

Newsletter

May 2022



Chrysalis Club
Tynedale

April saw the weather improving, and encouraged us to do a spot of gardening...



Arts and crafts, sport, and a circus event also featured - take a look inside to find out more!

The Beatles: Getback Rooftop Concert

On Friday 20th May, the Forum Cinema in Hexham are hosting a dementia friendly screening of The Beatles' iconic last performance on the Apple Corps' rooftop. The film will last around 65 minutes. Lights will be low, the volume will be turned down a little, and the atmosphere will be relaxed..

We shall be meeting in the café beforehand for a cup of coffee, at 1:00, Tickets, priced £6, are available on the door, and carers go free. Drop us an email if you would like to come!



News from the board

Hello!

Well – the end of March is the end of our financial year so there are books to prepare and for the board to agree. We hope to do this on Tuesday night at our board meeting. Once again we have been lucky to get new members and volunteers in March. It is lovely that we now have several young volunteers; they add to the mix and bring a different aspect to the sessions. The board are so grateful to all the volunteers; Chrysalis could not run in its present form without them. We are also grateful to Gina and Mel for all the hard work they put in; they are extremely dedicated and valued members of staff.

We hope Mike is peddling hard on his huge bike ride which he is doing in aid of Chrysalis. The three bikers have raised almost £5,000 for us – go lads go!! I have given two talks lately to fundraisers, one for the family fun day which takes place on May 28th, and we have had a sponsorship cheque for £1,000 in advance of the day. The other talk was to The Geordie Chapter (the Harley Davidson bikers); they are riding around Wales on their Harleys, raising money for Chrysalis as they go. They have already raised over £3,000 for us with sponsorship and raffles. We have also had some unsolicited money from PayPal. Later in the year we have someone doing a long-distance walk for us and then the Tynedale Gift Fair has chosen Chrysalis as their charity this year. We are healthy financially at the moment but people fundraising for us is always welcome. It means we can provide treats for the families we care so much about, as well as developing the organisation.

I have another two trust funding bids submitted, making four altogether. We should hear about three of them this month, fingers and toes crossed please! It is exciting to be starting the Intergenerational Project again after more than 2 years; I hope lots of members apply to be part of it as it is a lovely project.

The board have a strategy day at the end of the month, which will be fun as well as productive. We are a good team who work well together and the day is externally facilitated by Claire who manages to make us work hard, keeps us focused and makes it all fun – quite a talent to achieve all that!

Stay well and happy and enjoy the spring sunshine. Rosie x

Sport

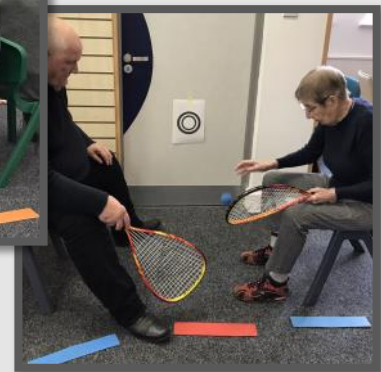
We made good use of our pool table, which was kindly funded by Egger...



Smile Through Sport ran a couple of sessions...check out their website to see what else they do!
<https://smilethrough-sport.com/>



We improved our coordination with a bit of squash...



Sponsored Cycle from Lands End to John O'Groats

We are delighted to report that sponsorship for Mike's cycle ride has now exceeded £4000!

Mike is currently cycling from Lands End to John O'Groats to raise funds for Chrysalis. In his latest update he says "About to start day 2 - the hardest day! Going well so far. No blisters yet!"



If you would like to sponsor Mike, please either copy the link below into your browser, or use the QR code on the right 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>

News

Sad News

We received some very sad news last month. Fiona Park, our valued volunteer, has died. Not all of you will have known Fiona, but she volunteered with Chrysalis for many years. Our thoughts are with her family.

Carer Support Update from Mel

It has been good to see everyone and welcome new faces at the Carer Support Group, held on the first Wednesday of the month. The group offers the opportunity for 'Sharing with other people; learning from others' experience; de-stressing and help finding their way through info'. It's a friendly and welcoming group so please feel free to join us on the first Wednesday of the month 1.45 - 3.15; if you let me know you're coming then we can make sure there's some cake for you!

After-Carers Social, last Friday of the month.

We enjoyed a lovely meet-up at Chrysalis for Art/Crafts followed by lunch brought in from Shire Gate Cafe. I must admit that we were so busy having a good chat that no crafting got done! It was so nice to learn a little more about everybody and share memories over a very sociable lunch. Also good to hear of people's growing confidence and enjoyment at getting out and about a little more. We are planning our next meet-up to be a walk along the riverside at Prudhoe, followed by lunch in the cafe there. If you would like to join us or for more info please give me a call or drop me an email.

Comments from our members:

"Never in a million years did I think she would settle"

"She talks about going to her club"

"He is absolutely loving it - I'd go as far as to say it is life changing for him"

"Mum loves chrysalis and all your activities; she often talks about it. She loved the golf yesterday"

If you have any feedback for us, please let us know!

Crafts with Carolyn

Arts and crafts

Carolyn ran some lovely Easter-themed sessions for us, including traditional egg dyeing, and less-traditional Easter-bunny making out of socks!



Events

A trip to the woods



Our Young People's Group had a great trip out to the woods with Deni. We explored the area, relaxed (in hammocks!), had some soup heated up on the fire, and the sun shone upon us.



Inter-Generational Project

We are delighted to tell you we are starting the Intergenerational Project again soon. For those of you who are not familiar with the project, we work with schools bringing children into Chrysalis to partner with the members. The project is decorating the outside of the building, so we have Mel tutoring pottery butterflies and Tom tutoring plants for window boxes and hanging baskets. This is a funded project so it is free and will run approximately mid-June to mid-July. Please speak to Gina, Mel, Sheelagh, Penny or Rosie if you are interested. It is a lovely project - the children are a delight!



Save the date!

Our Jubilee party will be held on June 6th at 1:30. Further details to follow!

Don't forget to give us a follow:



@ChrysalisClubTynedale



@ChrysalisClubTynedale

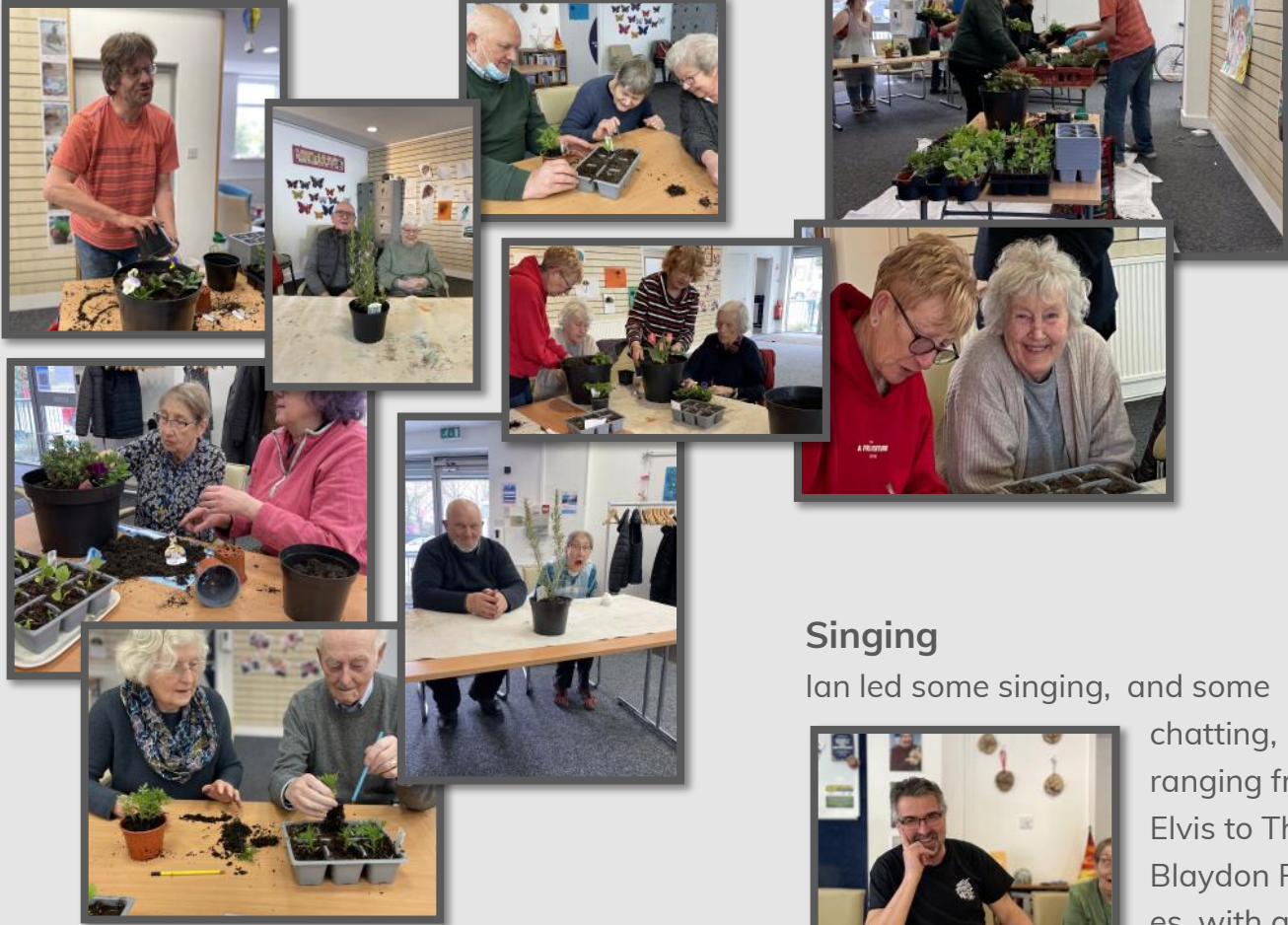


@Chrysalis_Tyne

Pottery, Gardening and Singing

Propagation and Pricking off

Tom instructed us on propagation and pricking off



Singing

Ian led some singing, and some chatting, ranging from Elvis to The Blaydon Races, with a sprinkling of Cliff Richard!



Spring tea-light holders

Mel guided us to make tea-light holders...



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.

Family Fun Day

Fancy something different?

We have very generously been approached by Kirk, who is going to run a Family Fun Day with all proceeds going to Chrysalis. He is encouraging us to go along - entry is free, and there will be refreshments to buy, and activities to participate in. Details are in the poster below, but if you want any more information just give us a shout!

FAMILY FUN DAY



FOLLOWED BY A RACE NIGHT
SATURDAY 28TH MAY 2022

STARTS AT 10AM - MASONIC HALL
WESTFIELD TERRACE, HEXHAM, NE46 3DJ

FUN FOR ALL THE FAMILY
ACTIVITIES FOR KIDS
FREE ENTRY

Contact Kirk Barclay for more info:
kirkb2009@live.co.uk

All proceeds going to Chrysalis Club Tynedale, a charity that provide activities for people living with dementia and ongoing memory problems. Registered Charity 1166880
@chrysalisclubtynedale www.chrysalis-tynedale.co.uk

Meet the trustees!



Rosie - chair, funding, development, sustainability



Helen - secretary, legal issues, after-carers



David - treasurer and vice-chair



Sheelagh - activity sessions and volunteers



Liz - Prudhoe and exercise sessions



Mike - carers and Young People's Group

Dates for your diary

Friday 20th May 1:00 Cinema Trip

Thursday 26th May 10:45 Volunteers' safeguarding training and forum

Saturday 28th May 10:00 Family Fun Day

Monday 6th July 1:30 Jubilee Party at Chrysalis



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. 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
@chrysalisclubtynedale



Social Media

 @ChrysalisClubTynedale
 @ChrysalisClubTynedale
 @Chrysalis_Tyne

Website

 <https://www.chrysalis-tynedale.org.uk/>

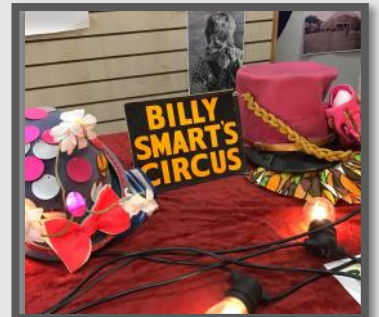
Baccara Smart's Circus comes to Chrysalis



On 30th March, we were lucky enough to have professional artist Baccara Smart take an arts session for us. Baccara brought in costumes that had been worn by her family when performing with Billy Smart's circus, and photos and memorabilia which sparked conversation and inspired



members to explore different media such as water colour paints, felt tips and pastels, and create a group collage circus poster. It was a fabulous day!



And finally...

Pen Portrait This month's Pen Portrait features Penny...

My role at Chrysalis has evolved over time, and has included being a Board member, training and attending volunteers' meetings, networking in the local community and linking with professionals, as well as universities. It is quite hard to define really! At the moment I am organising volunteers' training, working with the Young Dementia Group, and meeting with the Carers' Group.



My background is in social work and social work education, and during some of that time I specialised in teaching about working with elderly people. I was even lucky enough to have one or two trips to different countries to see their systems. I probably saw the best on offer, and found Finland pretty impressive.

When I 'retired' I then worked for the Alzheimer's Society in Hexham, setting up the office, being available for people to discuss issues, organising social events and so on. This is how I came into contact with Chrysalis. And, 'the rest is history'...! I was happy to accept the invitation to become involved when I left Alzheimer's.

My own mother had dementia, so I have had personal experience of the challenges it can bring, in all sorts of ways. Her vision was also very poor, and it was really amazing how she managed to walk into the middle of Hexham and go to the shops. Familiarity I suppose helped; she knew her way round like the back of her hand, having lived in the area all her life.



The photo on the left is taken at the end of the London marathon in 1991. So, as you can see, one of my hobbies was running, now, alas, over very much shorter distances! But I have found another interest in Nordic walking...and I have discovered it is quite challenging. More practice is required! Other hobbies include reading, either for a book group, or more likely a good crime novel, trying to play the saxophone, (also more practice required!) non-Nordic walking, and when possible, travelling. Also, I am a follower of horse racing, and have been known to put the odd bet on. In my fantasy life I would have ridden the winner of the Grand National. Or maybe owned it!! Hey ho.

Isn't it strange that when you are asked to write about yourself it seems very difficult? Oh well, much better to chat in person

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