

# Newsletter

April 2022



Chrysalis Club  
Tynedale

The highlight of March has to be our trip to The Sill, closely followed by a walk on Tyne Green, and lots of varied activity sessions...

## A Grand Day Out



Want to know more? Take a look inside for photos, a message from Rosie, links and a pen portrait from Liz!

### After-Carers Spring Socials

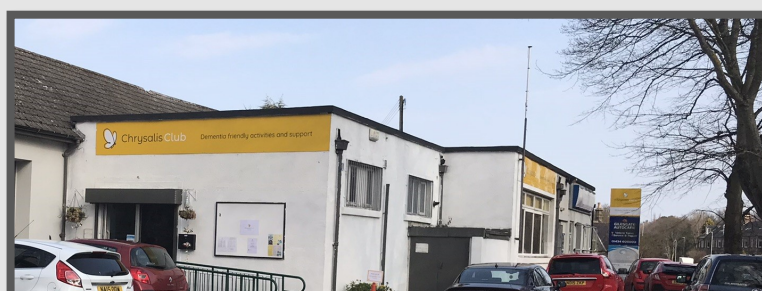
We have a couple of activities planned this month, including a "Get to know each other" lunch at Adapt Café, and a "Crafts & Interests" coffee morning at Chrysalis Hexham. For more information contact Mel by email or phone:

[mel@chrysalisclub.org.uk](mailto:mel@chrysalisclub.org.uk)

07376331426

### Thursday Social

Fancy a chat? Come along to our "Thursday Social" for tea, coffee or a slice of cake (or all three!). Members, volunteers, carers, supporters, and anyone just generally interested in Chrysalis is welcome to drop in on Thursday 28th April at 2:00pm



## News from the board

Hello!

March has been a busy and enjoyable month for Chrysalis. We have new members, new volunteers and several fundraising events in the offing. These include Mike's bike ride, the Harley Davidson ride around Wales, a Family Fun Day and a Gift Fair.

It is lovely that Chrysalis is now 'on the map' and people are noticing us. I think this is partly due to us having our own premises and the publicity from outside the building, and partly due to other people supporting us (like the Lions at the Beer Festival last year). It may also be due to our presence and pictures on social media. So, if you get a moment and you would like to say how much you have enjoyed the session it would be helpful.

At present we have 2 funding bids submitted and we should hear back around end of May, so please keep your fingers crossed. I have my eye on another 2 which I will get started on soon.

The board of trustees made the decision to raise the session fees slightly at the last meeting. They will rise from £12 to £13.50 at the beginning of May and then to £15 from November 1<sup>st</sup>. We are not sure how long the fees have been at £12, but it at least dates back to 2016 when we became a registered charity, so what with that length of time and the fact we have rent and utility bills to pay, we felt the time was right. Please remember we have a fund for anyone having difficulties with the fees; just speak to Gina or a board member in confidence.

We are hoping to start the Intergenerational Project again next term. We are planning to decorate the outside of the building with plants, baskets plus a selection of the beautiful indoor pottery butterflies you make. These will need to be bigger and made of outdoor clay. We will also make some happy pottery pieces of your choice (and those of the children) such as rainbows, a sun etc - all under the guidance of Mel, with her potter's hat on, and Tom the gardener. It should be fun!

The all-day sessions are going well; we had 5 people at the last session and are going to make a regular slot on the last Monday of every month. We are very much learning as we go, finding out what works well and not so well. It is good fun and the pool table gets plenty of use.

Penny is planning a 'day out in the woods' with her younger group at the end of the month.

The board of trustees have a strategy day planned at the end of May. We will also approve the end of year accounts at the board meeting early May.

Take care everyone. Looking forward to seeing you again soon!

Rosie

## Pottery

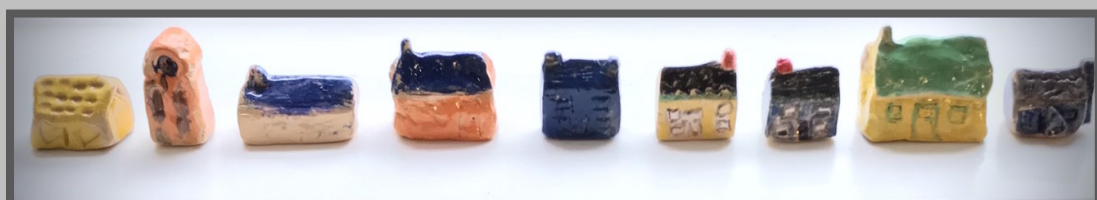
### Spring Pottery

We made some cute spring hedgehogs in pottery with our resident potter, Mel



### Pottery Village

Unfortunately, our potters liked their pottery buildings so much they wanted to take them home, so our Chrysalis village is rather small!



## News

### Sponsored Cycle from Lands End to John O'Groats

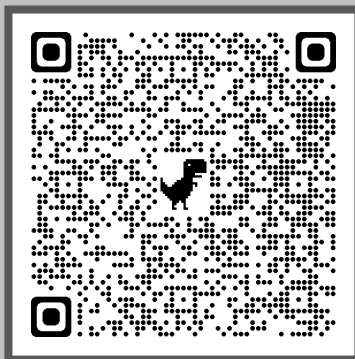
Mike Pottage, one of our amazing trustees, will soon be



donning his cycling shorts in a bid to raise funds for Chrysalis.

On 7th May, Mike will be setting off to cycle

from Lands End to John O'Groats over two weeks, with two friends, Steve Lathan and Mick Povey. They will be



part of a supported trip, the cost of which is fully paid for by the individual participants. If you would like to sponsor Mike, please either copy the link below into your browser, or use the QR code on the left with your phone's camera. Alternatively,

you can always drop off any sponsorship money at the Chrysalis Office.

<https://www.gofundme.com/f/cycle-lands-end-to-john-ogroats-for-chrysalis>



### Looking for a space to rent in Hexham?

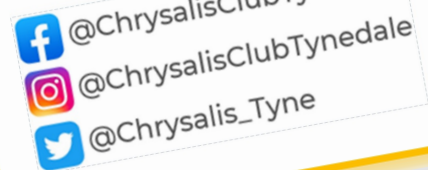


Chrysalis Club rents rooms for your meetings, events and activities in our light and airy building, conveniently situated close to the centre of Hexham on Corbridge Road. Currently we have availability every evening, all day Sundays and some availability Tuesdays, Thursdays and Fridays.

**Prices from £12 per hour**

For bookings and further details please contact us on:  
07760 124539 / 01434 408080  
[info@chrysalisclub.org.uk](mailto:info@chrysalisclub.org.uk)  
[@chrysalisclubtynedale](https://www.instagram.com/chrysalisclubtynedale)

Don't forget to give us a follow:



Raise money for Chrysalis with no cost to you!

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



go to [smile.amazon.co.uk](https://smile.amazon.co.uk) and they'll donate to Chrysalis at Tynedale



or for £1 play the Northumberland Lottery [northumberlandlottery.co.uk/support/chrysalis-club-tynedale](https://www.northumberlandlottery.co.uk/support/chrysalis-club-tynedale)



## Activities!



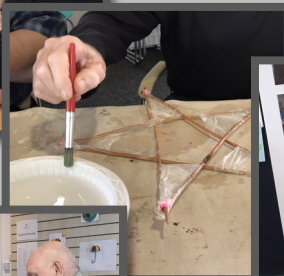
### Sport

We had lots of target practice...golf, bowls, pool, and throwing to name but a few!



### Woodcraft

We made some beautiful willow stars with Deni



### Spring Walk

Our walk leader Liz took us on a lovely walk along Tyne Green, and this time we finished with tea-cakes and scones at Café Enna.

## Crafts with Carolyn

### Arts and crafts

Carolyn ran some lovely sessions for us, including paper flower making, jewelry making, and bowl weaving...



## A grand day out at The Sill

Our trip to The Sill was fabulous!

32 of us took a coach up to Hadrian's Wall country. Our trip started with a slide show from Mandy, full of information on the National Park,



and the theme of the day which was "Birds". We were then left to explore: up onto the living roof to take in the views, and back to our designated room for coffee and cake and a chat when we got tired.

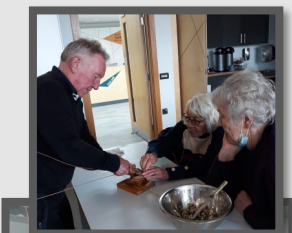


Lunch was soup and a sandwich (the ham and pease-pudding was particularly tasty), and then the themed activities began. We made willow bird feeders, filled with lard balls, and wool dispensers for the birds' nests. John had a particular talent



for the willow weaving, and helped Liz out as tutor!

As 3pm approached we packed up and made our way back to the coach, and all agreed what a grand day out it had been! Thanks to Mandy and her team for making it all such fun!



## And finally...

### Pen Portrait This month's Pen Portrait features Liz, one of our trustees

**What is your role in Chrysalis?** I started as a volunteer with Chrysalis Club just before the Covid pandemic hit, and became a trustee a year later. I had just retired from a full time physiotherapy post and returned to work part time as a domiciliary physio in the Newcastle team and I had time then to volunteer. In my professional role I had undertaken a postgraduate course in dementia studies at Bradford University and felt it would be a good time to use this experience. As a physio I have a particular interest in exercise and maintaining mobility for older people. Keeping mobile and fit becomes more challenging as we age and start to develop long term conditions that slow us down, but everyone benefits from exercise and from keeping moving. I enjoy supporting the Chrysalis Club sessions as a volunteer and as an activity lead, doing whatever I am needed to do. I have led a few exercise sessions at Hexham and Wylam and we often have a '10 minute exercise snack' at Wylam. I have been leading the development of the Prudhoe district group which we have been running twice a month in Wylam. We chose Wylam for this group because the hall at St. Oswins is easily accessible with parking outside; it is in a lovely setting with a lawn and garden area which we plan to enjoy when the warmer weather arrives. It is a very welcoming space. I love seeing our members enjoying all the varied activities and am so happy we are now able to go out again on trips. The recent Sill trip was a pleasure to be involved in and I look forward to more Chrysalis outings over the summer.



**What roles have you held in the past?** I have worked for the past 40+ years as a chartered physio in a variety of roles. My first job was as a junior in north Manchester; I then moved to Denmark and enjoyed a year there as a physio before moving to Newcastle. I have also worked in India in a voluntary role with children with disabilities. On return from India I set up a driving assessment unit for drivers with disabilities; this centre has developed over the years and is still going strong. I then worked in Cumbria for 12 years in various physio jobs and that is where I met my husband Paul; we have been married for 25 years this year and have 2 children, Izzy aged 20 and Tom aged 24. We moved to Prudhoe 15 years ago when I got a job back for Newcastle NHS trust; we have lived here in the Tyne Valley since then. My roles in Newcastle were as a physiotherapy operational lead for 10 years working in adult rehabilitation. I then retired and moved to my present physiotherapy job in the community, which I love.

**What are your hobbies?** Paul and I met due to our interest in outdoor activities in the mountains, including walking and climbing. We took the children out every weekend walking and introduced them

to the lake district fells which we all still love. When we first met we had a tandem bicycle and cycled a lot, especially when Tom was little but when Izzy arrived it wasn't so easy. We keep thinking we'll get another one day, and see how far we can get without an argument! I now keep fit with regular gym sessions, recently joining a ladies only weight training and fitness group which has been great fun and has helped me get so much stronger for my sporting hobbies and also to keep up with my lovely dog,

Daisy, a very energetic border collie now 14 months old. She needs lots of long walks every-day and even if I am not feeling like getting out for a walk she persuades me to get moving. My sports are touch rugby (at Tynedale RFC) and tennis at Wylam tennis club. The touch rugby started nearly 5 years ago (you are never too old to try something new!). My daughter has played full contact rugby for years now and we mums used to stand and watch until the touch training started for us too, and here we are now - Tynedale Ladies!



See you next month for more news, features and another Pen Portrait!

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[www.chrysalis-tynedale.org.uk](http://www.chrysalis-tynedale.org.uk)