

# Newsletter

May 2025



Chrysalis Club  
Tynedale

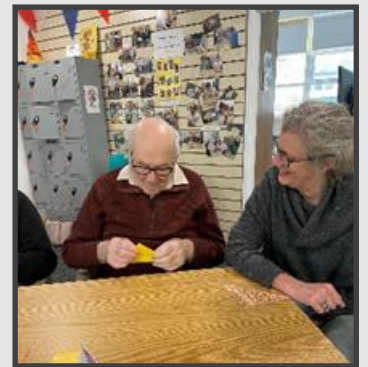
## Origami with Lip - a new activity at Chrysalis

What a super afternoon! We called it "Origami" but it was so much more...

Lip was a great tutor, showing us how to make tulips from paper and then using them to create greeting cards. Everyone is concentrating in the photos, but believe me there was a lot of chatter in the room doing this popular and fun activity.

We also made the paper baskets and paper rabbits: fabulous demonstrations followed by step by step instructions.

Lip also brought some traditional fans with him, and we learned how to open them with a flourish!





## More Origami ...

Even more photos from our Origami session ...



## News from Rosie!

Hello everyone

Well, what a busy time we have had since the last newsletter including the theatre trip, which I gather was a great success. It is always fun going on a coach in a group, having a nice day out, then comparing notes and having a sing-song on the way home! I hope you all enjoyed the day.



Rosie: Chrysalis' Chair

We have just finished the Carers' Information Course. It also seems to have been popular: lots of relevant info as well as meeting peers you can share stories with. A lot of work goes into organising this course and I would like to thank Mel and Elisabeth for doing the bulk of it and presenting a streamlined service to (often) new carers.

We have recruited a couple of new tutors in the last month or so. It is always good to bring new blood into the organisation; they have fresh ideas and challenge us in case we get set in our ways! We have also recruited some new volunteers both young ones and more mature people to enhance our already functional and committed team. We are always looking for good volunteers – volunteers make Chrysalis and we are so grateful to our wonderful team.

We are also grateful to our wonderful staff, Gina, Mel and Janet, who do such an amazing job, often beyond the hours they are paid. Amazingly we have a new member of staff joining us; this is Poppy who has done some voluntary work for us and is very committed to people with dementia and their carers. Poppy is going to do some intergenerational work as well as helping with recruiting volunteers and helping at the Friday sessions. We welcome her to our happy team.

On a personal level my racehorses are now all home enjoying the grass and resting before next season. Our puppy (Snippet) is a delight and is learning his manners fast; he goes to training classes once a week where he does well but finds concentration a big effort with lots of other dogs and people!! I am about to embark on my first canal boat holiday; I hope it is a holiday although there seem to be lots of things to remember regarding maintenance and boat etiquette. I am not sure how that is going to work with wine consumption but I'm sure we will manage!!

Best wishes everyone

Rosie x



## April Trips

### "Anything Goes" at the Tyne Theatre



What a fabulous afternoon on board the SS American with all those very talented people at West End Operatic Society - hugely enjoyed by all of us. And massive thanks to WEOS Wheels for their fundraising, and choosing Chrysalis Club to come along to your show.



Janet: Trips and Prudhoe coordinator

From one of our members and their carer: "We want to say a big thank you to Chrysalis, and especially to Janet and her support team who were amazing throughout this absolutely wonderful, and well organised afternoon. The show was excellent, and our bus driver terrific. A great time had by all."



## News

### Congratulations !

In March it was a "big" birthday for one of our members - so of course we sang and there was cake! Birthday Boy says thanks to everyone for the cards and the good wishes.



### 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!



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[t](#) @Chrysalis\_Tyne

### Sad News

It is with great sadness that Robin's daughter, Chris, let us know that her lovely Dad passed away recently, aged 96 yrs. Although he had not been able to attend recently, we will remember him fondly as a real gentleman who enjoyed our sessions. He will be remembered as having a great talent as an artist and so enjoyed his sessions with Carl, who nurtured this talent within him and made his time at Chrysalis with us very special.

Chris had some lovely words to say about our charity and all who make it what it is - "Thank you for providing so much good company and enrichment over the past 8 months and the kindness and support you gave me. I will treasure all [Robin's] art and crafts. He clearly enjoyed his Chrysalis sessions, and I greatly appreciate the wonderful work of the charity."



## Dates for Your Diary, Comments

### Dates for you Diary

Wednesday 4th June - Carers' Support Group

#### Comments about Chrysalis

"I have really enjoyed [volunteering] and found the whole experience incredibly valuable. I'm really sad to be leaving! "

"All she talked about... how "friendly and lovely" everyone had been"

"Thank you, and everyone involved, for creating such a caring, warm and welcoming environment"

"The thought and effort that must go in to providing such creative and inspiring ideas is just amazing"

"Thanks for all the great work you all do at Chrysalis!"

"Lovely pictures from Chrysalis Club everyone looks so proud of their creations. Well done Lip and the team"

"Super morning thank you Mel"

"Lip was such a good teacher and it was a really fun session!"

"Many thanks for a great month of activities. L has enjoyed every one"

"Spending the morning here has been absolutely wonderful with the lovely and interesting people who are now my dear friends"

"Many thanks again to you and your lovely colleagues for the six informative and reassuring sessions. I honestly couldn't recommend this course enough if you are wondering where to begin with helping a loved one who is suffering"

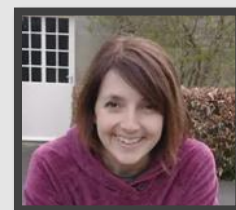
"I've absolutely loved my time at Chrysalis ... I've learned so much from you, the other volunteers and the members, and I'm really grateful for how welcoming and supportive everyone has been."



## Carers and After-Carers Support

### Carer Support Group

On **Weds 2nd April** we were joined by Claire, our local Dementia Adviser from Alzheimer's Society. Claire reminded the group of the support that the Dementia Adviser's can offer. The group also brought plenty of questions for Claire which she was happy to help with.



Mel: Carer support  
admin and premises  
officer

On **Weds 9th May** Clare from Wiltshire Farm Foods brought some samples of their meals for us to try. Clare also explained the service that Wiltshire Farm Foods offer. We enjoyed tasting the food and I think we all agreed it seemed like a good service, plenty of variety and well-balanced meals. It's also good that you don't have to 'sign up'/commit to it every week you can just order when you need it. We also had time for carers to catch-up with each other and share mutual support. Eight carers attended.

Our June catch up will be **Wednesday 4th June 1.45 - 3.15**. Current family carers of Chrysalis members are welcome.

Book via email: [mel@chrysalis.org.uk](mailto:mel@chrysalis.org.uk) or phone 07760124539

### After-Carers Social and Support Group

Unfortunately we have had to postpone the meet-up planned for Monday May 19th but are hoping to re-schedule for June - a meet-up at Wallington if there is enough interest. Date and time TBC.

If you're a Chrysalis carer whose loved one is in residential care or you are bereaved and would like to join this welcoming group, please let me know. We meet once every 3 months.

Don't forget that I'm also in Chrysalis every Friday, so you are welcome to call in between 11 and 12 or between 2 and 3 for a coffee, chat and some company.

All good wishes, Mel

Carer Support

### Carers' Cuppa and Catch-ups

If you would like to connect with others in similar situations and 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 someone know that you are staying, settle in and we will provide refreshments!

## Carers' Information Course

### Carers' Information Course - Spring 2025

This is the third consecutive year in which we have run an Information Course for our carers, which ran over six weeks. Our aim was to provide the attendees with as much information as possible, ideally before they knew they needed it!

**Week 1** was about getting to know each other and identifying the different needs of the group. Rosie, our Chair, gave an introduction to Chrysalis, the course and the different types of dementia. Our group of attendees gelled well and were happy to share their own personal experiences.

In **Week 2** we were joined by Dr Rob Barker, a GP. He explained the support the team at a Primary Care Centre can provide as well as the diagnostic process should people wish to go down this route. We touched upon post-diagnostic treatment and, as last year, Dr Barker impressed upon the group the need to push for annual reviews, both for their loved ones but also for themselves.

In **Week 3**, Dr Fairmichael from the Fairnington Centre told us about the psychiatrist's role including prescribing medications and checking for side effects before enabling the GP to monitor progression. He described the current drugs being used to treat dementia. We also looked at the rationale behind seeking (or not seeking) a diagnosis and he mentioned a useful new Behavioural Support Service.

**Week 4** covered the 'legal stuff', namely Wills, Trusts and Lasting Powers of Attorney, with the help of Julie Garbutt, a partner with Muckle LLP solicitors in Newcastle. The subject matter was challenging but Julie made it manageable, relevant and interesting and the session did make our attendees think about their own current requirements.

In **week 5**, we learned from Hannah Corcoran of Carers Northumberland about the benefits (including Attendance Allowance) that are available to those living with dementia and their carers. Sadly, often people simply have no idea to what they might be entitled.

**Week 6** was our final session and we were joined by representatives from Alzheimer's Society and Tynedale Hospice at Home as well as a Care Coordinator and a Community Psychiatric Nurse who each explained the different services they offer. It was an excellent session as it was clear just how well they interact in the community.

**"I enjoyed your course and found it dispelled some of the mysteries surrounding Dementia, but my abiding memories are of the warm friendly atmosphere at the Club."**



## More Activities

### Spring Time Inspired Tree Painting with Carl

Now that spring is here, and the trees are breaking into leaf, we had a lovely time creating paintings from a selection of images that Carl brought with him. For this session we used acrylic paints and a fan brush which Carl helped us master using. It was a super tool for creating foliage. The room was full of buzz, lots of chatter and laughter. Even members who were lacking in confidence in their art skills were pleased with their creations and every one was unique.





## More Activities

### Musical Afternoon with The Hexham Uketeers

Unfortunately this activity missed out on being included in the last newsletter. The Uketeers have been regularly providing the entertainment for our Christmas parties and at the AGM.

In March we had a great afternoon being entertained by them during a session, and look forward to them coming back in May. They always play some of our old favourite songs.





## More Activities

### Delightful Decoupage Decorations for Easter

We had a super Easter themed decoupage session decorating eggs made by Earth Balance Shed by gluing coloured paper cutouts onto them in combination with tissue and other decorative elements, and hanging them with ribbon onto twigs of cork-screw hazel from one of our lovely volunteers' gardens!



### Time to Catch up with Each Other's News ...

There's always something to do at Chrysalis. Once the planned activity session has come to an end, we do love to catch up over a drink and a slice of cake (often home-made by one of our fabulous baking volunteers) or biscuits. For anyone needing more activity there are jigsaws, dominoes and other games.





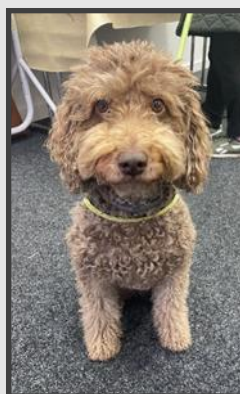
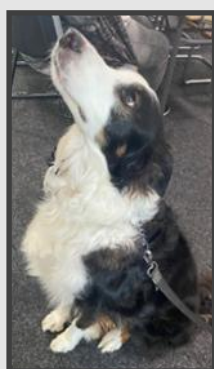
## More Activities

### Table Top gardening

This was a very fragrant afternoon, potting up plants that are going to smell amazing as they bloom over the summer. Thanks so much to Harlings Garden Centre for supporting this session. The plant quiz was great fun too - can you recognise them?



And finally, we have dogs collecting their humans - Bailey, Baguette & Sheba are all regular visitors to our club! 🐾 🐾 🐾



## More Activities

### Sensational Shell Painting with Carl

Water colour paints proved to be a wonderful medium for these delicate, but colourful shell themed paintings inspired by the real shells Carl brought to the session with him, and all done with a very limited range of paint colours. Amazing creations one and all - I wish I was half as good at art!



Do your friends have any spare time?

How about volunteering?

If they could help our members engage in activities such as pottery, sport, art, singing or crafts, why not encourage them to become a volunteer?

Give us a ring on 07760 124 539 or  
email: [info@chrysalisclub.org.uk](mailto:info@chrysalisclub.org.uk)

Find out more about us:  
[www.chrysalisclub.org.uk](http://www.chrysalisclub.org.uk)



## Prudhoe & District at Wylam

### Textured Ceramic Bowls with our Potter, Mel

This was the turn of our Wylam members to make beautiful lacy ceramic bowls with the lovely Mel. Rolling crocheted doilies into the soft clay created some beautiful textured patterns. We're really looking forward to her coming back in July when we will be adding colour to them.





## Prudhoe & District at Wylam

### Table Top Gardening with Liz



This month Liz brought along all the materials needed and we planted up pots with herbs for the garden or even indoors.



Even these small plants created a wonderful smell in the room as we handled the plants. In addition to a herb quiz, of course we finished the afternoon with a cup of tea and cake, with time for a chat and catch up.

Personally, I like the decorative touch, adding pebbles just finishes them off beautifully! I must remember that for my own pots.



### A Comment from a Wylam Member and Carer

"It is a wonderful group. [we] go to the two sessions held in Wylam each month and have a lovely, friendly and stimulating time.

So if you or someone you know has memory or cognitive problems come and join us. The volunteers are fun and very supportive. The well-planned activities vary each session and include art, gardening, sport, music, quizzes, physical exercises, table top games, cup of tea and cake or biscuits.

More importantly it is the friendly banter and camaraderie that develops enhancing well-being for all who go. We come home uplifted having had a lovely afternoon."

## More News from other organisations

### Spring's here. Let the good times brew ...

How can it be that almost another year has passed since this brilliant event that kindly donated to Chrysalis Club last year? Tickets are on sale now for the Tynedale Beer Festival which raises so much money for local charities.

This year the beer festival and so much more takes place from **Thursday 12th to Saturday 14th June** at Tynedale Rugby Club, Corbridge.

Check out their website [tynedale-beerfestival.org.uk](http://tynedale-beerfestival.org.uk) for details of the 125 beers, food available, ticket prices, live music line up for each day, and everything else that is going on during the festival.

#### NOT LONG NOW!

It's hard to believe but in just a few short weeks, we'll be clinking glasses, tucking into unreal street food, soaking up some brilliant live music, and laughing with friends new and old — all in our beautiful riverside setting down at Tynedale Park

So while you're raising a glass or just breaking into the kids easter eggs this Easter, remember there's **another celebration just around the corner** — and this one comes with a massive beer tent, music stages, camping, and a feel-good atmosphere like no other.



### That's all for this month

I had a great time this month when I came out of the office and got involved in a friendly, but competitive, sports session. Thanks to everyone in my "team" and the whole group. Another highlight for me, along with everyone else who ate it, was the homemade simnel cake which I had never eaten before.

As always I am always grateful to everyone who helps me with the newsletter, especially by sending the wonderful photographs and ideas for items to include.

Deryn x



Deryn: Admin  
Volunteer