

## Happy Easter Everyone...

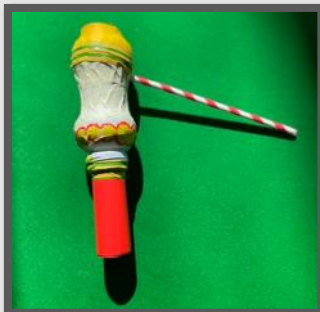
We've been crafting to an Easter theme recently, from Easter bunnies to Easter bonnets. We've also enjoyed a



spot of gardening, and our previously planted display of Easter flowering bulbs is looking lovely - check out the gardening feature on the back page for more information!

### Making music, and instruments!

In March we welcomed a new tutor, Gary, founder of Unique Music North, who has a vast range of experience in making music. Our first session was recycling junk into instruments. We then accompanied Gary and his guitar (what a beautiful voice!) with our bagpipe-like sounding contraptions (and a little singing too) to some old favourites. His company "enables people to create, play and record their own music their own way."



In addition to singing and playing, he's planning on getting us to create some original music, and to write our own songs. We'll be using a range of instruments, our voices, improvisation, songwriting and music technology. Sounds exciting? Lookout for "Music making with Gary" in the timetable.

## News from the board

Hello Everyone!

I hope you are ok. We've had a wet spell of weather but it is now lovely and spring-like. It is great to feel the warmth and particularly nice to see the spring flowers and shrubs come out.

Things are going well with Chrysalis – busy as always! We have a few new members – welcome to them! We have just finished a very successful carers' information course, where participants praised the course and felt they had got a lot out of it. Trying to work your way through the social services systems is hard especially when you are caring for someone, but having information and contacts makes the job a bit easier. Chrysalis is pleased to be able to provide this information.

Some of you may have noticed we managed to get the blinds fitted by Adam the joiner. They look really professional and are good quality. These were funded by the Masons. The ones at the main door are (apart from promoting Chrysalis) to stop reflection glare from parked cars; the ones in the boardroom/games room are to stop the low sun from blinding people, so they serve several purposes.

We are delighted to be given the news that Chrysalis Club is once again going to be the chosen charity for Tynedale Gift Fair. They are such nice people to work alongside and managed to raise £2,500 for us last year. They also organised the 'quiet hour' for our members at the beginning of the Fair which worked really well and people enjoyed a coffee and cake after browsing.

The main fundraiser for 2023 – the book evening with Mari Hannah and Ann Cleeves on July 6<sup>th</sup> - is taking shape. We have a sponsor, we have some raffle prizes, a host for the evening who is TV's Chris Jackson, and we even have a title for the evening – Summer Tyne Crime! Tickets will go on sale later this month. We are planning an auction as well as a raffle, so hope to make lots of money for our charity.

Lucy, our marketing officer and co-ordinator, is leaving us this month for pastures new. We would like to thank Lucy for her enthusiasm and commitment to Chrysalis and wish her well in her new post.

I am hoping to go to Carlisle Races on Saturday for the final runner for this season. I have some young ones coming on for next season; they are busy learning their trade at the moment.

Rosie x

## Activities

Here's a selection of photos from our March sessions



## News

# TYNEDALE GIFT FAIR 2023

## Tynedale Farmer Function Suite

Hexham Mart, Tyne Green, Hexham NE46 3SG

**MONDAY 30th October 3pm—8pm**

**TUESDAY 31st October 9.30am—3pm**

A fantastic range of unique high quality stalls for all your early Christmas Shopping

Café open for lunch and afternoon tea—no booking required

Free Parking

Admission £3—cash please

All on one level so easy access for everyone

**Supporting Chrysalis at Tynedale** - Come along and "Shop to Give"

Tynedale Gift Fair is a member of The Charity Fairs Association and have raised over £53,000 for local charities

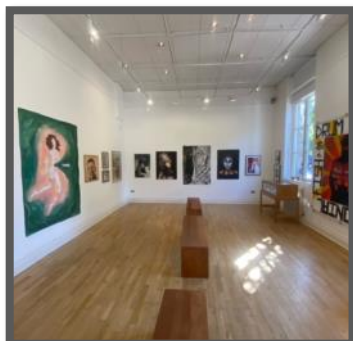
[www.tynedalegiftfair.co.uk](http://www.tynedalegiftfair.co.uk) email:[tynedalegiftfair@hotmail.co.uk](mailto:tynedalegiftfair@hotmail.co.uk) Follow us on facebook



## The Queen's Hall



Did you know that The Queen's Hall welcome people to take a break and browse their galleries during the day? You can come and take a



look, and a seat either downstairs or upstairs via the lift. There are also toilets, a cafe and a library available.

You don't need to wait for a performance, just pop along to break up a shopping trip.



They are currently showing "Available Light", a photographic exhibition by John Parker featuring performances by artists ranging from Van Morrison through Paul Young, to Siouxsie and the Banshees!



<https://www.chrysalisclub.org.uk>

## Trips!

### “Personal History of David Copperfield”

As regular visitors to the Forum Cinema in Hexham, Chrysalis Club were invited to sponsor a film as part of the Tyne Valley Film Festival. The film selected for us was "Personal History of David Copperfield" - a 2019 version of the Charles Dickens classic. This has to be one of the best received films we have been to see so far - it was wonderful to see so many beaming faces at the end! Our cinema trips are always lovely - we meet half an hour before the film starts to have a coffee in the cafe.



They're on the last Friday of each month - hope to see you at our next one on 28th April! Please drop me a note if you fancy it.



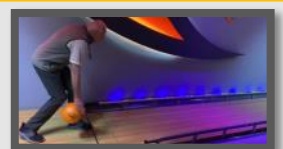
### Organ Recital at Hexham Abbey

On 16th March, we had a very cultural trip! We started with lunch at the Queens Hall Café, and then went over the road to hear an organ recital in Hexham Abbey. Playing for us was William Fox - the organist at St Paul's Cathedral in London - so a top class musician here in Hexham, and a great honour. This lunchtime concert was part of a series that are being held on Thursdays through into 2024, to celebrate the 50th anniversary of the Abbey's Phelps organ. The concerts only last 45 minutes, and are free to attend - so well worth a visit if organ music is your thing! Details of all upcoming concerts in the Abbey can be found on their website. <https://www.hexhamabbey.org.uk/events>



**Next trip: Bowling at Wentworth - Friday 21st April 2pm**  
Look out for details soon!

Janet xx



## Fundraising



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



**PayPal**  
Giving Fund

Got a PayPal account?



Chrysalis Club  
Tynedale

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.

## Sessions

Not just **Singing with Ian**...he tells a good story too!



### Errington Coffee House

Due to work being carried out at our Hexham premises on Thursday 13th April, instead of our usual Thursday morning activities session, we'll be running a trip to Errington Coffee House for cake and chat. If you are interested in coming, drop Lucy a note.



### Comments about Chrysalis

- "It was a great day!
- "Lovely session"
- "Fabulous session"
- "a lot of fun, as always"
- "Happy place"
- "I love to see the happy faces"

### Dates for your diary

- Thursday 13th April - Errington Coffee House
- Friday 21st April - Volunteers' Forum
- Friday 21st April - Bowling at Wentworth
- Wednesday 26th April - Carpet Bowls with Jim
- Friday 28th April - Forum Cinema trip
- Wednesday 3rd May - Coronation Party
- Friday 5th May - Golfing at Matfen
- Friday 16th June - Visit the Alpacas
- Thursday 6th July - Summer Tyne Crime

## Carers and After-carers

### Carer Support Group

Carers - would you like to meet with other carers to talk, listen, share information and for mutual support? You are very welcome to attend this group at Chrysalis, Hexham which is supported by Chrysalis staff and volunteers and runs on the first Wednesday of each month 1.45 - 3.15. Please let Mel know if you plan on coming along and we will make sure to provide plenty of cake! Next meeting Weds 5th April.

***Please note May's Carer Support Group will be on Weds 10th May (not usual first Wednesday of the month) due to our Coronation party.***

Carer  
Support  
Group

### After-carers' Social and Support Group

We usually meet on the last Friday of the month, often out and about somewhere, for support, lunch and a catch-up chat together. Over the past year our meet-ups have included a number of local walks; a cinema visit; a bring and share lunch; a visit to Queen's Hall and a very rainy trip to Kirkharle Courtyard. Chrysalis carers, whose loved ones are in residential care or who are bereaved, are welcome to join this friendly group and suggestions of places to meet and things to do that suit the interests of the group are always appreciated. Next meet-up is Friday 28th April. Please contact Mel for further info.

After-carers'  
Social and  
Support  
Group

### 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!

### Social Media

 @ChrysalisClubTynedale

 @ChrysalisClubTynedale

 @Chrysalis\_Tyne



## And finally...

### Happy spring everyone! Sheelagh here...

Not only am I a trustee of Chrysalis and a volunteer, but many of you will have seen me recently taking on the role of container gardening tutor in our sessions in Hexham. It has been a pleasure to pass on my knowledge and love for gardening and I have really enjoyed your enthusiasm in choosing and planting up your beautiful planters.



I thought it might be nice to recap what we have done and show you how our planters at Chrysalis have matured over the autumn/winter period into spring and finish with our most recent creations.



Autumn saw us design some winter colour and texture with a hidden surprise for Spring! Find these outside the premises at the minute.

In February we found out about alpine plants and the range of varieties. We tried to recreate an alpine feel in our planter using a top dressing of grit, shells and stones. The one outside the front door is blooming away!



March saw us find out the difference between primroses and polyanthus - such brightly coloured flowers to help us herald the Spring.

Herbs have been our subject of interest in April with a beautiful pot of Mediterranean herbs to use in cooking, to feel and smell as we pass by as well as to provide valuable food for bees and butterflies when they flower.



Finally, I would love to see how your planters are getting on - are your hidden bulbs popping up? Send us a photo: [info@chrysalisclub.org.uk](mailto:info@chrysalisclub.org.uk). Also, if you have any of our large black 7.5 or 10 litre plant pots gathering dust in your garden, hand them back in to us and I will reuse them with you next session. Thank you and enjoy the spring colour. *Sheelagh x*