

Newsletter

April 2024



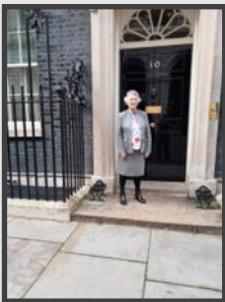
Chrysalis Club
Tynedale

Tyne Valley Film Festival - Friday 22 March

We had a lovely trip down memory lane when we went to see Doris Day and Howard Keel in the classic film Calamity Jane at the Forum Cinema. It was thoroughly enjoyed by all members who came, and there were definitely a few people singing along too!



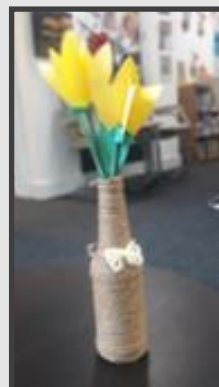
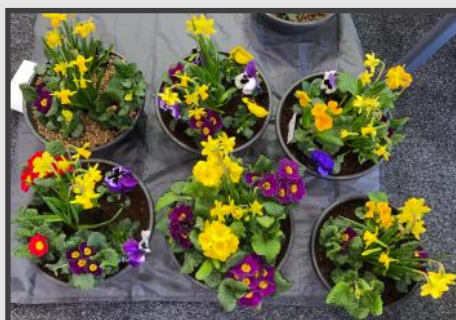
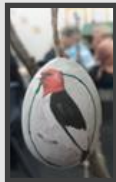
Rosie invited to 10 Downing Street



Read all about Rosie's recent trip to 10 Downing Street in her section of the newsletter.

Spring has sprung and there has been a definite seasonal theme to many of our activities this month.

We have been decorating an Easter tree and doing other spring themed craft and art sessions. Below is a selection of some of these activities.



News from Rosie!

Hello Everyone

As I write, it is an awful day – raining with lots of water on the roads. I really hope it gets more springlike soon - we have a couple of nice days, then it returns to rainy weather again. It is nice to see the daffodils and the spring flowers, but we could do with some warmer and drier weather. I hope you all had a nice Easter and over indulged on chocolate!! I gave up processed sugar for lent so I really enjoyed my Easter eggs!



Rosie: Chrysalis' Chair

We seem to have a lot of exciting events coming up; I hope you are able to join us on some of the trips. There is a fine selection with theatre trips, the races and the alpacas visit – hopefully something for everyone. We also have the Carers' Information Course which is always popular and brings in new people.

Chrysalis is lucky to attract lovely volunteers and we have a great functional band at the moment supporting the members. We also have two admin volunteers Deryn and Elisabeth. Both do tremendous work for us - Deryn organises the newsletter and the invoicing and Elisabeth is event's organiser and has organised the Carers' Information Course amongst other things. They compliment the lovely and hardworking staff we are lucky to have and take some of the pressure off all of us.

My trip to 10 Downing Street was interesting but I am not sure how small charities like Chrysalis can be involved. It was great that Chrysalis was recognised as an organisation of excellence by The Secretary of State but the emphasis of the mission was on finding a cure for dementia. There were a lot of research professionals and pharmaceutical company's reps. The mission is based on the legacy Dame Barbara Windsor left and there is a lot of money going into research – about £16 billion. I think it is good for Chrysalis to be involved but I am not sure how much money or attention is going to be dedicated to good quality social care for the here and now – which is what Chrysalis is about. Being involved may also give Chrysalis some kudos for fundraising, which must be good!

On a personal level, I am hoping to race one of my young horses soon – if it ever stops raining!

Rosie x

Fundraising

Ceilidh - Saturday 4th February



This fantastic event raised almost £900 for Chrysalis Club. Thanks again to the Chrysalis Trustees, Bill, Helen and their team at Charlotte Straker Project, Northern Lights Ceilidh Band for providing the fantastic music for us all to dance to and everyone who supported the evening, including those who provided bottles for the tombola.



Great North Run

Things seem to be going to plan for our brilliant runners.

Hopefully Maddey's ankle is healing well and she will be joining Ellie in training soon.

Ruby and Ruth have been training separately due to the Easter holiday, but have been increasing their runs. Their training plan is going very well and now the weather is brightening up they will be doing more outdoor runs.

Gill has just about finished unpacking after moving house but has kept training through it all.



Paris Marathon - Sunday 7 April

Alison and her friends ran the Paris Marathon on Sunday - they've so far raised over £1000 for Chrysalis which is just amazing!



Alison and her training partner have run over 840 miles between them, in 19 weeks. They were excited when the hard work was done and I hope they enjoyed the run (well perhaps not between mile 20-25.5!).

It isn't too late, if you would like to sponsor Alison - her [justgiving.com](https://www.justgiving.com) page is **The Road to Paris**

Raise money for Chrysalis
with no cost to you



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

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 will be supporting this year. It's not just fabulous real ales and cider - other drinks are available and 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 is 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

Sad News

Many of you will remember Harry as a lovely, gentle Chrysalis member who particularly enjoyed singing; sadly he has died recently. Despite his difficulties, Harry always had a smile and didn't let things get him down. Although we hadn't seen him for a few weeks as he had recently moved into residential care, we miss Harry's contribution to Chrysalis Club.

Our thoughts are with his family and friends.



We also heard from Peter that his lovely Gladys has passed away. We will remember her so fondly with her easy smile and laugh; she loved all the activities and the chat that came with them, and made some good friends at Chrysalis.

Our thoughts are with her family and friends.

Apple Gift Voucher

We had a kind donation of a £100 Apple gift voucher, but haven't been able to use it for Chrysalis Club purposes. Would someone like to make us an offer for this voucher - it is valid until 18 August 2024?



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!



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 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.



Upcoming Trips

Cancelled - Hexham Races - Tuesday 9th April



Due to recent wet weather this event has been cancelled as the going is unsafe for the horses.



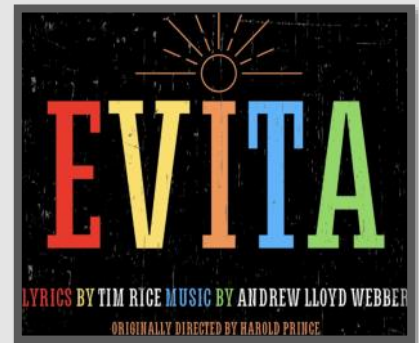
Janet: Trips and Prudhoe coordinator

We will plan to re-arrange this trip in the autumn as it was very popular. Details will be circulated once we know more.

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

This fantastic musical staged by West End Operatic Society (WEOS) Musical Productions, is happening this week!

The 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

Upcoming Trips, Etc

Trip to Visit the Alpacas - Tuesday 4th June

Many of you will remember the Alpacas visiting us at the Centre last year, and our fantastic follow up trip to see them in-situ. Well we are now planning a coach trip to visit them in June.



Please contact Janet if you are interested in joining this cuddly trip. We are sure that places will get booked early, so let us know if you would like to join us. For more information contact Janet@chrysalisclub.org.uk



Comments about Chrysalis

"I did enjoy today, mind you I always enjoy coming here ..."

"Everyone is so friendly"

"It was a great morning and I enjoyed it"

"I'd like to thank everyone at Chrysalis for the welcome and caring we have been given since last February. It certainly gave me a couple of hours of relaxation when I could take my eye off things knowing she was having fun"

Dates for you Diary

Thursday 11th April - Evita at Tyne Theatre in Newcastle

Friday 26th April - After Carers Group

Wednesday 1st May - Carers Support Group

Tuesday 4th June - Trip to visit the Alpacas

Saturday 8th June - Haydon Bridge Festival

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

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



Carers and After-Carers Support

Carer Support Group

We met on **Wednesday 3rd April** and it was a lovely chance to chance to catch up, share and learn from some of our experiences, and get some mutual moral support. There were some lovely practical tips shared.

All Chrysalis carers are welcome! Booking in advance is helpful for planning.

In May we will be getting together on **Wednesday 1st May** - 1.45pm - 3.15pm.

Any feedback about the group and suggestions for speakers etc is also welcome.

Mel x

For further info contact: mel@chrysalisclub.org.uk



Mel: Carer support
admin and premises
officer

After-Carers Social and Support Group

The next after carers meeting will be on **Friday 26th April** for lunch and a walk in Hexham venue TBC.

This is a welcoming support group open to Chrysalis carers whose loved ones are in residential care or who are bereaved.

The date and venue for our **May catch up** TBC.

For further info contact: 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!



Activities

Crafting Creepy Crawlies

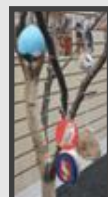
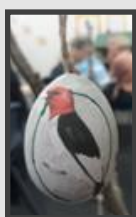
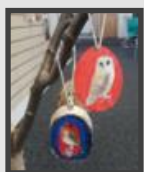
Carolyn brought in this great idea to make moving caterpillars on leaves. Unfortunately just as she was about to leave home, her dog ate the example she had made, so she had to quickly make another when she arrived at Chrysalis! These were very lifelike, creeping on the leaf when the straw was pulled, and each one was so different.



More Activities

Eggcellent Easter Tree Decorations

Anyone visiting the Club can't have missed our tall Easter Tree. Over a number of sessions, Carl, our artist, brought materials for us to make lots of different decorations for our Easter tree. We painted eggs, and made spring themed plaques which hang on the branches of our Easter tree.



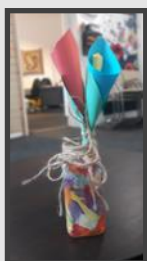
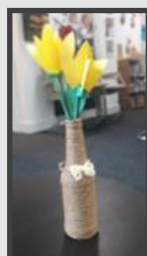
More Activities

Drumming with Gary, one of our musicians

We had great fun in this lively session; a fun way to get a bit of exercise and as you can see everyone had a great time...



Other activities this month have included crafting paper flowers and Sport with Smile



More Activities

William Morris Inspired Birds with Carl, our artist

Using William Morris wallpaper as an inspiration and to decorate our back-boards, we made either complementary or contrasting decorated birds. As usual, each was completely individual, some going for large glittery tails, others for curly feather tails and some with fabulous head adornments. Some birds were even lucky enough to be named by their creators:

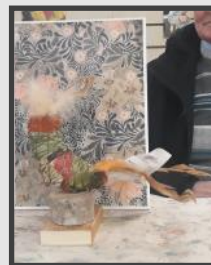
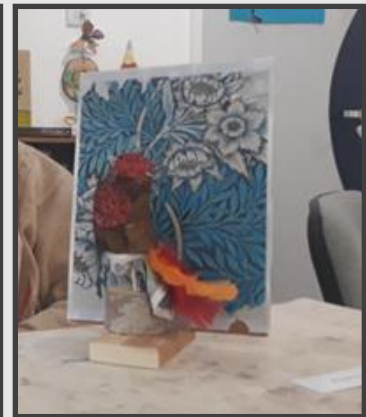
Oswald



Slim Jim



Joseph Robin





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

Gorgeous Indoor Gardening

This super colourful spring gardening session would brighten up anyone's day. It was a lovely chilled session at Wylam, with different varieties and colours of plants to choose from to make up our planters. These beautiful outdoor planters will bring a splash of colour over the weeks and months to come.

