

Newsletter

October 2022



Brrrrrrrrr!

Autumn is definitely here. But earlier in the month we braved the cold, with a fantastic trip to Matfen Hall Golf Driving Range (see inside for more details!) And at Chrysalis we always have a warm welcome waiting for you, and some delicious homemade cakes (thanks to Pam, Carolyn, Senga, Sheelagh, Mr Tinsley and all our other regular bakers!).

We have a new website address - please let everyone know!



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

Harp Recital

On 31st August, one of our former founding trustees held a gardening session for us, and performed an informal coffee-break harp recital. What a treat!

“It was beautiful!”

“Can she come again!”

Of course she can - we will be inviting Cassie back very soon; look out for further details in the New Year.



News from the board

Hello Everyone!

Well Autumn has definitely arrived – lovely colours on the trees, fresh invigorating air, but a sharp wind to keep us on our toes! I have been away for a few days and was amazed how things had changed – the summer plants looked battered and on their last legs, the horses had eaten the grass down and had started growing their winter coats and the trees had started losing their leaves. I do love Autumn but I think I need another layer on now!

September was a good month; I am delighted that the trips have started up again - I know how popular they were with you all, so thank you to Janet for her organisation and imagination. Gradually I feel we are getting back to normal after COVID and the restrictions. It was also lovely to welcome Lucy into our 'big family'. She has some great ideas and is very committed to Chrysalis. Having Lucy takes a bit of stress off Gina and allows us to develop a bit more, try new ideas and market the organisation.

The hiring of the premises is going well; we have another group interested - it all helps towards the rent and allows us to improve the building. Talking of which, Chrysalis was successful with The Screwfix Foundation bid – hurrah!! So we are starting the work this month: new radiators which are more efficient (very important nowadays!) are going to be fitted, new lighting, new storage units and a door heat curtain. I had never heard of a door heat curtain before but one of our funders suggested it. So when you are all sitting in the main room and someone comes through the door there is a 'curtain' of hot air which stops the warm air escaping and the cold outside air entering – clever stuff!!

The board are preparing for the AGM which will be the first 'live' one for three years. The main jobs are preparing the annual report, which is made even more difficult as we are writing about the year 2021 – 2022. We have to search our memories thoroughly and make sure we are not remembering the current year. Gina has helped a lot, David has prepared the accounts and I have written the text. It is all ready now, more than a week before the event which is probably a record for us!! Then we have to think about who to invite, design an invitation (thank you Lucy) and think about the day itself. This is the first AGM in our lovely premises so we have to think about the lay-out of the room, the entertainment and of course make sure we have plenty of yummy cakes! People say "I have never enjoyed an AGM as much as Chrysalis" so we have a reputation to keep up. I look forward to seeing you there.

Rosie x

Trips

Golf at Matfen

We had our first trip organised by Janet, our new trips co-ordinator. And what a success!



Anthony Etchells runs Golf in Society sessions from Matfen Hall, and Janet took our group on 15th September to try it out.

The weather was very kind - a lovely bright day with just a little wind. Arriving at 10.30, we sat with Anthony in the cafe while he talked us through the day; he brought along Ben to work with our experienced golfers.

We spent the majority of our time on the driving range, but most of us also had some time on the putting green, supported by Anthony and Sheelagh (our golfing trustee).

We finished in the café area with lunch, where nothing was too much trouble for Viv serving us drinks. The food (organised by Janet, with sandwiches from Top-Nosh) was very well received - "great scan!"



So successful was the trip that we intend to run it again, but we'll wait until the weather warms up a bit!



Crafting and pottery

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



News

Cinema trip - The Railway Children Return

On August 26th we went to the cinema.

We had a very good turnout, meeting for coffee first, and then leisurely moving through into the auditorium.

It was quite an emotional film, and a number of us shed a tear or two!

Unfortunately, due to building work, we'll have to wait a few months for the next dementia friendly showing, but we'll keep you informed.



Annual General Meeting

Chrysalis Club Tynedale CIO

would like to invite you to our AGM on Wednesday 12th
October 2022 at 1.30pm

Short business meeting followed by tea and music

Anyone who would like to be considered as a Trustee please
contact us before Wednesday 5th October

Held at our premises:

Unit 1 Dene Park, Corbridge Road, Hexham NE46 1HN

Please RSVP to info@chrysalisclub.org.uk indicating how
many people will be attending (for catering purposes)



Comments about Chrysalis:

"Great scan!"

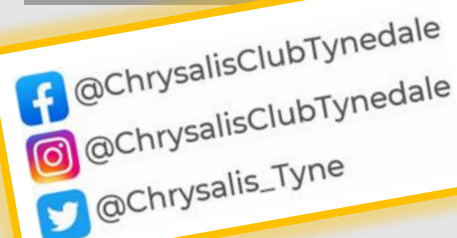
"What a hoot today!"

"Great day"

"What a fantastic group you have. My mam is so lucky to get to enjoy it. Thanks for looking after her, she's very precious to us "

"at her happy place"

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



Chrysalis Club
Tynedale

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.

Sad News

This month we sadly lost Joyce. Joyce usually came to Chrysalis on Wednesday mornings; she was a Chrysalis member for a lot of years. She was always smartly dressed and very ladylike, although she knew her own mind!

In August we sadly lost Josie. Josie loved the crafty and arty activities, and always had a smile with us. She attended quite regularly at Hexham pre-COVID, and then came to our Wylam group.

We will miss them both.

Carer Support Update

Our Carer Support Group continues to be well-attended and it has been good to welcome some new carers into the group where experiences, support and information are discussed and shared (first Wednesday of the month 1.45-3.15).

Our After-Carers Catch-up/Social and Support Group usually meet on the last Friday of the month. In August we enjoyed lunch together at the Queen's Hall in Hexham followed by a lovely walk around The Sele and a good chat. On Friday 30th September we met at Kirkharle for coffee and a walk around the lake even though the weather was not kind to us! Mel x



New-Carer Drop-in: at Chrysalis, Hexham, monthly, starting Friday 14th October 10.30-12.30.

Carers and after-carers welcome to this informal social drop-in (with cake!) Please contact Mel for further information.

Dates for your diary

Tuesday 11th October - Volunteers' Forum

Wednesday 12th October - AGM

Friday 14th October - Carer Drop-in

Thursday 27th October - Walk at Tyne Green

Monday 31st October - Trip to Tynedale Gift Fair

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

Sport

It's not just golf we've been playing this month - basketball, botcha and pool were amongst our other offerings...





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

Tynedale Gift Fair 2022

As you know, we have been chosen to be Tynedale Gift Fair's Charity of the Year. They are also opening their doors to us exclusively, on 31st October, for 1 hour, prior to the general public's admission. We are going to organise a trip to visit them - look out for further details later this month.



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

And finally...

Our New Starter!

Lucy Guthrie joined Chrysalis at the beginning of September as our new Marketing Officer / Co-ordinator and has had a great start attending some of our sessions and finding out more about us.

Lucy says: "I've really enjoyed meeting some of our members and their families, volunteers and staff and had so much fun participating in the sessions! I've taken part in singing with Ian, making pottery butterflies to decorate the outside of the building and playing sports.



"We've been planning some exciting events for the next few months including a trip to the Tynedale Gift Fair in October and some fun festive activities in December. We're looking forward to sharing more details of these with you soon.

"We're also looking at ways of increasing awareness of Chrysalis within the Tynedale community and sharing information about our services to anyone who might be interested. If you have friends or family who you think might enjoy coming to our sessions, or you know of anyone who's interested in volunteering, then please let me know and I can give them a call or visit them at home to let them know more about what we can offer them.

"Everyone involved with Chrysalis has been so welcoming and friendly and I'm very happy to be part of the Chrysalis family. I'll be co-ordinating the Tuesday afternoon sessions at Wylam and Hexham along with Liz, so I'm looking forward to meeting more members and volunteers there. If you see me in the building and we haven't met yet then please do come up and introduce yourself!"



Look out for Lucy's Pen Portrait next month!