

Newsletter

December 2023



Chrysalis Club
Tynedale

A Fantastic Day at Hexham Racecourse!

What a wonderful day we had at Hexham Races (Britain's most scenic course). The weather was lovely, the staff very helpful and friendly and our members and volunteers really enjoyed their day.

For many it was a first time visit to a race meeting but I have a feeling it will not be the last judging by the smiles and laughter on the coach home.



St Andrew's Church Tree Festival, Corbridge

If you are in Corbridge in the first week in December, why not check out the Christmas Tree Festival competition and see if you can spot our entry. The theme is snowflakes and we have been making all our own decorations in craft sessions.

Opening times

Friday 1 December	9.30am to 6.30pm
Saturday 2 December	9.30am to 6.30pm
Sunday 3 December	11.30am to 5.00pm
Monday 4 December	9.30am to 8.00pm
Tuesday 5 December	9.30am to 5.00pm
Refreshments	10.00am to 4.00pm



News from Rosie!

Hello Everyone

Well – the weather is getting a bit chillier and we had snow lying this morning where I live, out in the sticks! The roads were a bit tricky for the first 12 miles but once I was on the A1 it was fine. The dogs were excited to see the snow and had a silly half hour playing in it.



Rosie: Chrysalis'
Chair

News from the board – we are delighted to welcome Poppy Coles to the board. Poppy is a qualified Occupational Therapist who, like all members of the board, has personal experience of dementia. She has also explored the facilities other areas and even other countries provide for people with dementia and their carers. She is young and brings a fresh approach to the board and we are all delighted to welcome Poppy. This brings us up to 6 trustees. We are a very functional board with a hands-on approach and I am grateful for the time and energy they all put into Chrysalis.

At the moment trustees Mike and Sheelagh are planning a Ceilidh as a joint fundraising event with Charlotte Straker Care Home. This is to be held in Corbridge at the beginning of February. Please let us know if you would like some tickets.

I really enjoyed the trip to Hexham Races and I think everyone had a lovely time. Someone (who was a friend!) won the pool money two races in a row so he went home very happy! We all put £1 in the bucket and the person who had the winning horse scooped the pool.

This meant no-one had to spend a fortune but had a horse to follow in each race. Thank you to Janet and the volunteers for making it a fun day out for all. I am hoping to organise another trip in the spring.

As previously mentioned, the numbers at Chrysalis Club are growing and we think we will need another day after the new year. After some thought, we have decided to go for a Friday. We felt this space in the week will work out better, giving tutored structured sessions on Mondays, Wednesdays and Fridays, with alternative Tuesdays at Wylam and the social morning on a Thursday. We are hoping to start in January and more details will follow.

Can I take this opportunity to wish everyone - members, carers, volunteers, staff and trustees a very happy Christmas.

Rosie x

Fundraising

Donations

We are so lucky and appreciate the continued support of a number of local groups and businesses in fund raising for us.



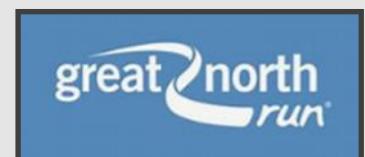
Thanks to Tesco Hexham and to our brilliant volunteers and carers who manned the collection buckets and card reader at the supermarket in October, raising just over £700.

For the second year running, Tynedale Gift Fair nominated Chrysalis Club as their charity of the year. We had a stall promoting what we do at Chrysalis Club. Over £140 was raised through our bucket collection on the day, with additional funds raised by the fair still to come in.



Great North Run 2024

Ruby and Ruth, two of our fabulous university volunteers, approached us about doing the Great North Run to raise funds. Chrysalis Club has applied for 5 places and now await the ballot results in early December. Watch this space for updates!



Don't forget to give us a follow:



@ChrysalisClubTynedale



@ChrysalisClubTynedale



@Chrysalis_Tyne



Raise money for Chrysalis with no cost to you!

go to [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and select Chrysalis at Tynedale



or for £1

play the Northumberland Lottery



northumberlandlottery.co.uk/support/chrysalis-club-tynedale

News

Stripes, checks, spots or floral - our new colourful pinnies

One of our lovely volunteers has made us some beautiful pinnies...both functional and attractive!



Christmas Party Time - Wednesday 13th December



There will be no morning session on Wednesday 13 December, with the party from 1.30pm - 3.30pm. We look forward to seeing members and carers for a fun afternoon with The Uketeers providing entertainment, a quiz, tea and cake.

Please let us know if you would like to join the festive fun.

Dates for you Diary

Friday 1st to Tuesday 5th December - St Andrews Tree Festival, Corbridge

Friday 8th December - Peter Pan at The Tyne Theatre in Newcastle

Wednesday 6th December - Carer Support Group

Wednesday 13th December - Chrysalis Club Christmas Party

Friday 15th December After Carers Group Christmas Social

Friday 22nd March - Tynedale Film Festival

Tuesday 27th February - Planetarium Show

Thursday 11th April - Evita at Tyne Theatre in Newcastle

More News

Warm Welcome Carpet Bowls at Hexham Community Centre

During the winter months Hexham Community Centre are able to offer carpet bowls sessions free of charge, including a bowl of soup.

They meet from 1pm to 3pm every Friday in their upstairs hall with a lift in the building.

A friendly group with some experienced bowlers are on hand who will show new players the ropes.

There is no need to book and plenty of room so people can feel free to go along independently or even in a small group.

If you give it a go, let us know how you get on!



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!



Comments about Chrysalis

"They look brilliant! I would pay to have one of those! Very pretty, well done everyone"

"The range of activities was amazing"

"It was fantastic for me to see the pleasure he had in bringing his handiwork home"

"The warm welcome was always appreciated and not only did I have confidence that he would be well looked after, I too was made to feel welcome, safe and supported"

"To be able to go into Hexham for a break was so important and very much appreciated"

Trips

PANTO - Friday 8th December

We're going to the panto - Oh yes we are!

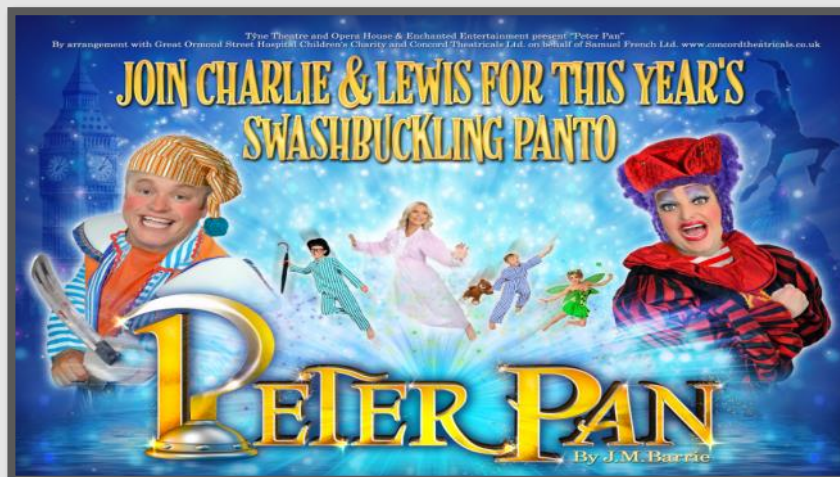
We're off to see Peter Pan at the Tyne Theatre in Newcastle on Friday 8th December. Our tickets are booked, but there are lots of available seats next to them, so please let me know if you would like to come and I can order more. There is plenty of space on the bus, so no problem to fit a few more in!



Janet: Trips and Prudhoe coordinator

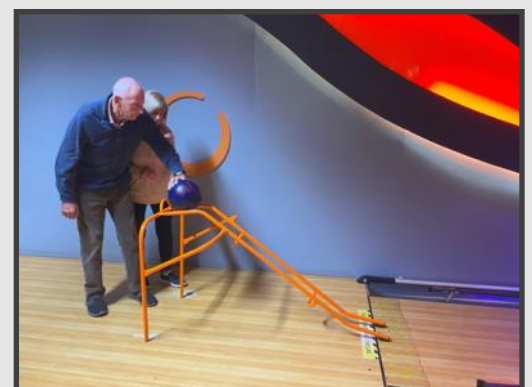
The coach will leave from Chrysalis Club Hexham and we will stop off for a meal on the way home, with a drop off in Prudhoe before we arrive in Hexham.

Any questions or for tickets email: janet@chrysalisclub.org.uk



10 Pin Bowling at Wentworth

On 17th November we had a great morning bowling at the Wentworth - it was quite competitive, and everyone played really well, followed by coffee in the cafe afterwards.



More Trips Coming Up

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 leaving from Prudhoe and Hexham to get us there and back, and we will have a meal after the show.

Times and costs will be confirmed in the New Year.

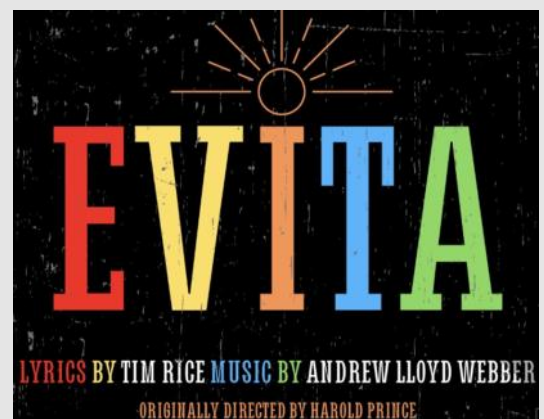
Evita at the Tyne Theatre, Newcastle – Thursday 11th April

WEOS Musical Productions, the company behind previous musical successes My Fair Lady, The Sound of Music and most recently Fiddler on the Roof, return to the Tyne Theatre stage in April 2024 to present Evita.

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. Exact times and costs will be confirmed in the New Year.



Activities

Singing with Ian

We started the month in fine voice with a full house singing along to Ian's brilliant guitar playing. Requested songs included local songs, some Cliff Richard, Whiskey in the Jar, Blaydon Races, Jail House Rock and other regular favourites.



A new skill under our belts - autumn wreaths

A fascinating morning was had by all, using fallen leaves to make fabulous decorative autumn wreaths.



Carers and After-Carers Support

Carer Support Group

Thanks to the carers who came along to November's 'Wellbeing for Carers' session run by Health Improvement Practitioner, Natnaree and Health Trainer, Dan. We discussed what is 'Mental Health'? learnt about 'Stress Buckets' and talked a bit about sleep, food, healthy habits and the '5 Ways to Wellbeing'.



Mel: Carer support
admin and premises
officer

The next Carers Support Group will be **Wednesday 6th December - 1.45pm - 3.15pm** - all Carers welcome for mutual support and information sharing.

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!



After-Carers Social and Support Group

We had a small but lovely meet-up at the end of October at The Errington Coffee House for a catch-up and to enjoy a delicious lunch together.

For our December meet up I hope that many of our After-Carers Group, new and old will join together for another **Christmas Social, Bring and Share Friday 15th December 1.30 - 3.30 pm**, Chrysalis Hexham. Let's enjoy some festive food, games, maybe even a little tipples for those that want to and a bit of mutual support at this special time of year.

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



Benefit Information

Are you receiving the benefits to which you are entitled?

I hope that you will find the information useful to check whether you are receiving any financial support which you are entitled to claim. Mel x

Benefits Factsheet



01670 320025

Carers Allowance

Is a working age benefit for those earning under £139 per week.

To be eligible the person you care for must be claiming a disability benefit and you must look after them 35 hours or more each week. The rate for 23/24 is £76.75 per week.

If you get your state pension you cannot claim Carers Allowance, but may be entitled to an underlying entitlement as part of a pension credit award*

*Means tested and will require a benefit check to check eligibility

Attendance Allowance

Retirement age benefit for those with a health condition or disability, not means tested. The rates for 23/24 are £68.10 or £101.75 a week depending on the level of need. The lower rate is for those who need help or support in the day only, the higher rate is for day and night.

Carers may also be entitled to AA if they have their own health conditions / disabilities. Always follow up a successful AA claim with a benefit check as this can increase eligibility for Pension Credit.

You can only claim one disability benefit*

DLA / PIP

There are working age disability benefits. Disability Living Allowance has been replaced by Personal Independence Payment for adults. Only under 16s can make new claims to DLA, those born before 1948 will not be asked to move to PIP.

You cannot claim more than one disability benefit so you can only claim one of either DLA, PIP or AA. It is possible to have your award increased if your circumstances have changed, this is called a supersession.*

*if you are not already on the highest rate.

Universal Credit

Has now replaced Job Seekers Allowance (JSA), Employment Support Allowance (ESA), Income Support (IS), Child Tax Credit, Housing Benefit and Working Tax Credit for working age people and you cannot put in a new claim for any of these benefits.

Pensions

Claiming state pension will exclude you from most benefits, but pension credit can boost income levels. A benefit check is always advised to ensure you are getting everything you are entitled to.

Useful Contacts

Carers Allowance Unit
 0800 731 0297
www.gov.uk/carers-allowance

Universal Credit
www.gov.uk/universal-credit/how-to-claim



Attendance Allowance helpline
 0800 731 0122
www.gov.uk/attendance-allowance/

Pension Credit claim line
 0800 99 1234
www.gov.uk/pension-credit

Benefit Information continued

Pension Credit

Extra money to help with living costs for those over State Pension age and on a low income. Means tested with premiums added for carers, disabled people and those with childcare responsibilities.

Any award of pension credit is worth claiming, even if you are only entitled to £1 per week, as a pension credit award also entitles you to:

- Housing Benefit
- Council Tax Support
- Free TV licence (for over 75s)
- Help with NHS dental treatment, glasses and transport costs
- Help with heating costs and more

Council Tax Support

If you are living with a severe mental impairment* and claim a disability benefit you may be entitled to a council tax discount (25% if you live with others and 100% if you live alone)

There are also council tax discounts for carers who live with the person they look after (and this is not their spouse or a child under 18)

If your home has been adapted or has features that are needed because someone with a disability lives there, you could get a reduction on the Council Tax bill.

*this would sometimes include dementia

Benefit Checks

It is very easy to find out if you are entitled to additional benefits. A benefit check takes around 20 minutes and can be completed over the telephone. You should have a new benefit check every time your circumstances change, even if you think your income is fairly high.

Savings below £10,000 are disregarded if you are pension age and even if you have high savings you may be entitled to some benefits.

Benefit checks are also a good way to see how your income might differ if your circumstances change (new job, leaving work, additional benefits, moving house etc)

Other Financial Help

If you are in a situation where money is tight and you can't afford something or it would be a struggle to afford it, you may be able to access a grant to help. Grant funding is usually means tested and would require a benefit check first to look at your income.

Grant funding can pay for things like white goods (cookers / washing machines etc), respite breaks, moving home costs, funeral costs and much more.

There are also small grants available to carers to help them take a break from their caring role, these are not means tested.

For more advice about benefits, grants and to book a benefit check please contact our information team on **01670 320025** or email **info@carersnorthumberland.org.uk**



Other Support

Onecall (Adult Social Care)

01670 536400

Citizens Advice Northumberland

0800 144 8 444 – Help to Claim Universal Credit

01670 339960 – Debt Advice Line

01670 339749 – Energy Advice

Age UK Northumberland - 01670 784800

Welfare rights

Advocacy

Bereavement Support



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

More Activities

Autumn collage

Carl's art sessions this month had a theme of Autumn, and as you can see from the photos, these sessions involved concentration, creativity and enjoyment. The fabulous results were so varied using all sorts of different techniques.



Prudhoe and district at Wylam

Wooden Plaques with a theme of Sheep

Carolyn lead this very creative session decorating wooden plaques making sheep from stones and adding sticks to create the landscape.



Snowflake Making for the Christmas Tree Festival in Corbridge

We have been busy making snowflakes to add to the Chrysalis Club entry for the St Andrews Christmas tree festival. See our front page for more details.

Seated Tai Chi

Our second session this month was seated tai chi, lead by Liz. We warmed up to relaxing music. This was followed by a choice of activity, including a new golf pong game which was a great success and really enjoyable and the golf mat.

More Activities

Smile Through Sport with Gareth

By special request, Gareth brought along a lovely rainbow parachute for sports. There was lots of laughter and chatter in this very fun session. However, don't be fooled - it was a bit harder than it looked!



Chrysalis Club
Tynedale

Volunteers wanted!

Chrysalis Club Tynedale are a charity that provides an activities club for people living with dementia

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

