

Newsletter

March 2024



Chrysalis Club
Tynedale

Training has begun for the Great North Run (GNR) on 8th September!

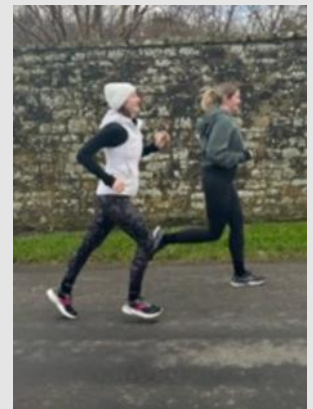
Do you know someone who would like to support the fantastic work of Chrysalis Club by sponsoring one of our fabulous runners in the Great North Run in September this year? They all have a personal reason for raising funds to support the work of the club. The half marathon takes place over 13.1 miles or 22.1km from Newcastle to South Shields.



Although **Gill** will be 80 in July, as well as doing the GNR, she will be warming up with the Race for Life in June again. Her running total (no pun intended, well maybe!) is £135 collected so far. I do admire her get up and go!

Gill's training regime currently includes taking her dog out for 2 long walks each day, up to about 8 miles, so they are both getting fit! Once she has moved house in a few weeks, she plans to forge ahead with even more training!

Ellie and Maddey are sisters with personal experience of a family member having dementia. After a couple of drinks at Christmas, they both confidently said "I would love to do the GNR" and lucky for us their Mum knew that Chrysalis Club had been allocated 5 places for runners. So far, they have already raised £650 via their **just giving page** and cash donations. Watch this space, as they are also hoping to organize other events to fund raise! What an enthusiastic team they make!



It was all going well, but Maddey has had to pause training because she broke her ankle recently. However, she can't wait to get back into her running shoes. Good luck Ellie keeping going on your own for the time being!

They have a just giving page - <https://www.justgiving.com/page/ellieandmaddeygnr>

Ruby and Ruth are both University students who volunteer regularly at the Club and have teamed up in their training which has been going well. They have been increasing the length of their training runs.



We will be featuring regular updates in support of our brilliant fund raisers, so please keep an eye on the newsletter.

News from Rosie!

Hello Everyone

I think we are all looking forward to some spring sunshine but it's lovely to see the spring bulbs coming up. We have a huge plot of wild daffodils in our village which really brightens everything up.



Rosie: Chrysalis' Chair

There are several exciting things happening on the Chrysalis Club front which you will see in the newsletter, for example, the Great North Run fundraisers, the Tynedale Beer Festival and the Haydon Bridge Festival. Thank you to all those raising money for Chrysalis.

Next week Chrysalis is invited to a dementia conference in London funded by the Dame Barbara Windsor Trust; I am going to 10 Downing Street on Wednesday to tell them about what we do at Chrysalis. It is quite an honour for Chrysalis to be recognised as an organisation of good practice and it is always good fun for someone from the wilds of Northumberland to show people in London how it should be done!!

The carer information course is gradually getting organised – thanks to Elisabeth for all your work. We have most of the speakers booked now and the date of the first session will be Monday 8th April.

Some of you may have noticed the film camera at the art session on Monday. This came from the council who are filming some of the recipients from the Northumberland Lottery. They are returning on Friday to film the gardening session. It will be a little bit of publicity for Chrysalis as it gives us the opportunity to advertise in Tesco's.

On a personal note, my racehorses are getting ready to run once the ground has dried up. The other good thing in my life is the Cheltenham festival this week so I will be glued to the television all week!

Happy Easter everyone.

Rosie x



Fundraising

Ceilidh - Saturday 4th February

The Ceilidh held in Corbridge Parish Hall last month was well attended with lots of laughter, smiley faces and country dancing. The Haggis was piped in by Chris, and Senga addressed it!

A pie and pea supper was provided by Helen, head chef at Charlotte Straker Project and her excellent team. Northern Lights Ceilidh Band provided the fantastic music for us all to dance to. Thanks to everyone who supported the evening, including those who provided bottles for the tombola. Thank you also to the hard work of our Trustees and the Charlotte Straker team.



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.

More Fundraising

Tynedale Beer Festival - Thursday 13th – Sunday June 16th June

We are very grateful to this fantastic event as they have nominated Chrysalis Tynedale as one of the charities they are supporting this year. It's not just fabulous real ales and cider - other drinks are available. Every day has a different music line up.

Tickets are now on sale online starting at £7.50 with free entry for children and under 18's - www.tynedalebeerfestival.org.uk/tickets/



The festival takes place at Tynedale Rugby Club, Corbridge with plenty of free parking on site. Corbridge station right outside the rugby club entrance,



so travel by train is also a good option.



Festival Opening Times 2024:

Thursday 13th June - 6pm to 11pm
 Friday 14th June - 4pm to 11pm
 Saturday 15th June - noon to 11pm
 Sunday 16th June - noon to 6pm

Haydon Bridge Festival - Saturday 8th June

All monies raised by this Festival are donated to local charities, and we are very grateful that this year they will be supporting Chrysalis Tynedale.



Held in the grounds of Haydon Bridge United Football Club, the festival takes place within a large grassed area, with plenty of outdoor space to enjoy the atmosphere, a few drinks from the bar or food from the fantastic caterers. There is a large marquee which houses the bar and the stage area where several bands will perform throughout the day.

Keep an eye out for further updates on ticket sales and the musical line up.

News and Comments

Sad News

Unfortunately this month we have some sad news - lovely Minnie Ross has died following complications after fracturing her hip. Minnie looked forward to her Monday afternoons at Chrysalis and tried not to miss a Chrysalis party if she could help it. She and her sister Eva were very close and I'm sure she and their family will miss her greatly. It was always a pleasure to see her sweet smile. Our thoughts are with her family at this sad time.

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!



WENTWORTH GRANGE

CHARITY COFFEE MORNINGS

THE FIRST TUESDAY OF EVERY MONTH AT 10.30AM



WE INVITE YOU TO OUR MONTHLY COFFEE MORNINGS TO ENJOY COFFEE, TEA AND CAKE. ALL PROCEEDS TO BE DONATED TO:




Tickets are £5 and can be booked by emailing eventsteamwg@outlook.com

Wentworth Grange, Riding Mill, Hesham, Northumberland NE44 6DZ

Comments about Chrysalis

"What a lovely bunch of people, really enjoyed leading this session. You are all so creative"

"Looks amazing!"

"Fantastic work. We are very much looking forward to our next art session with Carl"

"A fantastic facility for the whole community"

"... enjoyed her visits to the Chrysalis centre, completing ... crafts and the sing alongs. It uplifted her spirits"

Upcoming Trips

Tyne Valley Film Festival - Friday 22 March



We are arranging a trip to a dementia friendly screening as part of the Tynedale Film Festival this year. The showing will be of the fantastic film Calamity Jane starring the gorgeous Doris Day and brilliant Howard Keel.



Janet: Trips and Prudhoe coordinator

Deadwood, South Dakota, is largely the abode of men, but sharp-shooter scout Calamity Jane is as hard-riding, boastful and handy with a gun as any. Jane's wild promises set her off in search of a beautiful singer to grace the stage at the Golden Garter saloon.

This fantastic feel good film features some classic songs including Deadwood Stage, The Black Hills, Jest Blew in from The Windy City and Secret Love.

The show starts at 1pm. If you would like to go, please contact Janet@chrysalisclub.org.uk. For non-Chrysalis members, there will be a Chrysalis representative on hand from 12:30 if anyone would like to call by the cinema for information or a chat about Chrysalis.

Hexham Races - Tuesday 9th April

We're off to the races again. Hexham Races has kindly offered us a box for the meeting on Tuesday April 9th. Hexham is known as one of the most scenic jump racing courses. The box has a great view of the course so you don't need to go outside if you don't want to. There will be a sandwich lunch and tea and coffee freely available.



I wonder who will pick the winning horse this time? Our last visit was great fun in November so please let us know if you are interested in joining this trip.

For more information contact:
Janet@chrysalisclub.org.uk

Upcoming Trips

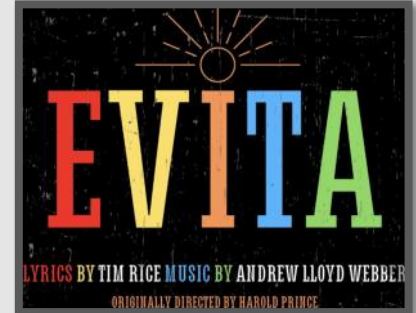
Evita at the Tyne Theatre, Newcastle – Thursday 11th April

We still have places available to see this fantastic musical staged by West End Operatic Society (WEOS) Musical Productions, so let us know if you would like to join the trip.

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.

For more information contact: Janet@chrysalisclub.org.uk



Volunteers wanted!

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



Raise money for Chrysalis with no cost to you

go to easyfundraising.org.uk and select Chrysalis at Tynedale



or for £1 play the Northumberland Lottery



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

Trips

Planetarium Show - Tuesday 27th February

At the planetarium, we were welcomed by Judy, who showed us a film that transported us on a magical journey through the solar system. This was followed by a delicious lunch in the Twice Brewed Inn, where several people had a look into the adjoining brewery to buy some of their beers and gins to try at home.



Dates for you Diary

Friday 22nd March - Tyne Valley Film Festival

Wednesday 3rd April - Carers Support Group

Tuesday 9th April - Hexham Races

Thursday 11th April - Evita at Tyne Theatre in Newcastle

Friday 26th April - After Carers Group

Wednesday 1st May Carers Support Group

Thursday 13th - Sunday 16th June - Tynedale Beer Festival

Saturday 8th June - Haydon Bridge Festival

For more information on
any trips contact
Janet@chrysalisclub.org.uk



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

Carers and After-Carers Support

Carer Support Group

We had a good turnout for our recent Carers Support Group meeting on **14th February** with 7 carers attending. There was just time for a very quick catch-up before being joined by Daniel from **Carers Northumberland** who gave us an overview of the kind of practical information and advice that Carers Northumberland can provide to support unpaid carers. This includes things like help with filling in Emergency Care plans and Attendance Allowance forms and other finance and practical little tips. It felt like a really useful meet-up with plenty of questions and information sharing. Thank you to everyone who came along and contributed.



Mel: Carer support
admin and premises
officer

At the **March** group, 3 Carers joined myself and Mike (Carer and Trustee) for a catch-up. We shared information and mutual support relevant to each person's circumstance.

I look forward to our next meeting on **Wednesday 3rd April** - 1.45pm - 3.15pm. In May we will be getting together on **Wednesday 1st May** - 1.45pm - 3.15pm. All Chrysalis carers are welcome! Booking in advance is helpful for planning. Any feedback about the group and suggestions for speakers etc is also welcome.

Mel x

For further info contact mel@chrysalisclub.org.uk

After-Carers Social and Support Group

Our belated February meet-up took place on March 1st at The White Swan in Ovingham, where 8 of us met for a lovely lunch and catchup/social. It was nice to welcome some 'new' faces (old friends!) to the group and to hear how everyone is getting on. After lunch a hardy sub-group had a small tour around some local points of interest in Ovingham, led by David. Enjoyable, if a little soggy and cold! I think we are all looking forward to the opportunity for a few more walks together when the weather perks up a bit. This is a welcoming support group open to Chrysalis carers whose loved ones are in residential care or who are bereaved.

Our next meet up will be Friday 26th April, venue TBC.

Carers Information

Did You Know ... ?

Are you aware of non-means tested Attendance Allowance and the two different rates?

Are you aware of council tax reduction?

Would you like to know more? If so, contact Mel who will be happy to help on Mel@chrysalisclub.org.uk

John's Campaign – Support for Carers of Hospital Inpatients with Dementia

John's Campaign supports the carers of inpatients with dementia to continue to provide care for their loved ones whilst they are an inpatient in hospitals.

If you would like to find out more about the campaign, the link is <https://johnscampaign.org.uk>

John's campaign is supported across all Northumbria Healthcare NHS Foundation Trust sites and wards. If you would like to find out more, please speak to the nurse in charge of your loved one's ward who can explain more and provide you with a carer's card.

Support includes:

- More **flexible visiting hours** for the carer of a person living with dementia who is currently receiving care and/or treatment at one of their hospitals.
- If flexible visiting is felt to be in the best interests of the person living with dementia, a '**Carer's Passport**' should be provided. This is a small card which identifies that the carer is currently supporting a person living with dementia during their hospital stay and are being supported to visit the ward outside of normal visiting times.
- The carer of a person living with dementia, who wishes to continue to provide care and support during an inpatient stay will be supported to access **free parking** at the hospital site where the person living with dementia is a current inpatient.
- The carer of a person living with dementia who wishes to continue to provide care and support during an inpatient stay will be supported to access **discounted meal prices** (staff rate) at the hospital restaurant where the person with dementia is currently an inpatient.

Ward teams can contact the Acute Admiral Nurse Service if any queries about the implementation of John's campaign arise.

Admiral Nurses are registered nurses who specialise in dementia care. They work with families and people affected by dementia and focus on complex periods of transition.

The Acute Admiral Nurse Service operates Monday to Friday (excluding bank holidays) from 8am to 4pm and can be contacted on:

0191 2828923 or

AdmiralNursesNHCT@Northumbria-healthcare.nhs.uk

Activities

Patchwork Fish with our Artist, Carl

Following the fantastic sessions we had with Carl making patchwork birds, we then turned our hands to fish sculptures, starting with screwing up newspaper to form the basic shape, and refining that by wrapping thread around and adding scraps of colourful fabric, held in place by more wrapped threads.



Carl brought along a huge variety of fabrics to choose from - something for everyone. From pretty florals and quirky prints to sparkly and iridescent fabrics. The room was buzzing with chatter, activity and teamwork to create these fabulous creatures.



More Activities

Flower painting with Carl, our Artist

Over two sessions, we painted some fabulous pictures with acrylic paints. Carl brought along Van Gough's sunflowers and other pictures to inspire us this month. This great activity involved a lot of concentration, but was great fun with lots of chatter in the group and I am sure you will be impressed by the results!

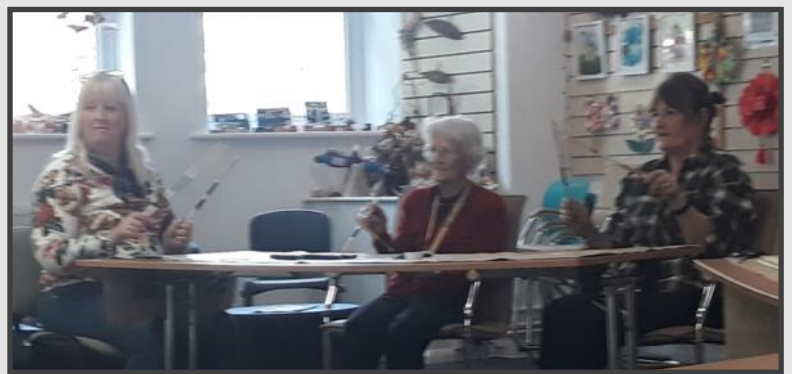
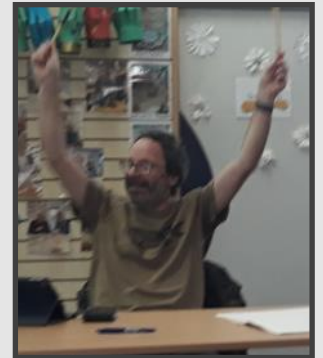


More Activities

Making Music with Musician Gary

The session started with singing some of our favourite songs. In this toe tapping session, we made drumsticks and then made rhythmic music with Gary. It was surprisingly energetic, and a fun way to exercise.

Apologies, drumming is hard to photograph as everyone is moving!



Valentines' Day Cards

Carolyn lead this brilliant session making Valentine's cards for our nearest and dearest. Each card was individual in design and each member had their own personal story about who they were sending a Valentine to.



More Activities

Craft - Painting Pebbles with Sheelagh

We had great fun decorating pebbles - Sheelagh had spotted painted pebbles while out on a walk recently and thought it would be a super activity for us to do. The theme of the session was nature, and as you can see, we produced some brilliant insects, floral and other nature inspired painted pebbles



More Activities

A Round Up of Some of Our Activities This Month

I have no photos of the **yoga and mindfulness session**, as I didn't want to interrupt the very Zen atmosphere in the room, but everyone seemed relaxed in this super session. It was very different from most sessions, as there was generally silence apart from the tutor's guidance through the yoga stretches and breathing exercises.

Indoor sports - cricket



Coffee time with cake (often homemade by our volunteers)

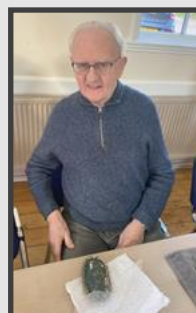


Focus on jigsaws



Soap Dishes after Glazing

You may remember that I promised to post an update on the soap dishes we started making in January. These involve multiple processes and firings in the kiln. Here are our beautiful dishes after being decorated, glazed and a final firing.



Carers' Information Course



Chrysalis Club

Tynedale

**Dementia Carers'
Information Course**

Free 6-week course for carers of
people with dementia

Starting April 2024

Numbers strictly limited

To book your place, please contact:
info@chrysalisclub.org.uk or 01434 408080

Prudhoe and District at Wylam

Singing with our Musician Ian

At Wylam, our first session this month, singing with our fantastic musician Ian, was as popular as ever, with lots of favourite songs and his stories about the artists.

Tree Painting with Carl our Artist

We had a brilliant afternoon painting trees. As you can see, there are many different species of tree which inspired us, with fantastic results.

