

Newsletter

September 2022



Chrysalis Club
Tynedale



Welcome back!

After a break for August, the newsletter is back! Over the summer we've been busy - we've got an alpaca visit, an intergenerational project, cycling, crafts, sports and lots more to report on, so put your feet up and enjoy...

Cycling Without Age Prudhoe

On 2nd August, Cycling Without Age Prudhoe paid a visit to our Wylam session.

Kathryn and Tony were our pilots, and they did a great job, with the smiles saying it all!

The cycle track is very handy for our sessions at Wylam Church Hall. If anyone missed it, and would like to give it a try, they can contact Cycling Without Age independently

(prudhoe@cyclingswithoutage.org.uk) and book a ride...perhaps Prudhoe Riverside Park to Wylam and back via the cafe?



News from the board

Hello!

We have had a great month at Chrysalis. We have some huge totals to report from our wonderful fundraisers, the IGP was a great success, and we have new members of staff to complement our team.

One thing to be aware of is that the sessions' fees increase from November 1st; as previously reported, they will go up to £15 per session.

The fundraisers have done fantastic work for Chrysalis and raised an unbelievable amount of money. Kirk who organized the family fun day raised over £5,000 for us. Mike and his cycling buddies have raised almost £10,000 and the Geordie Chapter (Harley Davidson men!) have also raised almost £10,000. This is amazing and has enabled Chrysalis to fit the new windows and door, and to employ someone to co-ordinate trips. We are also researching a new project: building a model railway – watch this space!

On the subject of fundraising we also have Debbi walking the Chiltern Way whilst raising sponsorship money for Chrysalis. We then have the Tynedale Gift Fair at the end of October to look forward to, where we are their charity of the year.

The IGP concluded with an open day for all those who were involved, with our patron, Mari Hannah, unveiling a commemorative plaque. It was an amazing afternoon to end such a lovely project.

Most of you will be aware that we have employed Janet, our lovely volunteer, to organize trips, so don't be shy in making suggestions to her! We have also employed Lucy (funded by the lottery and the social enterprise support fund) as an extra co-ordinator and a marketing officer; she will do a few hours in September and start properly in October. Gina has been promoted to Lead Co-ordinator; I am sure you would all agree she does a sterling job. She will now oversee the whole project and the other staff will report to her.

The last piece of news from the board is that we have a date for the AGM – Wednesday October 12th at 1.30pm; some of you will remember the joyful parties associated with 'live' AGMs in the past! There is a short bit of business followed by tea, cake, music and dancing. Put the date in your diary! Rosie x

Intergenerational Project

Intergenerational Project

Last Thursday we held the final session of the Intergenerational Project. It was an amazing afternoon. We had Mari



Hannah, our patron, to unveil the plaque and people enjoyed



talking to her about her books, set in the local area. We had all 8 children attending with parents, grandparents and friends. The head-



mistress came as well as Sharon, our lovely volunteer, who also doubles up as a teacher at the school. Two of the members who took part in the project attended, as well as several volunteers. All together there were around 40 people

all chatting together and enjoying lots of cake!!



Crafting and pottery

We have been very artistic this month. Thanks to Carolyn for her crafts and Mel for her pottery...



News

We are expanding! - new Tuesday sessions at Hexham

On the first Tuesday afternoon of the month, Chrysalis hold sessions for Prudhoe and district at Wylam Church Hall.

Now we are expanding! From September, we shall be holding additional sessions on the third Tuesday afternoon of the month at **Hexham**. The first one will be on 20th September, and will be an arts and crafts session. Please get in touch if you would like to come!



Request for plants!

Are you a gardener? Do you have any perennials that need splitting, or cuttings that could be taken? If so, could we have some? If

you could pot them up for us, our lovely volunteer Sen-ga will nurture them over the winter ready to sell at the Charlotte Straker Fete next



year. Drop us an email to info@chrysalisclub.org.uk and we will arrange pick-up!



Comments about Chrysalis:

"She just loves going to chrysalis, it's her club and she loves to see her friends there"

"The Chrysalis Club is such a perfect, amazing place, you are all heroes and angels"

"It was magic"

"We had a brilliant afternoon"

If you have any feedback for us, please let us know!

Fundraising

Raise money for Chrysalis with no cost to you!

When you are next shopping on Amazon, go to <https://smile.amazon.co.uk> instead, or use the QR code on the right. Select Chrysalis at Tynedale as your charity, and they'll donate 0.5% of the purchase price to us, at no cost to you!

You can also do this if you have a prime account, so what have you got to lose?



PayPal
Giving Fund



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.

Carer Support Update

It has been good to see how well-attended our Carer Support Group has been over the last few months. All Chrysalis carers are welcome to attend this group; it is a chance to meet other carers, share experiences and gain a bit of mutual support (with tea/coffee and cake of course!) Also, if you have any suggestions or requests for practical information or speakers on a particular topic that might be helpful for the group, please let me know. The next meeting is on Wednesday 7th September 1.45 - 3.15.

The After-Carers' Group enjoyed a meet-up for lunch at The Errington Coffee House at the end of July and are due to meet on Friday 26th August at The Queen's Hall for lunch and to look around an exhibition. Plans are underway for September/October meet-ups which may include the Tanfield Railway, Wallington or Kirkharle. This is a small, welcoming group for social and support of Carers who have been bereaved or whose loved ones are in residential care. Please let me know if you wish to receive information or book to join in any After-Carer meet-ups. Mel x

Alpaca Encounters

On 25th July we were paid a visit by “Windsor” and “Out of the Shadows”, two Nero Black Alpacas from Alpaca Encounters at Lowgate. We learnt about them, admired them and petted them; they were nearly very well behaved! We all came away feeling good, having met these “long-necked sheep” as Frank calls them! If you would like to see more of the Alpacas, take a look at their website:
<https://alpacaencounters.co.uk/>



Singing with Ian

We've had some lovely singing sessions with Ian recently. If you check out our facebook page you might find his Elvis rendition! Although he's been away at many festivals this summer, he always makes time for a visit to Chrysalis! Thanks Ian - you make our day!



Sport

Sport has featured a number of times on our activity timetable: it's fun and competitive!





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Looking for a space to rent in Hexham?

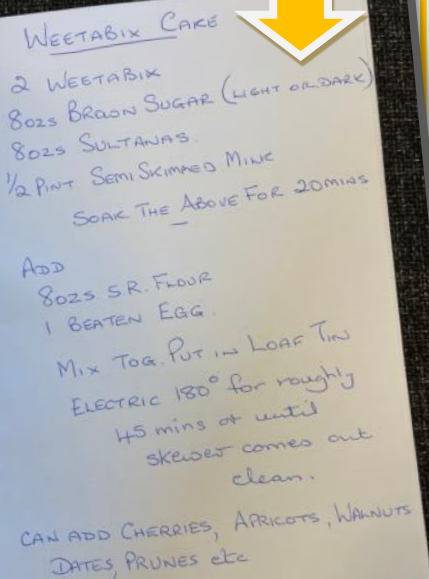
Chrysalis Club rents rooms for your meetings, events and activities in our light and airy building, conveniently situated close to the centre of Hexham on Corbridge Road. Currently we have availability most evenings, and some availability on Tuesdays, Thursdays and Fridays.

Prices from £12 per hour

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

Weetabix Cake

If anyone would like to make Pam's famous Weetabix cake, here's the recipe






WEETABIX CAKE
2 WEETABIX
802S BROWN SUGAR (LIGHT OR DARK)
802S SULTANAS
1/2 PINT SEMI SKIMMED MILK
SOAK THE ABOVE FOR 20 MINS

ADD
802S S.R. FLOUR
1 BEATEN EGG
MIX TOG. PUT IN LOAF TIN
ELECTRIC 180° for roughly
45 mins or until
skewer comes out
clean.

CAN ADD CHERRIES, APRICOTS, WALNUTS
DATES, PRUNES etc

Social Media

 @ChrysalisClubTynedale
 @ChrysalisClubTynedale
 @Chrysalis_Tyne

Website

 <https://www.chrysalis-tynedale.org.uk/>

Dates for your diary

Wednesday 7th September - Carer Support Group

Friday 16th September - Golf at Matfen Driving Range

Wednesday 12th October - AGM

Thursday 15th December - Beauty and the Beast Panto at The Tyne Theatre

And finally...

Pen Portrait: Janet Brook—Trips Co-ordinator

I first heard about Chrysalis a few years ago from my friend Sharon, who is a regular volunteer. My first real experience of the club was in November 2019, when my dog had a litter of 5 puppies; I was very keen for them to be as well socialised as possible before going off to their new homes, and so asked if I could bring them in to a Chrysalis session, so that they had the opportunity to meet a large group of older people. It was great fun - for both puppies and members!



I have had passing encounters with people living with dementia over the years, but my first real "hands on" experience came 2 years ago when I started to care for my neighbour who has Alzheimers. I visited him regularly in his home, and got the impression he was lonely and could really benefit from the social side of Chrysalis. With the agreement of his family, I asked him if he would like to go. On day one he was very anxious, and said he couldn't do it - but with lots of gentle persuasion, we went, and haven't looked back since! It is now the highlight of his week and he enthusiastically joins in with all the activities (though coffee and cake time are the most popular!)

Things took a change earlier in August when I was appointed as Trips Co-ordinator for Chrysalis, so I am very excited to be a member of the team, and look forward to lots of lovely days out with you all. Please get in touch if you have any suggestions of places that could be good for us to visit!

Away from home, I love to have lots of adventures in my campervan - going to music festivals and travelling throughout the UK and Europe. I also love walking my 2 dogs and cooking.

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