

# Newsletter

March 2022



Chrysalis Club  
Tynedale

February saw us drumming, walking, playing tennis and getting active! What will March have in store? Take a look below...

## Some of our activities last month...



### Carer Support

Hello! It's Mel here. I've been enjoying meeting lots of you lovely folk or talking to you on the phone over the last few weeks. I'm arranging some activities and nice things to do with carers; suggestions so far have included visits to National Trust properties, walks, lunch at Chrysalis or out and about. Also, if you just need a friendly ear or signposting to another means of support then just let me know. I'm here for you so please let me know what is important to you:

[mel@chrysalisclub.org.uk](mailto:mel@chrysalisclub.org.uk) 07376331426

### Trip to The Sill

As restrictions lift we have decided to bite the bullet and have a trip out. We are going to The Sill at the end of March for lunch, a roof-top walk and bird feeder making. Please contact us for more information or to book a place. It will be lovely to all get out again - fingers crossed for good weather!



## News from the board

Hello Everyone! I hope you are all well. The winds have been strong lately and we have had some rain which will please the gardeners and farmers but not everyone!!

Well we have had a good month. The AGM, although virtual and 'partyless', went well; thank you to those who attended on the day. We have yet to send out the annual report, with all the finance details in, but it is all prepared so it won't be long in coming. If you haven't got your name down to receive a copy please contact [info@chrysalisclub.org.uk](mailto:info@chrysalisclub.org.uk)

We have started the Pilot Project of all day sessions and the first one went well. We are very much feeling our way with this and being careful that members do not become distressed. We have a draft criteria started and can share this with anyone interested as soon as it is ready.

Our new project for carers, who are no longer caring in the community, has started successfully.

We are so grateful to our skilled band of volunteers without which Chrysalis would not be able to function in its present form. This year it has been lovely to recruit quite a few younger volunteers which brings a different perspective to the sessions. We currently have a psychology student, Caitlin from Northumbria University, and Chrysalis has been invited to do a presentation to the Uni to try and recruit students for next year. Thanks to Penny for preparing and delivering this.

The daughters of our lovely member Belle, who sadly passed away before Christmas, are holding a party in her memory at the Chrysalis premises on April 3rd. All her friends from Chrysalis are invited so please contact us if you would like to come. Belle loved a party and music and dancing so it will be lovely to celebrate her life at this party.

Volunteers Lorraine and Pam and myself attended Ron Conolly's funeral earlier this month. Although it was a sad occasion it was lovely to see so many friends attending the funeral and hear about his earlier life. Ron was a lovely man, a true gentleman and a great supporter of Chrysalis. RIP Ron.

Chrysalis was very grateful to receive our first legacy, from a family we had supported. It was a lovely surprise to receive this and brilliant that someone was grateful for what Chrysalis had done to support their family.

Liese our Prudhoe co-ordinator, be-friender and counsellor, sadly lost her Dad recently; our thoughts are with her. She has bravely returned to work on a reduced workload.

I was very relieved to finish the funding bid for the centre improvements; a lot of time and effort goes into these bids and I perform a little jig when I eventually press 'submit'!! We just have to wait now with our fingers crossed.

The organisation for Mike's sponsored bike ride is progressing - we are currently trying to find a Just Giving type organisation which doesn't take ridiculous amounts of commission and set-up fees and then we will get sponsor forms printed up.

I look forward to seeing you all soon and hope you stay well and happy in the meantime.

Rosie



## Creativity!

### Arts and crafts

Carolyn's sessions are always popular...this month we celebrated Chinese New Year, and alongside making amazing Chinese Dragons, we ate noodles with chop sticks!



Don't forget to give us a follow:  
[f](#) @ChrysalisClubTynedale  
[i](#) @ChrysalisClubTynedale  
[t](#) @Chrysalis\_Tyne

### Pottery

We added to our pottery village with Mel...look out our for the glazed and fired results on our social media accounts!



## What's on!

### Volunteer Forum - 'How We Can Support and Look After Each Other'

These past two years we acknowledge that everyone has experienced stress and challenges during the pandemic and there is a need for sensitivity and understanding of this, and that's how we decided on the above theme for our forum.

The forum will include an update on Chrysalis, a short training session, lunch and a 'treat' – a hand massage by a qualified practitioner! How lovely!



### Annual Tyne Valley Film Festival

On Wednesday 23rd March at 1pm, Forum Cinema Hexham is putting on a Dementia Friendly Screening of the classic *Singing in the Rain*, as chosen by our members here at Chrysalis Club Tynedale. Forum Cinema Hexham's 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. The cost will be £6 per person with carers free. Doors open at 12:30, so why not arrive early and make use of their Café Bar? Forum have a chair lift up the main stairs, a platform lift up the stairs into the auditorium and 2 wheelchair spaces in the auditorium.

**TYNEDALE  
BEER  
& CIDER  
FESTIVAL  
FRIDAY 17  
TO SUN 19  
JUNE 2022**

### Tynedale Beer Festival - Call for Volunteers!

The Tynedale Beer Festival has been scheduled for Friday 17th - Sunday 19th June at Tynedale RFC's ground in Corbridge. Volunteers are required behind the bars (beer, wine, gin and soft drinks) as well as selling tickets, tokens and food on:

Friday 2-6 and 6-11

Saturday 12-6 and 6-11

Sunday 12-4 and 4-7:30

In addition, volunteers are needed for setting up and taking down, 13th-17th and 20th-21st.

The Festival is always a fun filled event with around 120 real ales, a great selection of food, fantastic live entertainment and good humour in abundance. If you can help then please contact David Kendall on [emtriday@aol.com](mailto:emtriday@aol.com)



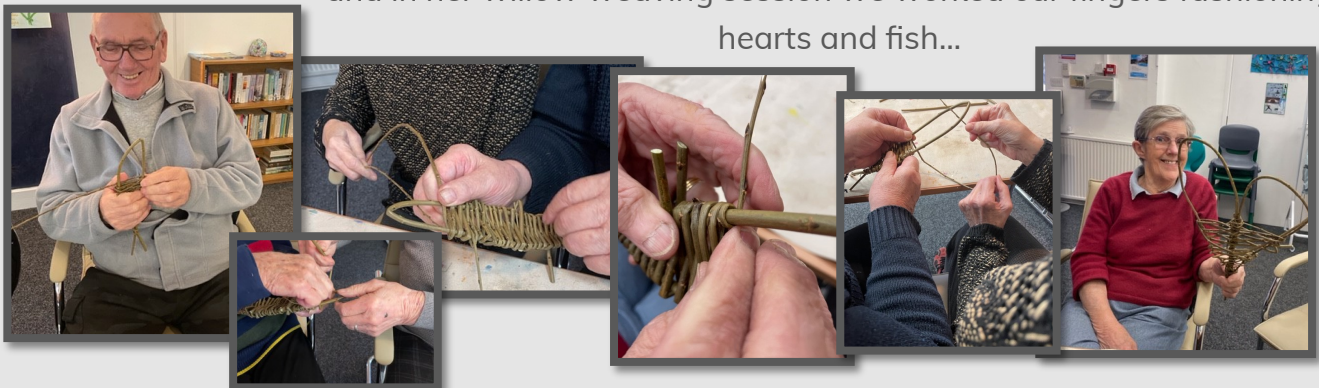
## Activities

### Woodcraft

Deni ran a “Wet Felting” session for us. What a lot of pummeling, thumping, rolling and flattening...



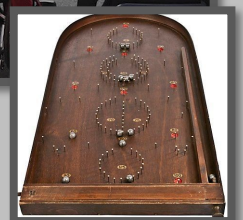
and in her willow weaving session we worked our fingers fashioning hearts and fish...



### Sport!

Tennis, sports and games featured in our February activities. Liz put us through our paces with a wide variety of “stations”, including golf, tin-

can alley, bowling and a gentle game of bagatelle (kindly donated by Bernice and David). And table tennis and pool are always on offer!



## Prudhoe District Chrysalis Club 1st and 3rd Tuesday of the month

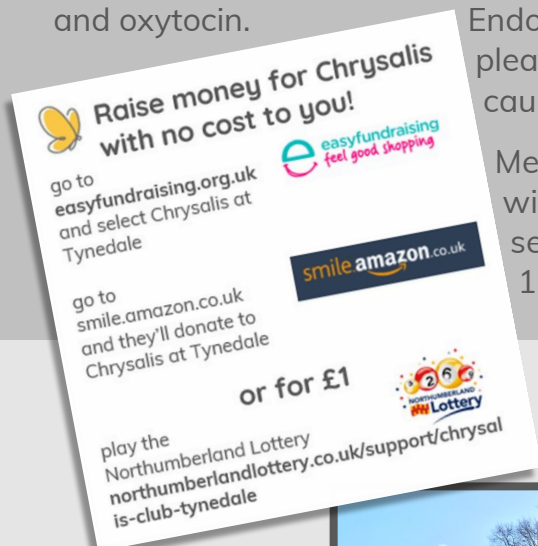
Hi folks, Liese here! Just an update about the Prudhoe District section of Chrysalis Club. We meet at St Oswin's Church Hall in Wylam from 1.30pm to 3.30pm.

Our next session is Pottery with Mel on Tuesday 1<sup>st</sup> March. Our session will start with 10 minutes of energise and mobilise with Liz (our qualified physiotherapist) featuring exercises and movements to music that can be done sitting or standing, followed by Pottery with Mel, and then an afternoon cuppa, social chat and 'all together' activities.

On Tuesday 15<sup>th</sup> March you are invited to join us for an afternoon with the 'Robson and Younger Duo' players/singers. We shall be having a 'Music Hall' style lovely sing along with them as well as an opportunity to have a little dance for those who wish to. Did you know that singing is a great form of expression and communication that makes us feel great and has many health benefits? This includes psychological benefits too as it releases endorphins and oxytocin.

Endorphins are hormones that increase feelings of euphoria and pleasure. Oxytocin is also known as the "cuddle hormone" because it is released when people snuggle up!

Members are more than welcome to mix and match sessions with the Hexham venue, but booking is essential. Prudhoe sessions can be booked by contacting Liese directly on 07444 136955.



## Our first trip of the year—a walk along Tyne Green!

Some happy memories were made with our first ever walk along Tyne Green; it was lovely to see people socialising and enjoying the fresh air!

It was a chilly but beautiful sunny day when we set out.

We walked together, with our two leaders Yvonne and Liz guiding us, chatting and enjoying the view.

Some of us chose the longer route, and some decided that bacon sarnies were calling!

We all met back together at Café Enna, which I would certainly recommend if you are out and about. And we timed it perfectly, as the heavens opened!

Look out for details of next month's walk on Thursday 17th March!





## Drumming with Simon!

Simon Wood ran drumming sessions at both Hexham and Prudhoe. We sang, tapped, rapped, patted, clapped, knocked, and danced. "Phenomenal" was an understatement! If you'd like to visit Simon's website go to [Simonwoodmusic.com](http://Simonwoodmusic.com), or follow him on Facebook:

@SimonWoodHandpanMusic



## More Music!



### LIVE Concerts at home

Newcastle University are not in a position to offer events, concerts or recitals on campus right now, and unable to have live audiences in the King's Hall. However, the university welcomes you to view its series of free, online virtual 'concerts' – **“LIVE Concerts at Home”** The concert recordings will be available via the International Centre for Music Studies' YouTube channel [www.youtube.com/c/musicnewcastleuniversity](https://www.youtube.com/c/musicnewcastleuniversity)

For further information go to <https://www.ncl.ac.uk/events/live-music>



### Live Music at Wark Town Hall

Do you enjoy our singing sessions with Ian? Then why not book tickets to see him at Wark Town Hall on Saturday 26th March at 7:45?

Ian, a seasoned singer/songwriter guitarist who features at festivals across the country,

will be performing with Bridie Jackson *“self-deprecating and playful, Jackson moves effortlessly from the personal to the political. Her voice is pure, powerful and hauntingly beautiful”* - Narc Magazine

The hall will be comfortably spaced with COVID safe numbers. Tickets cost £10 and need to be reserved with Ian on [ikbian@aol.com](mailto:ikbian@aol.com)



Should you know of any potential new members who are interested, please let them know that their first session is free, and further sessions are charged at £12. Ask them to give us a ring on 01434 408080, or drop us an email [info@chrysalisclub.org.uk](mailto:info@chrysalisclub.org.uk) for further information, or to book a place.



And finally...

## Pen Portrait

This month's Pen Portrait features Helen, one of our trustees

### **What is your role in Chrysalis?**

I am on the Board of Trustees. I have the official title of being Secretary to the Board - not as much typing as you may think! I have been on the Board for about 6 years now. I am currently responsible for producing our policies and procedures - from safeguarding and complaints to safe employee and volunteer checks. I do my best to ensure that as an organisation we recognise and comply with our duties and responsibilities to our members, their families and carers and our volunteers. I try to make sure that everything we do is lawful.



### **What roles have you held in the past?**

I hope you are sitting comfortably! I think you may be able to tell that I am from Scotland - Edinburgh, in fact. I was in a hurry to leave school at 16 years old and went in to a Solicitors' office as an office junior. I left there to become an audio typist having taken typing and shorthand exams at night school. I then moved to work for Sheriff Officers (Bailiffs to those in England) as a travelling typist. This meant that I covered holidays and sick leave in the offices all around Scotland from the Borders to Inverness. The Dundee accent was particularly challenging when I was asked to answer the phone! I then got married to a Geordie and moved to Hexham. I started work for Smith Gore in Corbridge as a receptionist. After a year, I moved to work in the Magistrates' Courts' Office in Hexham as a Court Administration Assistant. I was then offered the chance to train as a Court Clerk, running the court and advising the Magistrates on the law. I studied while working full time and qualified by doing a distance learning course through Nottingham Trent University. Once qualified, I moved to North Tyneside Magistrates' Court. I was then given the opportunity of undertaking the Legal Practice Course to become a qualified Solicitor. This time, I was given the chance to be paid while studying full time. Once qualified, I moved into private practice supporting clients with divorce, family law and criminal matters. Byker Police Station at 2am is no picnic when you need to get up for work the next day! I then moved to a practice in North Shields and then their office on the West Road, Newcastle. After 3 years in private practice working silly hours, I moved to Newcastle City Council to deal with child protection cases. I have remained with the Council but changed positions to adult social care and then to deal with contractual and commercial matters for children, adults and public health.

### **What are your hobbies?**

My range of hobbies has been curtailed since being diagnosed with chronic fatigue syndrome. I did scuba dive, rock climb and hill walk. I now have less strenuous hobbies such as walking the dog, tending to my allotment, gardening, baking and reading. I don't bake too much because otherwise I eat it which is not good for the waist line!

See you next month for more news, features and another Pen Portrait!