

Newsletter

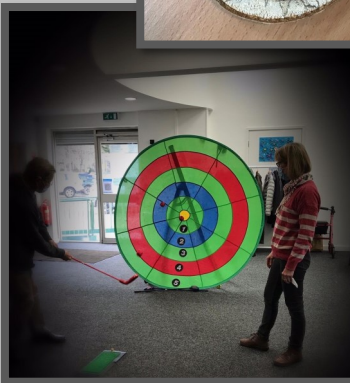
February 2022



Chrysalis Club
Tynedale

The New Year is already upon us, and we had lots of fun in January. We've got lots planned including a walk, some drumming and a new member of staff. Take a look below...

Some of our activities last month...



New Member of Staff

We are delighted to say we were able to appoint for the new roles of Administration and Premises Officer & Carer Support Officer when we interviewed earlier in the month. We have one person for both roles and it is someone who will be familiar to you - it is Mel the pottery tutor. We think you will all agree that she will be excellent at both jobs and we already know what an efficient, kind and caring person she is - she's also good fun!

Board of Trustees...

News from the board

Happy New Year everyone! Chrysalis has had a busy January; as you can see from Gina's report we have had lots of fun and have drumming to look forward to – always a fun session!

We are pleased to say we have a new board member – Mike Pottage. Mike cares for his wife Anne-May. He brings lots of business experience and good local contacts. Not only has he agreed to be a Trustee of Chrysalis but is also undertaking a cycle ride from Lands End to John O'Groats and is going to raise money for Chrysalis. Watch this space for more information!

We have been approached by some Harley riders who would like to do a fundraising event for us. This came out of the blue and was obviously very welcome. They are going to bring their bikes up sometime for us all to see. We all love a Harley and I particularly like the sound they make!

I am busy with a funding bid to try and update the heating and windows in our premises. The windows are very old single-glazed wooden units where the panes of glass do not fit very well and consequently the building is draughty and not very environmentally friendly or cost effective. We are applying for an updated heating system too, with extra radiators and more modern replacement ones. Some electrical work (better lighting and more sockets) as well as some extra cupboards are included in the funding bid. It is almost ready to send off so please keep all your fingers and toes crossed!!

We have been asked if we can provide all day sessions by some members and family members; this would mean the member being here from 10.30 – 3.30. We are going to try a pilot project to see how it may work. As we do not provide personal care or administer medication it will only be suitable for people who are independent of these needs. If you are interested in an all day session please talk to myself or Gina for more details.

We are pleased to welcome a new volunteer to compliment the excellent regulars. We are currently looking for new volunteers for the Prudhoe group if anyone knows a suitable person. We are planning to hold a volunteer forum in February. We have the virtual AGM on Friday - it's a bit unusual for Chrysalis to by-pass the excuse for a party, but this year we thought it would be more 'Covid friendly' to just have a virtual event. If anyone would like to attend but hasn't requested a link yet please contact info@chrysalisclub.org.uk.

Stay safe everyone...fingers crossed the restrictions are gradually easing and we have the good weather and longer days to look forward to, as well as the lovely spring bulbs to brighten our days. The skies have been a joy to see this month!

We love crafting...



Pom-pom sheep gave us a lovely relaxing activity for chatting...thank you Carolyn!



Bird feeder making was a bit messy but the finished product looked delicious (from a bird's perspective!) Ingredients - lard, peanut butter, bird seed, sunflower seeds, cheerios, wires, fir cones, and toilet rolls, and lots of soapy water to get clean with afterwards!

And our dream catchers were just...dreamy...thanks Deni!





Prudhoe - Tuesday 1st February

Mobilise and Energise with Liz!

Why not give it a go? There will be half an hour of exercise to music, followed by some indoor games of golf, bowls or dominoes, with tea and coffee of course! Call Liese on **07444 136955** to book your place...



Have you heard of the 100 Years Book?

Featuring the top 100 songs in the UK every year from 1915 - 2015, the 100 Years: A Century of Song book is a fantastic and versatile FREE resource.

You can use it as a memory-aid to help recall names of favourite tunes and musicians, or as a resource for younger people interested in helping an older person to find tunes (introduces them to great music from before their time!), and you can download PDFs of the decades to print or to email.

Enter the following address into your browser to access the 100 years book <https://www.playlistforlife.org.uk/the-100-years-book/>

P.S. Each songlist has a corresponding playlist on the [Playlist for Life Spotify library](#) so you can listen to the tunes online.

Drumming

We have a drumming session booked in for Friday 28th January at Hexham which, I am told by Helen, is "Brilliant, and the sounds are phenomenal"

Simon, our tutor, tells me the session will include a gentle warm up, some rhythm games, call and response, jamming, having fun with drums and boomwhackers, and will be "just lots of fun!". Look out for the photos on social media to see how it goes!

Don't forget to give us a follow:

-  @ChrysalisClubTynedale
-  @ChrysalisClubTynedale
-  @Chrysalis_Tyne

Sad News

In December we sadly lost Belle. She was a lovely member of Chrysalis for a lot of years. We appreciated her sense of humour and her strength and we miss her at the sessions.

In January Keverne sadly died. He had been in residential care for some time so we hadn't seen him recently, but we are still supporting Yvonne. Many of you will remember Keverne, with his dry sense of humour and kind nature. He will be missed.

Catch-up group

Liz has decided that she no longer wishes to have the catch-up group as part of Chrysalis, and so she will now run it independently, but don't worry, Mel will meet with all our carers to increase and enhance what we offer here at Chrysalis.

Do you struggle with transport to and from Chrysalis?

The RVS (Royal Voluntary Service) offer a Community Transport Service. They have at least a couple of volunteers in our area, who offer short (and long) term transport services to help people stay connected and get out more. Their number is 01668 260 248. They also have an email address of northumberland@royalvoluntaryservice.org.uk. They quote "Our volunteers are resourceful and will work with you to solve any problem that may arise". If you are struggling to get to us, why not give them a call?

Our first trip of the year—a walk!

On Friday 4th February, we will be going for a walk along Tyne Green.

We will be meeting at the boathouses, walking to Café Enna, and taking in the sights of the Tyne along the way, some of us around the golf course, and some a shorter, more direct route.

For this first outing, we are asking all members to bring along their carers (if you have any problems, then let us know and we will try to allocate a volunteer).

So, if you are interested, and to find out more information, give Gina a call.



And finally...

Pen Portrait

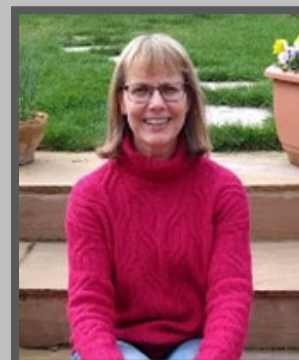
This month's Pen Portrait features Sheelagh, one of our trustees

What is your role in Chrysalis?

I started as a volunteer just after I retired in 2019, became a lead volunteer and then graduated to joining the Board as a Trustee in 2021.

What roles have you held in the past?

I always say I have had 3 careers- a research Biochemist, a full time Mum and a Higher Level Teaching Assistant at The Sele First School. Which do you think was the hardest but most rewarding?!



What are your Hobbies?

I am a keen gardener, sing in a community choir, love walking and playing golf and always like to be up on the dance floor- I learnt Modern Jive dancing a few years ago. I might try Line Dancing next!

Any Pets?

Yes, my beautiful 9 month old cockerpoo, Murphy. He is a cheeky chappie who loved to chew socks, slippers and attack my washing on the line when he was a little puppy but thankfully has grown out of that now. His favourite thing is having his tum-my rubbed. My favourite thing is getting a lovely welcome in the morning.

Anything else?

When I was 30 I lived in Brisbane Australia for 2 years. I have therefore seen a kangaroo, a koala, a kookaburra and snorkeled on the Great Barrier Reef. A highlight was sleeping under the stars while camping in the bush in Kakadu National Park, Darwin.



Should you know of any potential new members who are interested, please let them know that their first session is free, and further sessions are charged at £12. Ask them to give us a ring on 01434 408080, or drop us an email info@chrysalisclub.org.uk for further information, or to book a place.

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