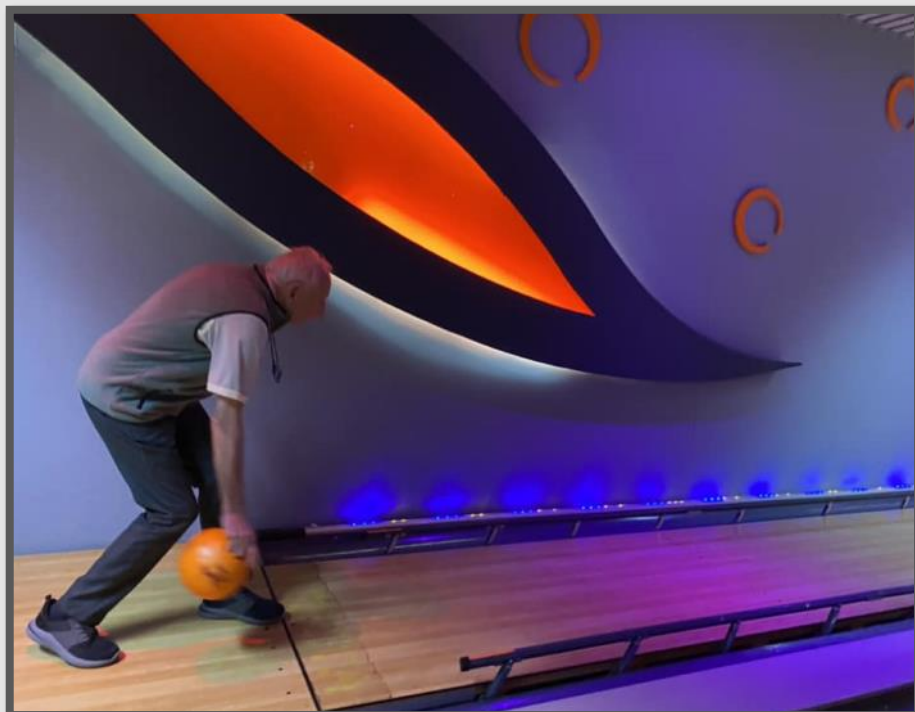


Newsletter

February 2023



Chrysalis Club
Tynedale



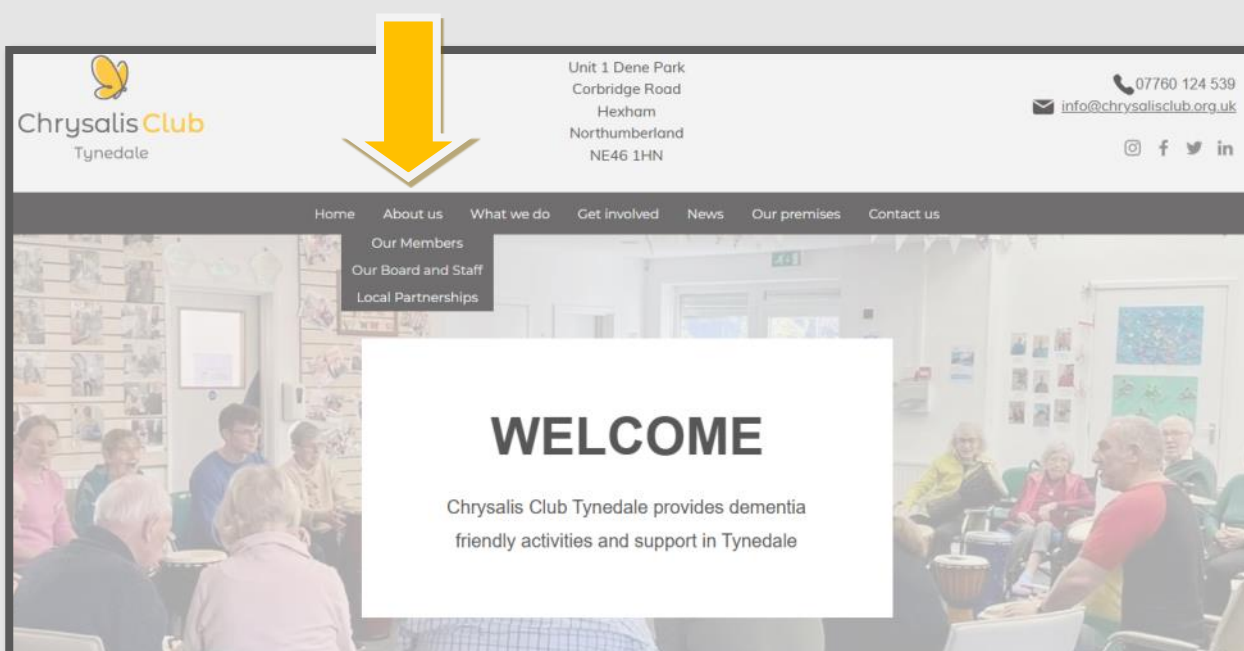
Bowling into the new year...

We've already had our first trip of 2023, with another planned before the month is out. Our resolutions for the year include more sports, dancing and all sorts of fitness;

take a look inside to see how they are going...

Website: www.chrysalisclub.org.uk

We've recently updated our website, and it now includes profiles of our trustees and staff. If you want to have a look, you'll find them under the "About us" tab:



News from the board

Hello Everyone!

I hope you are OK. We've had a cold spell of weather which went on a bit longer than I would have chosen, but it is now really mild. We could be optimistic and think it is spring, but living in Northumberland we have learned not to think that before March!

Things are going well with Chrysalis – busy as always! We have a few new members – welcome to them! We have the Carers Information Course starting at the end of next month; all the expert speakers are booked and we have quite a few carers booked on the course already, so if you are interested book your place quickly. Usually, a Carers Information Course brings in new people and promotes Chrysalis with professionals; the course takes a lot of organising but is a good event for us to promote. Also, for new carers, there is obviously a lot of useful information to absorb and the benefit of meeting their peers.

We are planning a few marketing/ fundraising event for 2023 and hoping to have a structured plan very soon. If anyone has any ideas please pass them on.

I am busy preparing funding bids and completing monitoring forms at the moment, ensuring Chrysalis remains sustainable and we can pay the rent (very important!!). Running our centre takes a lot of resources and organising but we think it is a special space for all our members and carers.

On a personal note, I have had a few runners with my young racehorses and had some nice days racing. My knee is mending well and I am getting about easily now. I have a holiday in Australia planned for the end of August; I am looking forward to seeing my Ozzie cousins - we haven't seen each other for about 10 years – we will probably be surprised by how old we are all looking!! We will still have fun though.

All the best for the spring, which is just around the corner, and we're looking forward to the rest of the year when we have some exciting things planned.

Rosie x

Trips

Cinema

Our regular trips to the Forum Cinema will continue this year - the dementia friendly screenings are going to be on the last Friday of each month (usually in the morning) - so you can save the dates in your diary!

Wentworth Bowling

Our first trip of the year was 10 Pin Bowling at the Wentworth in Hexham.

I was told by everyone beforehand that they were no good at bowling - but they were being very modest, as we had a



fantastic game - with 2 members being way out in the lead most of the time! We finished off with coffee and cake in the cafe - a lovely morning!



Musical Afternoon Tea

Our outing next month is a Musical Afternoon Tea at Trinity Methodist Church Hall on Beaumont Street in Hexham on Friday 17th February. My very talented Mam is coming to play the piano for us; she will take your requests for music you would like to hear. She plays by ear, so can play pretty much anything, so we can all sing along, and you can even have a dance if you feel like it. As well as the music, we will have a delicious afternoon tea. I'll be in touch soon by email with further details - but in the meantime, get your thinking caps on and make me a list of the tunes you would like to hear!



PS It won't be quite like the picture, but you get the idea!

Janet xxx

Information

Priority Service

We're well into the winter months now and have already had several powercuts at home, especially in the windy weather we sometimes get! For many of us these are inconvenient and frustrating, but for some a constant supply of electricity, gas or water is critical. It's important that we're all prepared for any interruption to these services so that we can mitigate their effect on our day to day lives if they happen.

You may have heard of the **Priority Service** which is a free service to help people who have additional needs. It applies to utilities services such as electricity, gas and water. You are eligible to sign up for this if you meet certain criteria, for example if you have reached your state pension age, you are disabled or have a long term medical condition, or you rely on electricity to power medical equipment. You could also be eligible if you need short-term support after being in hospital.

It's available to customers in England, Scotland and Wales and you can sign up by contacting your local network operator and energy supplier (for electricity and gas). They each keep their own register, so it's worth contacting both of them to make sure you're on both registers. For water, you can contact your supplier (usually Northumbrian Water).

The type of help available from the Priority Service varies depending on your circumstances and can include:

- Advance notice of planned power cuts or interruption to energy or water supply
- Priority support in an emergency

Being a member of the Priority Service doesn't mean you're guaranteed a continuous supply of energy. Northern Powergrid recommends that "if customers rely on electricity to power medical equipment and don't know what would happen to this in a power cut, they should speak to their healthcare (GP/NHS) or medical equipment provider now for advice. Network operators, like Northern Powergrid, cannot do this for them. It is vital that these customers have a plan in place and test their back up supply arrangements, so that they are ready if their power is ever affected. If they do not have a backup plan they should speak with their healthcare or medical equipment provider to arrange one."

Carers

Carer Support Group

Running on the first Wednesday of each month at 1.45pm until 3.15pm you can join us for refreshments, mutual support and information sharing. All carers are welcome. The next group runs on Wednesday 1st Feb.

Carer Drop-In Fridays

This runs on the 2nd Friday of the month. If you're in the area please drop-in anytime between 10.30 and 12.30 for a relaxed meet-up, refreshments, chat and catch up.

After-Carers Social and Support

We had a lovely 'Bring and Share Lunch' at Chrysalis for our Festive Social and Support meet-up. We enjoyed sharing each other's company, food, music, chat and laughter. We played a funny 'Snowman Drive' and some carers enjoyed a little tipples!

Our next meet-up is **Friday 27th Jan** - a cinema trip followed by a catch-up in the cafe. Carers whose partners are now in residential care or are bereaved are most welcome to join this friendly, welcoming group. Please call Mel for further details.



Extra note: all carers - IMPORTANT INVITATION - if you are bringing a member along to a Chrysalis session, you are most welcome to stay and have a cuppa and catch-up with other carers in the 'Quiet Room' if it is free. Just grab a co-ordinator, trustee or volunteer to let us know you are staying and we will provide the refreshments!

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.

Special events



Sian Pointon, a professional artist, ran us an excellent session on block-out poetry, producing some interesting and beautiful results. Participants took a piece of prose, and blocked out words of their choice, and what was left was a poem. This was then decorated to produce the



finished piece of art. Our members had the opportunity to read out their creations at the end of the session, resulting in lots of praise and admiration, and entertainment, and also some hilarity!



Future special events

Throughout February, we are very lucky to have Carl von Weiler, a professional artist who lives in Hexham, coming in to run a series of sessions for us - sculpture making on the theme of "Desert Island and Driftwood boats" - at the end of the series we are hoping to have a portable installation showcasing our talents that we can exhibit. Check out the timetable for dates and remember to book in!



Christmas

Ukateers entertain!

In December, we had our annual Christmas party, and the Ukateers kindly provided the entertainment. We all had a lovely time as you can see from the photos!



Christmas activities

We had plenty of Christmas themed events...can you guess what we were singing?



Activities

We've seen lots of laughs, concentration and exercise recently...



News!

Hexham Courant Article

At the end of December, the Courant ran a feature on Chrysalis - did you see it?



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

HEXHAM COURANT

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FEATURE

Chrysalis Club Tynedale supports people living with dementia

30th December 2022



Chrysalis Club Tynedale and pupils from Chollereton C of E First School (Image: Staff)



By Georgia Langdon
@CourantGeorgiaL
Reporter

Share    0 Comments

A HEXHAM charity which supports people living with dementia and their families is looking to the year ahead.

Comments about Chrysalis:

"Just brilliant - thank you Chrysalis"

"Your sessions are lovely, and it's all down to the volunteers, who are really engaging, and try to normalise things, so there is no differentiation between members and volunteers so no hierarchy, so everyone is comfortable and joins in."

"It was a really good and well organised morning"

"... and I really enjoyed it. Thank you"

"Lovely morning!"

"We all had a great time!"

"Great session, loads of laughs"

And finally...

Thank you!

In December, we said a big “Thank you!” to our volunteers; all year they help others to enjoy activities, and help to create things for them to take home, so this year, we thought we’d give them the opportunity to create something for themselves, and look at the results! Thanks to Grace&Thistle for volunteering your time and expertise for this session.



Social Media



@ChrysalisClubTynedale



@ChrysalisClubTynedale



@Chrysalis_Tyne

Dates for your diary

Friday 27th January - Forum Cinema Trip “Empire of Light”

Tuesday 14th February - Volunteers’ Forum

Friday 17th February - Afternoon Tea at Trinity Methodist Church Hall

Friday 24th February - Forum Cinema Trip “Roman Holiday”

Tuesday 28th February - Carers’ Information Course 1st session

Friday 24th March - Tynedale Film Festival Chrysalis Selected Film “David Copperfield”