

## Bloomin' marvelous!

We've had a wide variety of sessions running in October, including gardening, crafting (autumn wreaths and squirrels (yes squirrels)), Tai Chi, singing, botcha, indoor archery and pottery, but the most spectacular was definitely our dahlia session, run by Sheelagh, with blooms kindly donated by Halls of Heddon. We've also had a walk, a visit from the Geordie Chapter HOG, and an AGM party...phew! And look below - we've got lots more planned...



### Dates for your diary

Monday 31st October - Trip to Tynedale Gift Fair

Wednesday 2nd November - Carer Support Group

Friday 11th November - Carer Drop-in

Friday 11th November - Drumming

Tuesday 15th November - Volunteers' Forum

Thursday 24th November - Train trip to Haltwhistle

Monday 28th November - Blackout Poetry

Friday 2nd - Tuesday 6th December - Corbridge Christmas Tree Festival

Wednesday 14th December - Christmas Party

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

## News from the board

Hello Everyone!

Gina is well on the ball this month – it doesn't seem two minutes since I wrote my last piece, but she has had her nagging look on – so here we go!

I hope everyone enjoyed the AGM and everyone who wants an annual report has got one. I thought it was a lovely happy day. It is quite hard planning a day which includes some business information, as everyone wants to know that at least Chrysalis is solvent (which we are thank goodness) but does not go on too long. Then, after that boring stuff we deserve a party. Thank you to everyone for making it such a fun day. Volunteers baked and prepared food as well as their usual duties of chatting to members, and others contributed too. David took a half day off work to present his treasurer report, the Ukateers were good fun and it was lovely to see people up and dancing. Even those that didn't dance were spotted tapping their feet under the table!! The staff worked so hard to make it a fab day and by the time I arrived Gina and Mel had set the room up with the pretty tablecloths and flowers – it looked lovely when I walked in.

Next week we have the 'Gas men' coming to fit the new radiators and update the pipe work, so hopefully we will all be nice and cosy for the winter, plus the utilities will be stabilised as far as possible. The next stage is to get the lights updated, then the purchase of an electric door curtain and some storage units. All these updates are courtesy of The Screwfix Foundation. Once we have these improvements finished we more or less have the foundation of the building up to the standard we want it. This is a huge achievement for Chrysalis; thank you to everyone who has helped us get there.

We are thrilled to have been chosen as Tynedale Gift Fair's charity of the year. It is a double win for Chrysalis because not only will we have financial gain but it also an opportunity to promote Chrysalis. We feel there maybe lots of people out there who could benefit from our club, and carers who would gain information and support, but haven't heard of us.

There is plenty going on next month and in December which you will see from other articles in this newsletter. Chrysalis likes to move forward and constantly looks for new or better ways we can operate; we are always open to suggestions and love to get feedback from you all.

On a person note I am happy that the National Hunt racing is getting into action for the winter and I have a couple of young racehorses which I hope will appear soon. I love the autumn for this and other reasons; I love the fresh air, the autumn colours and the sport. Happy days! I am waiting for a new knee and I hope that will be sorted by the end of the year then I can start hill walking again with my beloved dogs Hamish and Benji.

Happy Autumn everyone! I hope to see you all soon. Rosie x

## Events

### The best AGM you will ever attend...

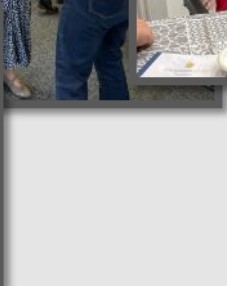
This month we held our Annual General Meeting. But ours is a little different: we all love a



good sing song so we invited the Ukateers along, and had a party! If you missed it, drop us an email and we'll send



you our annual report.



### Tyne Green Walk

Earlier this month, we ventured out onto Tyne Green for a walk. The weather forecast was poor, but we had the fall-back of the café. Luckily, it stayed mild and dry, and the sun even made an appearance! We had 16 attendees, the majority of whom walked, talked and admired the ducks, the rest opting for a coffee in the cafe. The autumn colours were beautiful. A big "Thank You" to Liz and Yvonne for leading the walk.



## News

### New Thursday Session!

We're excited to announce we are working towards a brand new member session to run on Thursday afternoons, hopefully starting in December.

This weekly session is aiming to include members who may be younger (or young at heart!) or perhaps have been recently diagnosed, and are looking for an opportunity to get together with likeminded friends. We will consult with you to see what you would like to do but we do have some suggestions up our sleeve!! We can try out some new activities at our Chrysalis Centre, perhaps art, yoga or dance? We could maybe head outside for some relaxed walks (and possibly include a pub stop...!) in and around Hexham and beyond. This is a chance for new members to build friendships and current members to build on existing ones. There will be opportunities to challenge yourself with something different (or have another go at a much loved hobby) and share your thoughts and experiences - or just enjoy the company. More details to follow soon!

### Carer Support Group


Our Carer Support Group on 5th October was well-attended and we had some good discussions, shared support and ideas. It was great to see an equal number of ladies and gents this month - all carers are welcome, with the next group running on Wednesday 2nd November at Chrysalis.

**After-Carers Social and Support** (for carers with loved ones in residential care or who have been bereaved)

We usually meet on the last Friday of the month. This month we are meeting at Tyne Riverside Cafe at Prudhoe for lunch; it looks like it might be another rainy one but we are hoping for a walk along the river for those that would like to. Hopefully the warming colours of the trees and some good chat will offer a little brightness through the rain!

Mel x



 @ChrysalisClubTynedale  
 @ChrysalisClubTynedale  
 @Chrysalis\_Tyne

## Activities

Tai chi, archery and pottery...



## 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.

## Activities

Gardening, squirrel making and singing...



## All Aboard!

On Thursday November 24th we are going on a train trip! You can join us at either Prudhoe or Hexham, and we will be heading to Haltwhistle. There is a visitor centre which includes the old ticket office and lots of memorabilia from days gone by, where we will be given a talk about the history of the station and the railway, followed by coffee and cake. I'll send out more details by email shortly. Janet x



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



We're off to see Beauty and the Beast at the Tyne Theatre in Newcastle on Thursday 15th December. Going by coach, we'll make a stop for lunch at the Lion and Lamb in Horsley. If you haven't booked yet and would still like to go, let me know as there are a few seats left.

Janet x

### Comments about Chrysalis:

"You wonderful staff and volunteers I send you my grateful thanks and appreciation - as well as to the regular entertainers."

"...really pleased to see his reaction at the warm welcome...he came to life and that was lovely to see. You are an amazing team!! "

"It was great coming along today and seeing a great bunch of people, I'm so happy they have your support there."

"You are all simply wonderful"

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



## Fundraising!

### Geordie Chapter HOGs visit Chrysalis

Earlier this month we were thrilled to have a visit from the Geordie Chapter Harley Owners Group (HOG), to deliver a cheque for £11000!



Back in May, 32 Geordie Chapter members (the Band of Brothers) took part in a 4 day fund raising ride around Wales.

Day 1 consisted of riding down the country taking in Leeds, Manchester and overnighting in Chester. Day 2 was a ride around the North coast of Wales taking in the Great Orme, a lap of Anglesey and then down to St Davids (taking in all the ins and outs of the coast!) Day 3 took in the south coast of Wales calling at Swansea for breakfast, then onto Cardiff and then heading north through the Brecon Beacons and ending off with a trip round the Horseshoe Pass before heading over to Warrington for another overnight stay. Day 4 was back up the M6 as far as Tebay, before going cross country via the Eden Valley, Teesdale, Weardale and back to their home of Gateshead.



Band of Brothers: we thank you!





Chrysalis Club  
Tynedale

## 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. Please get in touch for our current availability.

Prices from £12 per hour + a  
seasonal utility charge

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

## New Carer Drop-In Reminder!

Carers: you are invited to a new drop-in for carers on the 2nd Friday of each month. Perhaps your partner is currently in respite care and you'd like a bit of company or a change of scene? Or you may have been recently bereaved and not feeling up to doing much but could do with getting out of the house, a friendly cuppa and some cake? Call in anytime between 10.30 - 12.30 on Friday November 11th.

# TYNEDALE GIFT FAIR 2022

## Tynedale Farmer Function Suite

Hexham Mart, Tyne Green, Hexham NE46 3SG

**MONDAY 31st October 3pm—8pm**

**TUESDAY 1st November 9.30am—3pm**

A fantastic range of unique high quality stalls for all your early Christmas Shopping

Café open for lunch and afternoon tea—no booking required

Free Parking

Admission £3—payable at the door

All on one level so easy access for everyone

**Supporting Chrysalis at Tynedale - Come along and "Shop to Give"**

Tynedale Gift Fair is a member of The Charity Fairs Association and have raised over £51,000 for local charities

www.tynedalegiftfair.co.uk <http://www.tynedalegiftfair.co.uk> Follow us on facebook

## Corbridge Christmas Tree Festival

At the beginning of December, St Andrew's Church in Corbridge hold a Christmas Tree Festival. The church is filled with lots of decorated trees from local groups, organisations, businesses and schools. This year, there is an "Angel" theme, and, based on last year's event, there will be plenty of innovative ideas - from trees made out of spectacles, and beer bottles, to trees covered in butterflies (guess who's that was!). Liz is in charge of our entry again this year; Carolyn is running some crafty sessions to make our pom-pom and fir-cone angels, and Mel will be creating some ceramic angels with members too. If you have a chance go along and check out our tree; the festival is well worth a visit!



St. Andrew's Church, Corbridge.

Tree Festival Information Booklet 2022

The festival will take place between Friday 2nd and Tuesday 6th December (inclusive).

### Opening Times

Friday	2 <sup>nd</sup> December	9.30am to 7.00pm
Saturday	3 <sup>rd</sup> December	9.30am to 7.00pm
Sunday	4 <sup>th</sup> December	11.30am to 5.00pm
Monday	5 <sup>th</sup> December	9.30am to 8.00pm
Tuesday	6 <sup>th</sup> December	9.30am to 5.00pm

Refreshments will be served between 10.00am and 4.00pm.

The Haltwhistle Annual Craft Fair is run by our singing tutor's family - why not pop in?



Haltwhistle Annual

# Craft Fair

Saturday 5th November

10am - 4pm

Masonic Hall

Signposted off the A69

A wide variety of quality crafts from across the region

Homemade Refreshments available throughout the day

Raffle in aid of Local Girl Guiding

Entrance:

Adults 50p

Accompanied Children Free

## And finally...

### Pen Portrait - Lucy Guthrie

**What is your role in Chrysalis?** I joined Chrysalis in September as Marketing Officer and I'm also the Co-ordinator for our Tuesday sessions at Wylam and Hexham and our new Thursday sessions which will be starting soon.

**What roles have you held in the past?** I spent the first 17 years of my working life as a lawyer and worked all over the country, mainly in the public sector. Outside work I've been actively involved in fundraising and events for local community groups for many years which is what led me to my role at Chrysalis after I decided I was ready for a change of career.

**What are your Hobbies?** I love to be outside and active, so in most of my spare time I'm usually horse riding, walking Jasper, gardening or helping at fundraising events. On a rainy day I'll be inside by the fire with a good book and a hot chocolate.

**Any Pets?** Yes, my lovely, smiley Labrador Jasper, who some of you will have met at our Tuesday sessions and on our walk along Tyne Green this month. His favorite things are meeting new people, having lots of cuddles and being involved in everything! I also have a horse, Trevor, who is just as cuddly as Jasper but sadly too big to visit Chrysalis!

**Anything else?** I love to travel and visit new places, especially when it gives me the chance to see wildlife. I've been on trips to places like Australia, South Africa and Canada and have been lucky enough to try shark cage diving, safaris, bear watching and whale watching, although right now I'm watching a deer graze in a nearby field from my kitchen window, so I'd say that our wildlife in the UK can be pretty spectacular too!

