



Dreaming of blue skies...

Carl worked his magic with the canvas and brushes, and we've been creating some amazing works of art! We've also been felting



with Deni, baking with Pam and making cuicas with Gary...take a look inside to find out more!

Drop-in sessions

We are now holding drop-in sessions on the second Thursday of the month. We're open between 10:30 and 12:30 to chat, show you around and answer your questions. We'll have our usual Thursday Social session running along side, so you could join in with a craft, or have a game of pool if you like. Potential new members, people thinking about volunteering for us, carers of people living with dementia or people thinking about running a fundraiser for us are all welcome. It's an opportunity to get a taste of Chrysalis, a cup of coffee and a slice of cake!



News from the board

Hello Everyone!

I hope you are enjoying the lovely sunny weather. It seems to have gone on for a good period this time, especially for Northumberland! I am just back from a week in Devon; it was quite hot there some days.

The fact this newsletter is a bit late is entirely my fault. I was hoping to get my piece finished before I went away but that failed. Then I thought I may type it up whilst I was away but that failed as well. So poor Gina has been waiting for me to get my act together for a couple of weeks. I hope it is worth waiting for – I better think of some exciting news quickly!!

The main news is about fundraising events. We hold these events so that we can employ lovely people like Gina, Mel and Janet and to keep the centre open for you. We also subsidise trips, refreshments and little treats with the money we raise. Being out in the community raises awareness of Chrysalis, as we think some people, who would benefit, have not heard of us. Anyway...we've just had the Charlotte Straker plant stall where we raised nearly £300 and gave out lots of leaflets (thanks to Senga and Mike!), and our next event is at the Mart with the two authors Mari Hannah and Ann Cleeves, Summer Tyne Crime, on Thursday 6th July, which will be our main fundraising event of the year, so please tell all your friends and neighbours, and come along yourself if you can. We then have a bucket collection at Tesco's on Saturday 24th June. The next event is only a rumour at the moment (we haven't been told officially yet) but we hear the Geordie Chapter, which are the Harley Davidson riders who raised almost £10,000 for us last year, are coming to town!!! They are coming to Hexham so people can see the bikes and chat to the riders and we are going to have a cake stall and sell coffee and teas. The final arrangements are yet to be made but we hear it is scheduled for Saturday July 22nd. Watch this space!

Chrysalis board of trustees hold a strategy day each year; it is a nightmare trying to get a date when everyone can attend but it's now booked for August. This is when we plan for the future, including new developments, budgets and finance, staffing etc. We have an external facilitator who makes it fun as well as functional and sometimes we have a meal out afterwards to let our hair down a bit (and rest our brains!). It is sometimes hard to find the time to discuss ideas fully when in the middle of a busy day, so we find it works better if we put an entire day aside so we have time to discuss things properly. We have a small but very functional board who are all very dedicated to Chrysalis.

We have the AGM scheduled for August which is usually followed by a good party!

On a personal note I am preparing for my trip to Australia at the end of August which is exciting. My racehorses are all resting at the moment, eating grass and lazing in the sun!

Rosie x



Rosie: Chrysalis'
Chair

Art with Carl

We had an engrossing art workshop with Carl this month - how to paint clouds. After a tutorial and demonstration, we let our creative sides run free, and the results did not disappoint!



Trips

We've had 2 great trips this month - both well attended, and enjoyed by all. The first was a walk at Tyne Green, where our fabulous walk leaders Liz and Yvonne took our group on a stroll down the Tyne and back, while a few others stayed at the cafe and made a head start on the coffees. The weather was exceptionally kind to us, and it was great to sit in the gazebo outside and enjoy the fresh air.



Janet: Trips and Prudhoe coordinator



The other trip was to the Forum Cinema to see "The Unlikely Pilgrimage of Harold Fry" - a very moving film with a great cast, and again, enjoyed by all.

We have 2 trips for you in June - the first is a visit to Nero Black Alpaca at the top of Allendale Road

in Hexham on Friday 16th June. We'll go into the field with the alpacas and their babies and be able to feed and pet them; they are very inquisitive so there will be lots of great photo opportunities! Afterwards we'll have the customary tea/coffee/cake that is an important part of all Chrysalis trips! There is parking on site, and the event is wheelchair accessible. This visit is free to attend for all members. It is being funded by some of the money raised at the funeral of our previous member Joyce, who sadly died in September last year. Her family wanted the money to be spent on treats for our current members, so hopefully lots of you will be able to come.



The second trip will be a cinema visit to the Forum on Friday 30th June to see "Greatest Days," a film about Take That fans.

And thinking ahead to July, we still hope to have a trip to Beamish on Tuesday 4th July. This will be a full day out, but depending on who comes along, we can split into more than one group, based on the interests/accessibility needs of those attending. Please let me know if you'd like to come, so I can book an appropriately sized bus!

I have had a few people say to me that they haven't come to certain trips as they didn't think they would be able to manage - I just want to reassure you that trip venues are chosen very carefully, with most being accessible to the least mobile among us, yet still challenging enough for the more mobile. If you have any questions or concerns, please get in touch with me before deciding not to come; hopefully I can reassure you, and you will come along and have a fun day out with the rest of us! Janet xx

Summer Tyne Crime

Just in case you didn't know...

On 6th July (doors open at 7pm) Chrysalis have a fundraiser!

TV's Chris Jackson will host Mari Hannah and Ann Cleeves "in conversation" at Hexham Mart. There will be chat about their books, characters and locations, along with an auction and raffle with some fabulous prizes. Tickets are £18 with all proceeds going to help families living with dementia. To buy your tickets go to our website www.chrysalisclub.org.uk or for further information drop us an email.

Mari Hannah

Multi-award winning Mari Hannah is the author of the Kate Daniels series of police procedurals, the Ryan and O'Neil thrillers and the Stone and Oliver series. She lives in Corbridge with her partner, a former murder detective. She is also the patron of Chrysalis.

Ann Cleeves

One of Britain's best loved crime writers, Ann Cleeves is the multi award-winning author of the Shetland and the Two Rivers novels, and creator of everyone's favourite detective, Vera. Ann is sold out around the world. She lives in Whitley Bay and is the founder of the Bay Tales Festival in the town.



The poster features the Chrysalis Club Tynedale logo (a butterfly icon) and the Muckle logo. It specifies the event is on Thursday July 6th from 7:00 to 7:30. The main title is 'Summer Tyne Crime' in white text on a dark blue background. Below this, it says 'Charity Book Evening'. Two portrait photos of Mari Hannah and Ann Cleeves are shown on either side of the text 'Mari Hannah and Ann Cleeves in conversation'. The event is hosted by TV's Chris Jackson at Hexham Mart Function Suite. Tickets are £18 and on sale now.

Chrysalis Club
Tynedale

Thursday July 6th
7:00 for 7:30

muckle

Summer Tyne Crime

Charity Book Evening

 **Mari Hannah and Ann Cleeves** 
in conversation

hosted by TV's Chris Jackson
at Hexham Mart Function Suite

Tickets £18 on sale now

Intergenerational Project

This month we are pleased to be continuing our Intergenerational Project in conjunction with Chollerton Church of England Aided First School with funding by



If Only. On Wed 6th June, children from their Y4 year group (9-10 year olds) joined us during the afternoon session.



We were able to restart this project last year and it was a great success. Great friendships were made with members and children working in pairs alongside a volunteer. The pleasure everyone gained from the project was there for all to see.

Benefits include:

- Raising dementia awareness through educational sessions in schools prior to the project starting. Sheelagh has been out to talk about Chrysalis Club with the children and train them as Chrysalis Buddies! Some of their questions and reflections were so *insightful* “So Chrysalis Club is a place where people can come and feel happy and do fun things?”
- Everyone learning from trusted Chrysalis tutors; this year they will be joining us for singing with Ian Brown, table top gardening with Sheelagh Jones, art with Carl Von Weiler and Smile through Sport.
- Through fun and laughter both members and children can learn something from each other and make important connections between the generations in a relaxed and safe environment.



We are so looking forward to welcoming our Chrysalis Buddies, Chollerton Y4s, and their teacher to the premises over the next five weeks. Watch this space for photos of this year’s project!



Activities and comments

Deni joined us again this month, and taught us to felt. It's harder work than you would think!



Comments about Chrysalis

“Thank you for all of your love - it's so obvious in all that you do”

“There's always something to look forward to!”

“...our lifeline”

“...wish we'd found it sooner”

“...always so friendly and welcoming”

“we do miss Chrysalis and will be forever grateful for the incredible experiences and friendships that you provide.”

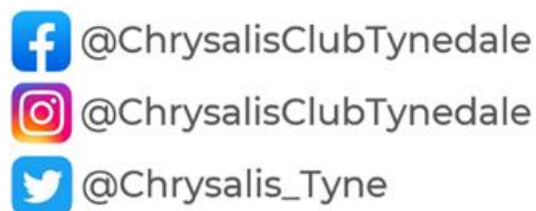
“It definitely meant we could keep mum at her own home for as long as we did.”

More activities

Here is a sample of some of our other activities last month, including making cuicas with Gary and automated butterflies with Carolyn.



Social Media



News!

Free health walks to boost mood and fitness

Free health walks are running across Northumberland to encourage more people to get out into the great outdoors and improve their health.

The walks are being laid on by Active Northumberland; they are suitable for all levels of ability and take between half an hour and an hour and a half. Centres include Hexham, Ponteland and Prudhoe.

Our local Hexham walks are every Monday during term time and meet inside the Wentworth Leisure Centre at 10.00. Volunteer walk leaders plan the routes and accompany the walkers, making sure everyone is safe and nobody gets left behind.

These walks might be suitable for some of our carers or after-cares. For further information you can email [Lorraine loliver@activenorthumberland.org.uk](mailto:Lorraine.loliver@activenorthumberland.org.uk) or follow this link:

<https://www.northumberland.gov.uk/News/2022/Jan/Free-health-walks-to-boost-mood-and-fitness.aspx>



Table top gardening

Our gardening sessions produce some lovely pots to take home - and with a little water they bloom into beautiful patio accessories - look at this glorious pot from Roy on the right!

But they also provide inspiration for some home gar-



dening projects too - look at the fabulous planters on the left from Graham!

Fundraising



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



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.

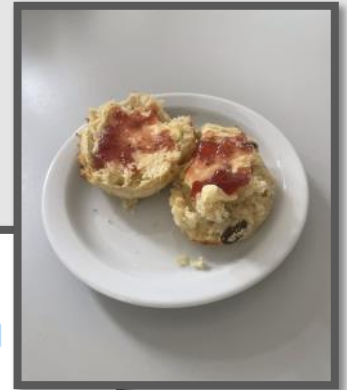


There is also the option on our PayPal Giving Site to support Chrysalis Club Tynedale when you shop online with PayPal. Set us as your favourite charity, and you can choose to donate £1 when you checkout with PayPal.

Sessions

Baking with Pam

This month Pam instructed us in the art of scone making, using a no-rub-in recipe with oil instead of butter to make our scones, and wow, I'm a convert!



INGREDIENTS

300g/2 cups flour – use organic white or a mixture of white and brown flour if preferred
3 teaspoons baking powder
pinch salt
1 egg beaten with sufficient milk to make up about $\frac{3}{4}$ cup liquid
3 tablespoons rapeseed oil or butter
(If butter is used then it must be rubbed into the dry ingredients – this is the traditional way of making scones)

METHOD

Makes approx. 10 scones.

1. Place the dry ingredients in a bowl.
2. Add the milk to the beaten egg mixture and then add the oil. Mix well.
3. Using a fork, gently mix all but a tablespoon of the milk mixture into the dry ingredients until they are just blended together. If using butter, use your fingers to crumble the butter together with the flour then add the egg and milk mixture (omit oil).
4. Topple the contents of the bowl onto a dry, floured surface and knead very little until the mixture only just holds together.
5. Pat the dough out and then fold in half and pat the two halves together lightly (this gives the traditional two tier look to the scones). The dough be at a thickness of 3.5cm.
6. Cut scones with a floured cutter or glass and place on baking sheet and glaze with remaining egg mixture.
7. Bake in oven 450°F (230°C) for 10 -12 minutes or until golden brown.
8. Serve hot with jam and cream.



Dates for your diary

Wednesday 14th June - Art with Carl von Weiler

Friday 16th June - Visit the Alpacas

Friday 30th June - Dementia Friendly Forum Film “Greatest Days”

Tuesday 4th July - Beamish

Thursday 6th July - Summer Tyne Crime

Carers and After-carers

Carer Support Group

Carers - would you like to meet with other carers to talk, listen, share information and for mutual support? You are very welcome to attend this group at Chrysalis, Hexham, which is supported by Chrysalis staff and volunteers and runs on the first Wednesday of each month 1.45 - 3.15. Please let me know if you plan on coming along and we will make sure to provide plenty of cake!



Mel: Carer support
admin and premises
officer

After-carers' Social and Support Group

This is our friendly group for carers who are bereaved or whose loved ones are in residential care. We aim to meet, usually on the last Friday of each month for catch-up, chat and mutual support. This usually involves lunch out and about somewhere local and often



a walk. Our next meet-up is a trip to Wallington on June 22nd.



It has been lovely to see a number of this group attending our new 'Thursday Socials' at Chrysalis, joining in with crafts, games, the odd bit of pool or just a chat and a cuppa with friends. Please get in

touch if you are interested in popping along - it will be lovely to see you!

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!



And finally...focus on our professional tutors

Ian Brown - We run regular singing and percussion sessions throughout the month, covering an eclectic mix of music from traditional folk to pop and show songs. These are led by Ian Brown who is a professional musician with years of experience in providing music and singing to community groups and schools.

Ian is a Northumberland based singer/songwriter guitarist who features at many festivals in the North of England and beyond.

Until the summer of 2012 he played regularly with Newcastle's Tenth Avenue Band at festivals in England, Ireland and Germany.

He has three albums of songs, 'Dancing with Shadows' – produced by Rick Kemp (Steeleye Span's Bass man) in 2001, 'Rough Around the Edges' – 2008 and 'One Voice One Guitar' - 2018.

Since returning to solo playing he has been involved in many festivals including Maddy Prior's Stepping Stones festival, BBC's Hadrian's Wall of Sound, Music on the Marr, Woolfest, Prudhoe Arts Festival, Mestival, Nevfest, The Moorland May Festival, The Mighty Dubfest, Redefest, The Alnwick International Music Festival, the Corbridge Festival, The Lindisfarne Festival, Baafest, The Allen Valleys Festival, Northern Roots, Forgotten Lands festival, Waterfoot Wakes and the Broadstairs folk week.



He also has built up successful events at Twice Brewed on Hadrian's Wall and Wark Town Hall, which normally run outside the festival season. These events have been sell-outs in recent years.