

# Newsletter

January 2024



Chrysalis Club  
Tynedale

## Merry Christmas Everyone!

This year's Christmas party was a great fun afternoon, entertained again by the Uketeers, singing along to some of our favourite songs, with dancing, a festive quiz, with tea and cakes.



## News from Rosie!

Hello Everyone

This is the time of year when we review last year and think about what there is to look forward to for the new year. So first of all, Happy New Year everyone! I hope you all had a good Christmas. Thank you to the young volunteers who helped me out between Christmas and New Year. Chrysalis is forever grateful to all our fab volunteers without whom we could not function in the present form. It is lovely to have a wide range of ages in our volunteers.



Rosie: Chrysalis' Chair

Last year was an amazing one for Chrysalis; some of the highlights were:

- Recruiting some new high quality volunteers to compliment the existing experienced team
- Running a huge event at Hexham Mart featuring our patron, the popular local author, Mari Hannah who brought along her friend Ann Cleeves. We raised almost £9,000
- Increasing the membership to a level where we have had to have a waiting list for some sessions
- Increasing the time members spend at Chrysalis, giving them more stimulation and the carer's more respite
- Running a carers information course with professional guest speakers
- Increasing and professionalising our marketing, including updating and improving the website
- Continuing to support our carers including after carers
- Continuing the intergenerational project, the younger people's project and the outreach at Wylam

This coming year the highlights so far look to be:

- The Burns Night ceilidh on 3rd February (get your tickets and your dancing shoes ready)
- Being one of the chosen charities at the Tynedale Beer festival
- Being the chosen charity at the Haydon Bridge Festival
- Extending the sessions to include a Friday
- The possibility of running a carers information course in partnership with Alzheimers Society
- Planning the future of Chrysalis which includes the possibility of different premises (our current lease will not last forever!)

So plenty to look forward to in 2024. I would like to thank the staff, the volunteers and the trustees for all the work they put in over the year to make Chrysalis the happy functional place it is.

Rosie x

## Fundraising

### Burn's Night Ceilidh—Saturday 3rd February 2024

This year's Burn's Night at the Corbridge Parish Hall is in aid of Chrysalis Club and Charlotte Straker Care.

To book tickets, contact  
william.cunningham@charlottestraker.org.uk,  
phone 07890 998827,  
or speak to Gina or Mel in the  
office



FR Registered with FUNDRAISING REGULATORY

Tickets  
**£12**

Saturday 3rd February 2024  
**Burn's Night**  
at the Corbridge Parish Hall  
7.00 pm for 7.30 pm

Dancing with Northern Lights Ceilidh Band  
Licensed bar  
Homemade pie and peas supper

To book your tickets contact  
william.cunningham@charlottestraker.org.uk  
or call 07890998827  
or email Gina/Mel on info@chrysalisclub.org.uk

in aid of

Chrysalis Club  
Tynedale  
CID: 1166880

Charlotte Straker  
Care according to need  
Reg charity no 1021086

### Great North Run - 8th September 2024

We are very pleased to have been allocated 5 places for the Great North Run this year.

We are hoping to raise the profile of Chrysalis by posting updates on the training schedule on social media.



## Chrysalis Club Christmas Trees

Here's our tree all lit up and ready for showtime..... let it snow!

I hope some of you were able to check out the results of your hard work making the fantastic snowflake decorations for our entry at St Andrews Church tree festival this year.

The creativity of local businesses and organisations was amazing. It was all very sparkly with fabulous lights, Christmas carols playing in the background, and a cup of tea and some delicious mince pies available on the way out.



### Lighting up Prudhoe - Christmas Tree Festival 2023

Our Christmas tree for the Prudhoe festival was displayed in Prudhoe Community Hub from 4th December, decorated with snowflake decorations which we made in craft sessions. This was another opportunity to promote what we do, and the event raised some money for Shelter NE.



## Trips

### Peter Pan Pantomime, Tyne Theatre, Newcastle



We had a fabulous outing to the panto on Friday 8th December (Oh yes we did!) The production of Peter Pan was great - Chrysalis Club even got a few shout outs from the cast! That was followed by a delicious meal at the Lion and Lamb, where we were looked



Janet: Trips and Prudhoe coordinator

after very well. It was great that so many got into the spirit and wore Christmas jumpers, sparkles and fairy lights.



### Dates for you Diary

Friday 26th January - After Carers Group lunch and social

Tuesday 30th January - Bowling at Wentworth

Saturday 3rd February - Burn's Night Ceilidh

Wednesday 7th February - Carers Support Group

Tuesday 27th February - Planetarium Show

Tuesday 12th March - Walk at Tyne Green

Friday 22nd March - Tynedale Film Festival

Thursday 11th April - Evita at Tyne Theatre in Newcastle

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



## Trips Coming Up

### Planetarium Show at the Twice Brewed Inn - Tuesday 27th February

We're going to see a film in the purpose built 360 degree immersive dome that brings to life the universe. The planetarium is at the Twice Brewed Inn, near Hadrian's Wall. It is next to the Sill.

This stunning, 30-minute voyage through space and time conveys, through sparkling sights and sounds, the Universe revealed to us by science. From Earth to the Universe, we take you out to the colourful birthplaces and burial grounds of stars, and still further out beyond the Milky Way to the unimaginable immensity of myriad galaxies. Along the way, you will learn about the history of astronomy, the invention of the telescope, and today's giant telescopes that allow us to probe ever deeper into the Universe.

There will be a coach leaving from Prudhoe and Hexham to get us there and back, and we will have a meal after the show. Times and costs will be confirmed in the New Year.

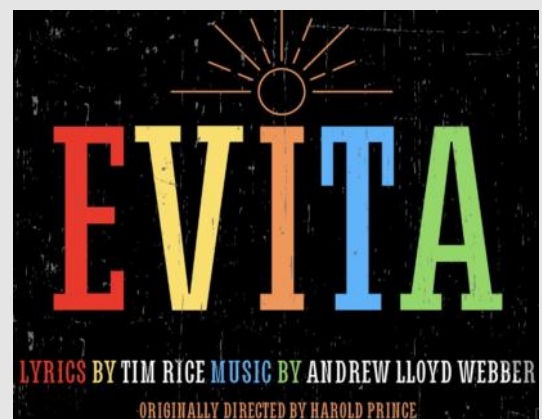


### Evita at the Tyne Theatre, Newcastle – Thursday 11th April

WEOS Musical Productions, the company behind previous musical successes My Fair Lady, The Sound of Music and most recently Fiddler on the Roof, return to the Tyne Theatre stage in April 2024 to present Evita.

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. Exact times and costs will be confirmed in the New Year.



## Activities

### Inky Winter Drawings

Carl showed us how to use the "black coloured screens" to draw wintery pictures. There was lots of chatter and concentration but everyone's drawings were amazing, scratching the picture through the ink to expose the wax underneath.

Some comments from members were "a good day, good drawing winter trees and flowers", "not easy to do, but nice", "it was good, I enjoyed it, can Carl come again?"



## Carers and After-Carers Support

### Carer Support Group

It was nice to welcome some new faces to the Carer Support Group in December with a good mix of ladies and gents. The group runs on the first Wednesday of the month from 1.45pm to 3.15pm (unless stated otherwise on the monthly programme) and offers the chance to share ideas, information and support with other Chrysalis carers.



Mel: Carer support admin and premises officer

The next group will be on **Wednesday 7th February** and will include a visit from **Carers Northumberland** – a chance to learn more about the services and support they can offer.

### After-Carers Social and Support Group

We had a friendly gathering in December for our Winter Social which included a 'Bring and Share' lunch at Chrysalis. We had some music, chatted and played 'Herd Mentality' (bit of a silly but fun game) together. We also raised a glass to absent friends and loved ones and said goodbye to a lovely member of our group who has appreciated what the group has brought and is now ready to move on with different things. Next meet-up will be **lunch and social on Friday 26th January**. If you are bereaved or your loved one is in residential care and you would like to join the group please let Mel know.

Please contact Mel to book or for further info: [mel@chrysalisclub.org.uk](mailto:mel@chrysalisclub.org.uk)

### 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!

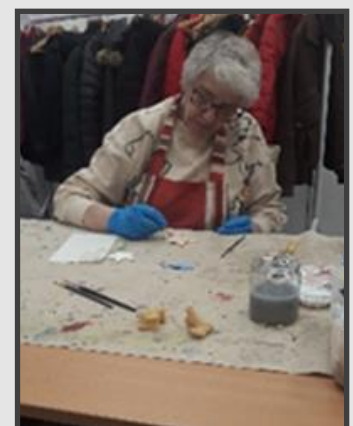
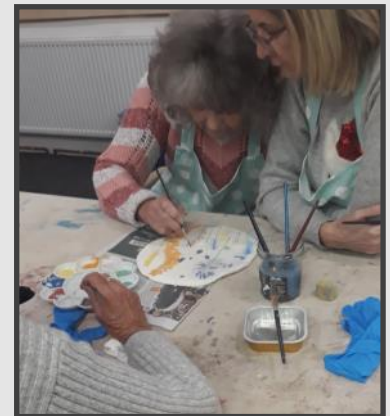




## More Activities

### Cheese platters - Second Stage

In our latest session with Mel, she brought back the cheese platters we had started in an earlier session. In the first session, we imprinted plants and flowers into the soft clay. Once they had been fired hard, we were able to paint the decoration, before Mel takes them back to her studio for glazing and firing again to finish the process. Some members had a creative session decorating lovely ceramic Christmas tree decorations instead.



## More Activities

### Movement to Music - We all live in a Yellow Submarine

Sophie played a fabulous medley of some of our sixties favourites including Yellow Submarine, The Locomotion. Great fun was had singing along while doing her movement routine.



### Christmas Movement to Music

Sophie is definitely in the Christmas spirit with her brilliant elf costume. As usual, we had a fun afternoon, with lots of laughter and chatter enjoying the lively Christmas themed music session, and singing a couple of carols to end our session.



### Comments about Chrysalis

"Everyone yesterday was so friendly"

"The volunteer was just perfect for Dad and that really helped him to settle,  
thank you to everyone"

"You are all so kind, friendly and helpful, organising loads of different activities  
for the members"

"The lovely [volunteers] really look after us"

## Prudhoe and district at Wylam

### Driftwood Art

We had a lovely session with Carl making driftwood boats. Everyone who made a boat enjoyed creating their own model with a variety of masts and rigging using natural materials. The session was very relaxing and fun, and some wonderful creative works were produced. We then had a nautical themed 10 minute seated 'exercise snack' followed by lots of chat with refreshments.



### Christmas Table Decorations

We had a wonderful time creating these fantastic decorations with gorgeous greenery, winter flowers and berries, Christmas baubles and dried fruits.

