be a very popular trip, so please let us know if you would like to book a place as soon as possible.

For more information contact: [Janet@chrysalisclub.org.uk](mailto:Janet@chrysalisclub.org.uk)

### Heigh Ho... Heigh Ho... It's Off To The Panto We Go! - Friday 6th December

We're going to the panto again (Oh yes we are!) I know it's only April, but we wanted to make sure we could go on our chosen date, so we are booked in to the Tyne Theatre, Newcastle, to see Snow White and the Seven Dwarves.

The coach will pick up at Chrysalis Club and Prudhoe to arrive in time for the matinee performance. We will stop off for a meal on the way home and the coach will then take us back, stopping at Prudhoe and Hexham.

There will be no Chrysalis session at Hexham on Friday 6th December.

If you would like a ticket, please let us know in good time, so that we can book.

For more information contact: [Janet@chrysalisclub.org.uk](mailto:Janet@chrysalisclub.org.uk)





## Carers and After-Carers Support

### Carer Support Group

In May we will be getting together on **Wednesday 1st May** - 1.45pm - 3.15pm at Chrysalis Club.

All Chrysalis carers are welcome! Booking in advance is helpful for planning.

Any feedback about the group and suggestions for speakers etc is also welcome.

Our June get together will be **Wednesday 5th June**.

Mel x

For further info contact: [mel@chrysalisclub.org.uk](mailto:mel@chrysalisclub.org.uk)



Mel: Carer support admin and premises officer

### After-Carers Social and Support Group

Mel met with three after carers at the Rising Café in Hexham on Friday 26th April. They enjoyed a delicious lunch and sneaked in a sunny walk around the Sele, just in time before the rain started to fall.

This is a welcoming support group open to Chrysalis carers whose loved ones are in residential care or who are bereaved.

In May we will be catching up on **Friday 24th May** (please note a change from the last Friday for this month) - venue TBC.

For further info contact: [mel@chrysalisclub.org.uk](mailto:mel@chrysalisclub.org.uk)

### 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!



## Activities

### Marvelous Miniature Gardens with Carl

We had great fun making miniature gardens. Who knew we had so many landscape gardeners in our midst? Carl brought in loads of different materials to chose from, including pipe cleaner flowers, lace daisies, beaded trees, buttons and wallpaper for ponds, paths and lawns, twigs and stems of plants for trees, and felt pieces to make animals from.



### Super Sport with Smile

We have had several sessions of fun sports activity this month. It is always a great way to get some gentle exercise in fun activities. There is always a lively atmosphere in the room, with lots of laughter and a definite competitive spirit emerging. Here we are with Gareth.



## More Activities...

### Singing with Ian

We have had another harmonious and fun singing session with Ian. It is always a good humoured session, and we enjoy hearing Ian's anecdotes. One session we were even treated to a duet too!



## Even More Activities ...

### Yoga with Rachel

We had a lovely calm and mindful Yoga session run by Rachel this month.



### Print Making with Mel

A new activity this month in our range of arts and crafts has been screen printing. It took a bit of getting to grips with, but building up the designs with different stencils and colours produced some brilliantly decorated canvas shopping bags, which always come in useful!

