

# Newsletter

January 2025



Chrysalis Club  
Tynedale

Happy New Year!!

## Party Time at Chrysalis!

Wow! What an afternoon! Our Christmas party was full to capacity, and we enjoyed a quiz, some punch (non-alcoholic of course) a party tea with homemade cakes (thanks volunteer bakers!), a surprise guest (thanks Santa!), The Hexham Uketeers (who were super as always) and some of us even took to the dance floor! And to finish off, some of the local community had got together to donate a pamper pack to each member and volunteer attending - what an amazing gift! Thanks to everyone who came and made it such fun.



## ... More Party Photos



## News from Rosie!

Hello everyone

Happy New Year to you all. I hope you have all survived the cold snap ok; we have burnt so many logs in order to keep warm. One day I left the house and it was -9 – brr, and this morning as I drove to Hexham it was +9, no wonder we get colds! However it is Britain and it is the winter. It is gradually getting lighter so we are on our way to the spring.



Rosie: Chrysalis' Chair

I hope you all enjoyed Christmas and the events Chrysalis put on for you. The pictures of the party, the panto and the Abbey Carol Service are lovely – everyone looks happy – which is what we aim for. The event for the fabulous volunteers was a happy one and it was lovely to be able to provide a 'thank you' for them. They are very precious to the organisation.

Thank you to volunteers who came in to cover the two sessions between Christmas and New year. I oversee these sessions so the staff can have a well deserved break. I enjoy being out of the office socialising and getting to know you all a bit better.

Our plans for 2025 include some great trips as well as another Carers' Information Course.

This course is full of useful information and contacts for (mostly) new carers. Thank you to trustee Elisabeth for organizing this. There is a lot of admin involved, booking speakers, talking to potential enrolees etc. However it is rewarding to see the enormous benefits of the course.

On a personal note I am hoping to have a couple of racehorses running soon. My husband John and I are thinking of getting a puppy in the spring – very exciting!

Best wishes everyone,

Rosie x



## Fundraising

### Burns Night Themed Ceilidh 2025 - Saturday 1st February - 7pm - 11pm

Following last year's success we will be running another 'Burns Night themed' Ceilidh on Saturday February 1st 2025. It will be held at the Parish Hall Corbridge in aid of Chrysalis and Charlotte Straker. Dancing will be to the fantastic Northern Lights Ceilidh Band who were great fun last year.



Once again we will be running a bottle tombola and we will be grateful for any donations to this. If you have any spare bottles at home - wine, perfume, body lotion, etc - please could you drop them into Chrysalis during January.



### Volunteer Fund Raising





A wonderful friend of one of our Prudhoe volunteers donated her hand knitted

goods to be sold to raise proceeds for Chrysalis Club. Two of our amazing volunteers raised over £30 selling them at Prudhoe Christmas Fair which will help fund our next year's activities.

### 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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 @ChrysalisClubTynedale  
 @Chrysalis\_Tyne

## News

### Pet Bingo - Request for your Pet Photos

We have 3 animal bingo games - dogs, cats and birds which we play regularly at Chrysalis. We had a suggestion from a member that we could make a personalised Chrysalis pet bingo.



It would be lovely if as many as you as possible could send us a photo of your pets (past or present, doesn't have to be a current one - could be from when you were much younger). Please make your photos as clear as possible - ideally a close up of just the animal. You can send as many as you like.

Once we have the photos, we can then use them to create a unique bingo game.

If you could email photos to Janet with a few words about the pet eg what it was called, what breed it was, any special memories about it.

Email: [janet@chrysalis.org.uk](mailto:janet@chrysalis.org.uk)

### Chrysalis Christmas Tree

I hope that some of you managed to visit the brilliant and very popular Christmas Tree Festival in Corbridge and see the amazingly creative trees from local businesses and organizations, including Chrysalis Club. I did manage to see our tree as I called at the church when it was being put up, but failed to see all of the others as the queue was so long when I visited that I couldn't get into the church!

One of my (more organized) friends enjoyed the tree decorated with woolly hats, and another the sports themed tree.

After the festival, the tree was brought to Chrysalis Club so that everyone could appreciate their own and others brilliant crafting skills creating so many wonderful decorated hearts. It brought a tear to many an eye reading the heartfelt messages to loved ones.



## December Trips

### Dementia Friendly Carol Service - Hexham Abbey

We had a wonderful festive morning at Hexham Abbey - a few tears from many in the congregation when the children from the Sele School sang for us - it was very emotional!

Thanks so much to all the staff at the Abbey for organising this - hopefully it will become an annual event. And thanks also to those lovely people at Waitrose who donated the delicious mince pies.

Chrysalis were grateful to receive a share of the collection that day.



Janet: Trips and Prudhoe coordinator



## December Trips

### Heigh Ho... Heigh Ho... It's Off To The Panto We Went!

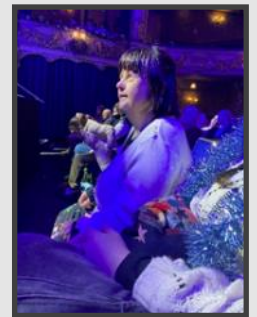


Once again, Janet organised a superb trip for us to the panto to see Snow White and the Seven Dwarves at the Tyne Theatre, where we were treated to an amazing

performance. The show had it all - comedy, baddies, music, singing and dancing - who could ask for more to enjoy?!



As you can see, Christmas outfits were out in force, and plenty of sparkly tinsel as well. The coach stopped on the way home for us to have a lovely meal together. The pictures tell the story of the brilliant time we had ...



## Upcoming Trips

### Golf with Golf in Society - Thursday 14 February

The coach will arrive for a morning session on the driving range, and would be fully supported by Golf in Society tutors. We will have lunch at the club afterwards before the coach returns to Hexham.



This trip can only go ahead if there are enough members wanting to attend - so could you please let me know by Tuesday this week (14th January) if this is of interest to you. **No golf experience required.**

Golf in Society put golf at the heart of local communities, by delivering tailored golf sessions for those living with chronic illnesses like Dementia, Parkinson's disease, Loneliness, Depression & many more.

The team specialise in inspiring people living with a diagnosis to discover a happier healthier life.

Email: [janet@chrysalisclub.org.uk](mailto:janet@chrysalisclub.org.uk)

### West Side Story - Tynedale Film Festival 2025 - 14th - 28th March

On Tuesday 19th March, we will be arranging a trip to a dementia friendly screening as part of the 2025 Tynedale Film Festival to see West Side Story.



Adapted from the Broadway musical, the film was released in 1961, inspired by Shakespeare's play Romeo and Juliet. It stars Natalie Wood, Richard Beymer, Russ Tamblyn, Rita Moreno, and George Chakiris. The fantastic music, composed by Leonard Bernstein, with lyrics by Stephen Sondheim includes well known favourites such as Maria, America and many other great hits.



It was the highest grossing film of 1961, winning 10 Academy Awards and is regarded as one of the best musical films of all time.

If you are interested in coming along, please contact Janet for more details and to book your seat:

Email: [janet@chrysalisclub.org.uk](mailto:janet@chrysalisclub.org.uk)



## Upcoming Trips and Dates for your Diary

### "Anything Goes" at the Tyne Theatre on Thursday 24th April 2025

Those incredibly talented and massively generous people at the West End Operatic Society have been in touch to offer us the chance to see another one of their shows (these are the people who put on Evita at the Tyne Theatre earlier this year - which was a fabulous Chrysalis day out).

**Anything Goes** is a musical with music and lyrics by Cole Porter. The original book was a collaborative effort by Guy Bolton and P. G. Wodehouse, and the story concerns madcap antics aboard an ocean liner bound from New York to London.

It sounds like great fun! I know April is a long way off - but if you could let Janet know if you would be interested in attending that would be really helpful

**To book a place on the trip, or for more information contact:**

**[Janet@chrysalisclub.org.uk](mailto:Janet@chrysalisclub.org.uk)**



### Dates for you Diary

Tuesday 21st January - Volunteers' Dementia Training

Saturday 1st February - Burns Night Ceilidh, Corbridge

Wednesday 5th February - Carers Support Group

Thursday 6th February - Golf in Society Trip

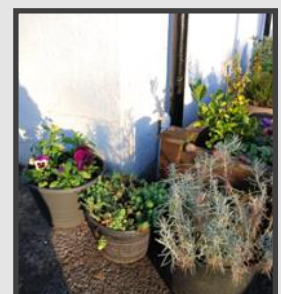
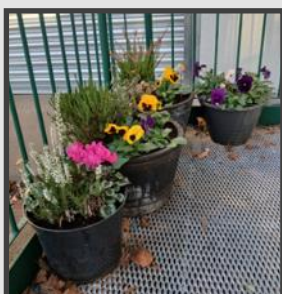
Tuesday 18th February - Volunteers' Rare Dementia Training

Wednesday 8th March - Carers Support Group

Tuesday 18th March - Tynedale Film Festival Trip

Thursday 24th April 2025 - Anything Goes at Tyne Theatre Trip

For more information  
on any trips contact:  
[janet@chrysalis.org.uk](mailto:janet@chrysalis.org.uk)



## Further News, etc ...

### 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!



## Do you have any friends who have some spare time?

### How about asking them if they fancy volunteering?

If you have any friends who could help our members engage in activities such as pottery, sport, art, singing or crafts, would they like 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)



Don't forget to give us a follow:



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@ChrysalisClubTynedale



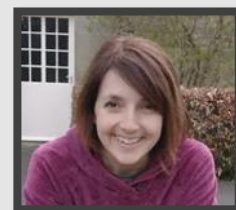
@Chrysalis\_Tyne



## Carers and After-Carers Support

### Carer Support Group

On **December 11th**, 10 of us met for the final Carer Support Group of 2024. We had a catch-up, questions and answers and suggestions for speakers for future groups. Rounded off with some delicious 'Biscoff Cheesecake' made by one of our lovely carers, recipe sharing is an added benefit of coming along to Carer Support Group!



Mel: Carer support  
admin and premises  
officer

On **January 8th** we had our first meeting of 2025, it was lovely to see everyone after Christmas. All had an opportunity to contribute to the group discussion and open up their questions to the group. Lots of interesting chat, ideas and mutual support.

We currently regularly have between 6 and 8 carers attending. All carers/ family members who support a member at Chrysalis are welcome to attend. You can book or drop-in on the first Wednesday of each month 1.45 - 3.15 (please note if bringing a member to concurrent session they **MUST** be booked in). If you want to know more, please see me, Mel, for a chat.

Upcoming groups: Weds Feb 5th - speaker: Deana Gwinnell, Community Psychiatric Nurse, Post Diagnostic Team.

March 5th - speaker To Be Confirmed: Liz Flynn, Advanced Physiotherapist - Moving & Handling.

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

### After-Carers Social and Support Group

We have now moved to meeting quarterly. Our next meet-up will be in February - date and time to be confirmed. We usually meet for lunch, catch-up and mutual support. We often try to follow this with a walk for those that wish and have also done some little trips such as to Kirkharle and Wallington. This is a small, friendly group for family members whose loved ones are in residential care or who are bereaved. New members always welcome, please get in touch if you would like to join or for further info.

Wishing you and yours all the best for 2025

Mel

Carer Support - 07760 124539, [mel@chrysalisclub.org.uk](mailto:mel@chrysalisclub.org.uk)

## Activities

### Dried Foliage Floral Art with Carl



These lovely pictures were created in our art session using a variety of materials including dried foliage, artists pastels and paints. If we were in need of further inspiration, Carl brought large house-plants to trigger our creativity.



## More Activities ...

### Cute, Crafty Christmas Cones

This was a really fun session making small table decorations from pine cones, colouring them up like Christmas trees, and mounting them on wooden bases. As always, there was a lot of laughter and chatter amongst the creativity and concentration.



## More Activities ...

### On the Twelfth Day of Christmas ... Inspired Tree Decorations

Carol brought along lots of different materials and mediums for us to choose from to create tree decorations. We used the twelve days of Christmas song as an inspiration, but most of us just did our own thing, using decoupage, paints, pens and hand drawing.

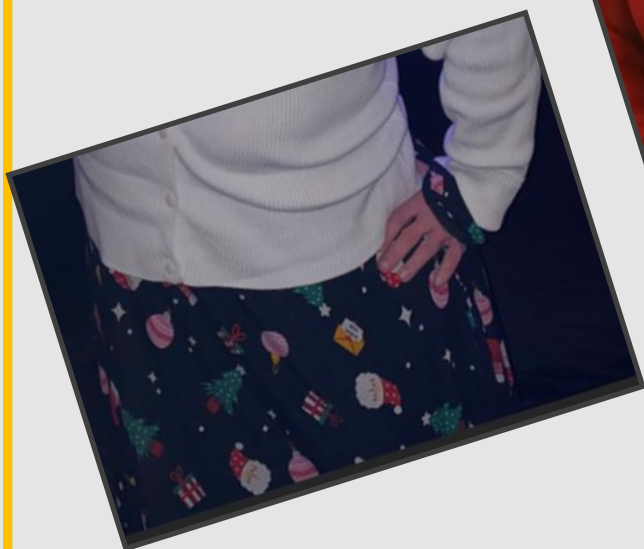
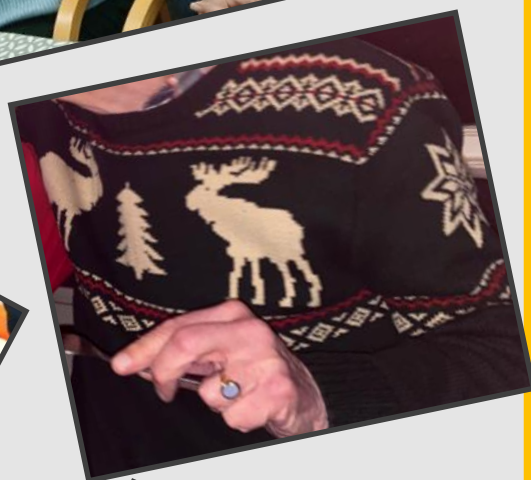
In this fun filled session, I was persuaded to come out of the office and joined in the activity as a volunteer - I had a brilliant afternoon. It was lovely to experience a different side of the charity and to get to know both members and other volunteers better.

The fantastic results were hung onto the twig tree to boost the festive decorations in the room.



## A Christmas Jumper Gallery

Christmas spirit was high this year, and as we have had such a fantastic range of Christmas outfits, I felt I had to include a collection of them for you to admire.



## A Christmas Jumper Gallery

Do you have a favourite, or perhaps you've spotted your own Christmas outfit in our gallery?





## Prudhoe & District at Wylam

### Christmas Crafting

Our final session before the Christmas break at Wylam was a crafting one. We had a variety of materials to create decorations. Although this was a small group, that didn't affect the chatter, humour and enjoyment we all had.



**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.

## Volunteering at Chrysalis

### There's more to volunteering at Chrysalis ...

The Board of Trustees recently kindly treated we volunteers to an art session for ourselves to say thanks for our input to the charity last year.

Even though we all have a truly great time in whatever role we have, and have made new friends in the process, this was much appreciated. The home made and beautifully decorated Christmas cake was a sweet treat at the end of our artistic efforts.

I was introduced to Chrysalis by a friend who was already volunteering and I have to say, it was a great suggestion from her, and a wonderful decision by me to join the team.

Did you know that we supply over 100 volunteer hours per week to the community? If you would like to become a volunteer with Chrysalis please get in touch: [info@chrysalisclub.org.uk](mailto:info@chrysalisclub.org.uk)



## News from other organisations...

Here are a few more ideas from one of our amazing Trustees who recently went to a networking event which she thought might be of interest to our readers.

**Northumberland Communities Together** – Join us in community initiatives and clean-ups or get involved with local projects to make a positive difference. Together, we can create lasting change – tel: 01670 620015 – [www.northumberland.gov.uk/communities](http://www.northumberland.gov.uk/communities)

**Health Trainer Service** – provides 1:1 support with healthy food choices, weight management, increasing physical activity, drinking less alcohol or stopping smoking – email: [healthtrainers@northumberland.gov.uk](mailto:healthtrainers@northumberland.gov.uk), or tel 01670 623840

### Hexham Library - Wintertide Project

Wintertide is an uplifting range of creative, wellbeing and skill sharing activities designed to help retain a connection to nature and to each other throughout this winter season.



Events will run from now until spring and are free to attend – just book your place via Eventbrite or directly with Hexham Library. These are local, indoor sessions or at the Community Garden.

### Northumberland Log Bank

This innovative project was established in 2019 to address fuel poverty.



They deliver seasoned logs to those in need due to financial constraints, poor health, advanced age, or rural isolation.

They can also take donations of fallen trees or firewood if you are moving house and have no further use for it.

### Happy New Year Everyone

I hope you all enjoyed the festive period and unlike me, avoided the flu. Many thanks to everyone who helps me with the newsletter - it is always a team project.

Deryn x



Deryn: Admin  
Volunteer