

Newsletter

February 2024



Chrysalis Club
Tynedale

Some of the Varied Activities at Chrysalis Club!

Each month there is a very varied range of activities including singing, music, movement to music, sports, art, pottery, crafts and dominoes, to mention a few. Here are some recent photos with more details in the newsletter.



Training has begun for the Great North Run on 8th September

We are very pleased to have been allocated 5 places for the Great North Run this year. Ruth, Ruby, Gill, Ellie and Maddey will be running to raise funds for Chrysalis Club.



We are hoping to raise the profile of Chrysalis by posting updates on the training schedule on social media.

Here are Ruth and Ruby, two of our fantastic volunteers on the first session of their training programme.

Keep a look out for our runners' training progress.

We wish them and the other runners raising funds for Chrysalis Club all the best with their training, hopefully blister free!



News from Rosie!

Hello Everyone

Well I hope you have all recovered from Christmas and this is traditionally the time of year when people are going on diets – some of them with amazing names! I hope you are not in the middle of one of these. It is lovely to see the snowdrops coming through and we can look forward to the spring days coming soon.



Rosie: Chrysalis' Chair

After the board meeting this week the trustees would like to thank everyone who stepped up when we had an unscheduled power-cut last week. This includes the staff Mel (who made hundreds of phone calls behind the scenes) and Gina, the volunteers and the tutors. We were lucky that Adapt could accommodate us and we managed to run the 2 sessions. I felt we did well under the circumstances as apparently the schools in the area sent the pupils home – a nightmare for working parents.

Chrysalis continues to attract more new members and places in the sessions are in high demand. Unfortunately we are now going to have to charge for late cancellations, as a place will have been allocated and we have had to disappoint someone on the waiting list.

As well as attracting new members we are attracting new volunteers; I have enjoyed inducting some high quality volunteers over the last couple of months. We also have a couple of new admin volunteers, most recently Elisabeth who is an Event Planner and already proving very useful.

Sadly Poppy who was our latest recruit as a trustee has decided she hasn't really got the time at the moment so has resigned as a trustee but will help out when she has the time. Penny, who was a trustee and then a volunteer is not too well at the moment; we wish her a speedy recovery.

We have some great trips planned for the spring – cinema and theatre trips and another trip to Hexham races. We are tight for numbers at the races so please book ASAP. The recent Ceilidh night was well attended and there was lots of laughter and smiley faces; thank you to everyone who supported the evening. Thank you also to Trustee Mike for all his work on Chrysalis' side; the Charlotte Straker team also worked really hard.

I am looking forward to a long weekend away. We are going to Whitby to see my horses, taking the dogs and meeting up with friends - a nice winter break.

Rosie x

Fundraising

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

We are very grateful to this fantastic event as they have nominated Chrysalis as one of the charities they are supporting this year. It's not just fabulous real ales and cider - other drinks are available. Every day has a different music line up.

Tickets are now on sale online starting at £7.50 with free entry for children and under 18's -

www.tynedalebeerfestival.org.uk/tickets/

The festival takes place at Tynedale Rugby Club, Corbridge with 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



Haydon Bridge Festival - Saturday 8th June

All monies raised by the Festival are donated to local charities, and this year they will be supporting Chrysalis.

Held in the ground 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 performers.

News

Sad News

Unfortunately this month we are the bearer of some sad news.

Bob, our long standing volunteer had had health issues lately and so we hadn't seen as much of him and has sadly died. He was an amazing volunteer and gave many hours to Chrysalis - caretaking, parking attendant and supporting members were among his talents. He had been with us around 10 years and we are very grateful for his dedication and loyalty to Chrysalis.



Our lovely member **Marion** sadly passed away recently. She regularly attended our Wednesday Hexham sessions with her lovely husband Martin and they were quite the double act, being a devoted couple. Marion made sure that Martin was doing things right - especially in our sports sessions where she was surprisingly competitive. She always arrived at our sessions beautifully turned out in bright jewel colours, wearing a coordinating necklace and giving us a smile that lit up her face! We will all miss Marion at our sessions and that lovely smile. We are thinking of Martin, Marjorie and the whole family at this sad time.



One of our former members, **Freda**, has sadly died; although we hadn't seen her for a while after she moved to a residential home, we remember her beautiful smile and lovely personality. She particularly enjoyed Carolyn's craft sessions and making planters in gardening. However she enjoyed all the sessions and was always happy to be out socialising with us here at Chrysalis. We missed her when she moved into care and are sending our thoughts and love to her family and friends.



Upcoming Trips

Planetarium Show at the Twice Brewed Inn - Tuesday 27th February

We're going to see a film in the purpose built 360 degree immersive dome that brings to life the universe. The planetarium is at the Twice Brewed Inn, near Hadrian's Wall. It is next to the Sill.

This stunning, 30-minute voyage through space and time conveys, through sparkling sights and sounds, the Universe revealed to us by science. From Earth to the Universe, we take you out to the colourful birthplaces and burial grounds of stars, and still further out beyond the Milky Way to the unimaginable immensity of myriad galaxies. Along the way, you will learn about the history of astronomy, the invention of the telescope, and today's giant telescopes that allow us to probe ever deeper into the Universe.

There will be a coach to get us there and back, and we will have a meal after the show.

For more information contact: Janet@chrysalisclub.org.uk



Janet: Trips and Prudhoe coordinator



Walk at Tyne Green, Hexham - Tue 12 March

We will be hoping to enjoy the spring sunshine with a walk on Tyne Green, Hexham followed by coffee at Café Enna.

For more information contact: Janet@chrysalisclub.org.uk



Tyne Valley Film Festival—Friday 22 March 1pm

We are arranging a trip to a dementia friendly screening as part of the Tynedale Film Festival this year. The showing will be of the fantastic film Calamity Jane starring Doris Day.

The show will be starting at 1, so you can meet us there from 12:30. There will be no lunch or afternoon session at Chrysalis on Friday 22nd. Further details will be posted in the newsletter as we get them, but for any queries, please contact: Janet@chrysalisclub.org.uk



Upcoming Trips

Hexham Races - Tuesday 9th April

We're off to the races again. Hexham Races has kindly offered us a box for the meeting on Tuesday April 9th. Hexham is known as one of the most scenic jump racing courses. 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.



I wonder who will pick the winning horse this time? Our last visit was great fun in November so please let us know if you are interested in joining this trip.

For more information contact:
Janet@chrysalisclub.org.uk

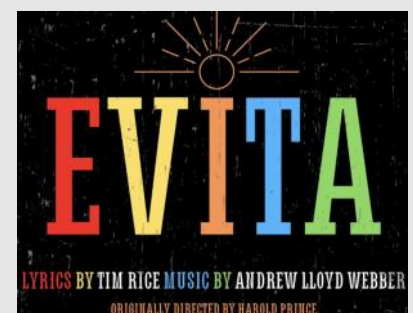
Evita at the Tyne Theatre, Newcastle – Thursday 11th April

We still have places available to see this fantastic musical staged by West End Operatic Society (WEOS) Musical Productions. So let us know if you would like to join the trip.

This epic follows the story of Eva Duarte, who sought fame and fortune in the streets of Buenos Aires, rising to become Eva Peron, the most powerful woman in Latin America. Join us to watch the progress and ultimate demise of this fascinating and ambitious figure in a thrilling and fantastic musical, which includes well known and award winning songs such as Don't Cry for Me Argentina, Another Suitcase in Another Hall and Oh What a Circus.

The coach will leave Hexham and pick up in Prudhoe to arrive in time for the matinee performance.

For more information contact: Janet@chrysalisclub.org.uk



Trips This Month, News and Diary Dates

Bowling at Wentworth Leisure Centre - Tuesday 30th January



We had a very enjoyable morning at Wentworth Bowl, with members discovering skills they didn't know they had! We had several "Strikes" (all of the pins knocked down on the roll of the first ball), lots of "Spare" (all of the pins knocked down on the roll of the second ball) and maybe just one or 2 that didn't hit the mark at all! It was great fun, and a lovely opportunity to have a really good chat.



Jigsaw Puzzles - We have been donated a number of jigsaws of 500 and 1000 pieces which we no longer need - if anyone would like them please ask in the office, otherwise we shall take them to the charity shop.



News from the Sessions

Our Friday sessions are proving a great success, with some already fully booked. As all our sessions are in high demand, we need to ask for 48 hours notice for all cancellations, otherwise a late cancellation charge of £10 will be requested. This notice period will enable us to offer an available place to our waiting list.

Dates for you Diary

- Wednesday 14th February - Carers Support Group
- Tuesday 27th February - Planetarium Show
- Friday 7th March - After Carers Support Group
- Tuesday 12th March - Walk at Tyne Green
- Friday 22nd March - Tyne Valley Film Festival Calamity Jane
- Tuesday 9th April - Hexham Races
- Thursday 11th April - Evita at Tyne Theatre in Newcastle
- Saturday 8th June - Haydon Bridge Festival
- Thursday 13th - Sunday 16th June - Tynedale Beer Festival

For more information on any trips contact
Janet@chrysalisclub.org.uk

Carers and After-Carers Support

Carer Support Group - Change of Date!

We usually meet on the first Wednesday of each month but please note that the February group will run on **Wednesday 14th Feb 1.45 - 3.15** and includes a visit from Daniel McKay, **Carers Northumberland** - a chance to learn more about the services and support they can offer.

Please contact Mel for further info: mel@chrysalisclub.org.uk



Mel: Carer support
admin and premises
officer

After-Carers Social and Support Group

We usually meet on the last Friday of each month but please note that the February group will go ahead on **Friday 1st March** - meet at The White Swan in Ovingham 12.30 for lunch, social and mutual support. For those that wish to we also have the option to pop over the bridge for a little walk along Tyne Riverside Country Park to work off our lunch afterwards!

If you are bereaved or your loved one is in residential care and you would like to join the group please let Mel know.

Please contact Mel to book or for further info: 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!



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!



Activities

Downtime Between Sessions

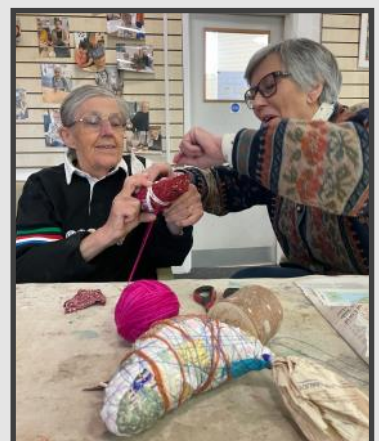
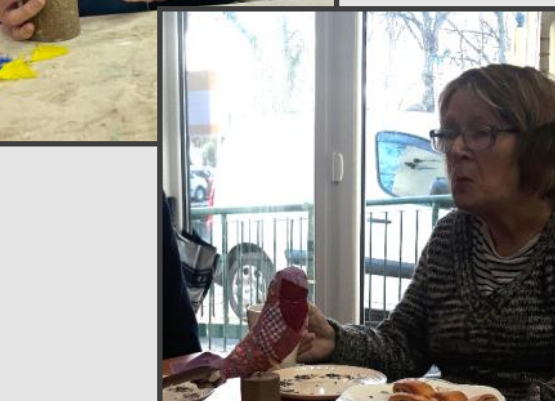
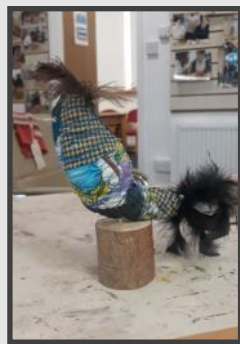
Coffee time is an opportunity to chat and socialise, develop friendships and have fun. Some of our members prefer colouring, some a game of pool, others thrive on the competition that a game of dominoes can bring or the teamwork of a group craft project - we leave the choice up to the members!



More Activities

Patchwork Birds with Carl, our Art Tutor

We had two fantastic sessions with Carl this month making patchwork birds including a golden parakeet. Carl brought along a huge variety of fabrics to choose from - something for everyone. From pretty florals and quirky prints to sparkly and iridescent fabrics. The room was buzzing with chatter, activity and teamwork to create these fabulous creatures. One member opted to make matching hats for his bird and himself!



More Activities

Pottery - Rustic Soap Dishes

In our January pottery sessions we have been making 'rustic soap dishes'. This included developing our slab-building, joining and texturing skills to make pieces which are both decorative and functional. There are some beautiful creations and Mel will be coating them all in stoneware glaze. Look out for some photos of the finished pieces coming soon.



Don't forget to give us a follow:



@ChrysalisClubTynedale



@Chrysalis_Tyne



@Chrysalis_Tyne

More Activities

Boccia (pronounced Bot-cha)

Being quite new to Chrysalis Club, I hadn't seen Boccia played before. I noticed that there is a definite competitive spirit in the room, with lots of chatter and laughter going on in this session.

Boccia is similar to bowls and pétanque, and originates in South America. More recently it has become a Paralympic sport, introduced in 1984. The balls contain plastic granules so they don't bounce but still roll.



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 Activities

Craft Sessions with Carolyn

This month has been very crafty, with two sessions led by Carolyn. In the first we made wobbly snowmen with googly eyes, including a very creative pirate snowman (hiding in the background). In the second session we made frogs with tongues that unroll when you blow into the straw.






Volunteers wanted!

If you could help our members engage in activities such as pottery, sport, art, singing or crafts, why not become a volunteer?

Please contact us, or visit our website for further information:
07760 124 539
info@chrysalisclub.org.uk
www.chrysalisclub.org.uk

Happy Birthday!



 @ChrysalisClubTynedale
 @ChrysalisClubTynedale
 @Chrysalis_Tyne

Prudhoe and District at Wylam

Movement to Music with Sophie

The first session this month was very lively with Sophie's brilliant musical choices. As usual there was lots of chat, giggles and singing along to some of our favourite tunes. This was followed by golf pong and golf target games and quoits. We were so busy having a good time that no-one had time to take photos!

Pottery with Mel

Mel also visited us at Prudhoe for a fantastic pottery session making soap dishes. The slab-building, joining and texturing skills focused everyone's attention, but we made some beautiful dishes which are both useful and decorative. Once they have been glazed by Mel, look out for photos of the finished work.



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