

## Intergenerational Project 2024



We are approaching summer and that means it is time for us to welcome the current cohort of Year 4 children from Chollerton Church of England Aided First School onto our premises again with the help of funding from If Only. Over the past few years, we have partnered with this year group of 9 year olds, bringing them into Chrysalis to partner with our members and volunteers. This is an important and looked forward to event for the children during their last year at the school.

I visited the children on Thurs 23<sup>rd</sup> May to teach them the rudiments of dementia and train them as Chrysalis Buddies. Some will experience dementia through their own grandparents and it gives them some understanding of behaviours. It always amazes and delights me as to how accepting and open they are – some of their questions are so insightful: “Does Dementia just affect people’s memory?”

They will be attending our usual timetabled sessions on a Wednesday afternoon starting on 5<sup>th</sup> June with singing with Ian Brown, who incidentally teaches them music on a weekly basis, and they will be attending for a total of 5 weekly sessions taking in Pottery with Mel, Gardening with Sheelagh and Art with Carl.



Benefits of this project include members, volunteers and children learning, through fun and laughter, something from each other and making important connections between the generations in a relaxed and safe environment.

Watch this space for photos of this year’s project.

Sheelagh  
IGP Coordinator

## News from Rosie! And a request...

Hello Everyone

I hope you are all well. This seems a huge newsletter this month so I will keep my report brief.

We enjoyed the trip to the races and it looks like we can have a return trip in the autumn – look out for Janet’s report for more details.

Chrysalis’ Board have a meeting coming up and there may be some news from that meeting. I will update you in the July newsletter. At the last meeting we made a date for the AGM (always a good party!). It will be on Wednesday 21<sup>st</sup> August and will have the usual format with a short business meeting followed by music, dancing and a yummy tea – Chrysalis’ AGM is known as the most fun AGM in Northumberland. As well as the fun element, it is a chance to hear how Chrysalis is managed and funded, as well as our plans for the future.

There are several things to look forward to – the Alpacas Trip and some fundraising events in June.

I hope you all stay well and we can enjoy a bit of warm dry weather.

Best wishes everyone,

Rosie x



Rosie: Chrysalis’ Chair

### Cut Flowers

Does anyone have any spare flowers that they are growing in their gardens? If you would like to bring them in, we would love to put them in vases on our tables, for our members to enjoy.



## News

### Superb New Story Board

This brilliant story board was kindly made for us by a supporter of the charity. It has created a lot of interest and conversation. My photo is not the greatest, but how many objects can you find on it - there are 116 different items? It's much easier when you are at the Club.

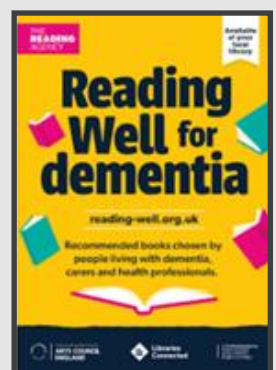
Answers on the back page.



### Reading Well Books on Prescription for Dementia

To coincide with Dementia Action Week on 13th May the Reading Agency launched a refreshed edition of Reading Well Books on Prescription for Dementia.

The books provide information and advice, support for living well, advice for relatives and carers, and personal stories. They are endorsed by health professionals and can all be found in the local library.



Northumberland Library Service has purchased five sets of the books on the list for each hub library in Northumberland including Hexham.

Selected titles are also available to borrow as e-books and audiobooks.

Visit [www.mylibrary.co.uk](http://www.mylibrary.co.uk) to find out more!

## More News

### Summer Gardening at Chrysalis - Update from Sheelagh



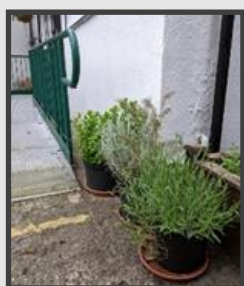
I hope you are all starting to enjoy this slightly drier weather and looking forward to designing some summer bedding displays with me this month - we enjoyed our latest session of planting up a summer bulb display for you to take home and enjoy. I am very pleased to say that the couple of pots we did for the premises are already starting to show the first shoots of the lilies and the ranunculus! Are yours doing that too?



Some of you may have seen me outside the premises tidying up the Chrysalis planting display with summer bedding. Watch these little plants grow and take over the pots over the next few months .



I am also very pleased to say that our herb pots from last year are all still going strong after the wet winter. Please stop to touch and smell the pots next to the handrail- can you tell what they are? We have lavender, mint, fennel and a curry plant!



Happy Gardening.  
Sheelagh

## Fundraising

### Haydon Bridge Festival - Saturday 8th June

All monies raised by this Festival are donated to local charities, and we are very grateful that this year they will be supporting Chrysalis Tynedale.



Held in the grounds of Haydon Bridge United Football Club, the festival takes place within a large grassed area, with plenty of outdoor space to enjoy the atmosphere, a few drinks from the bar or food from the fantastic caterers.



The headline act this year will be the Audio Jacks - for more info: [www.haydonbridgefestival.co.uk/entertainment/](http://www.haydonbridgefestival.co.uk/entertainment/) There is a large marquee housing the bar and stage area where several bands will perform throughout the day.

### Comments about Chrysalis

"Thank you to all of you at Chrysalis ... you gave mum and dad so much support ... and helped to make some happy memories"

"Such a great organisation with a lovely atmosphere- very friendly"

"Once again a massive thank you for everything you have done and are doing"



### 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.



## More Fundraising

### Tynedale Beer Festival - Thursday 13th – Sunday June 16th June

We are very grateful to this fantastic event as they have nominated Chrysalis Tynedale as one of the charities they will be supporting this year.

As ever, a huge amount of work is going on behind the scenes to make sure that the festival is as fun, safe and well run as it always is.

Beers have been picked and ordered, the food vendors are all decided and there's a big marquee somewhere with their name on it!



As ever, they have a brilliant line up of bands including The Silverline Memories Jubilee Dementia Choir on Sunday 16th June at 12.15pm. Check out the website for the full 2024 lineup, [www.tynedalebeerfestival.org.uk](http://www.tynedalebeerfestival.org.uk) It includes some bands that are new to the festival. This year there will be an acoustic stage on Saturday afternoon.

Tickets are on sale online starting at £7.50 with free entry for children and under 18's - [www.tynedalebeerfestival.org.uk/tickets/](http://www.tynedalebeerfestival.org.uk/tickets/)

Taking place at Tynedale Rugby Club, Corbridge, there is plenty of free parking on site. Corbridge station is right outside the rugby club entrance, so travel by train is also a good option.

#### Festival Opening Times 2024:

Thursday 13th June - 6pm to 11pm

Friday 14th June - 4pm to 11pm

Saturday 15th June - noon to 11pm

Sunday 16th June - noon to 6pm



## Even More Fundraising!

### Great North Run - Sunday 8 September 2024

**Ellie and Maddey** are now running up to 5 miles in their training programme ... which they've decided is basically half way and feels like a big milestone for them!

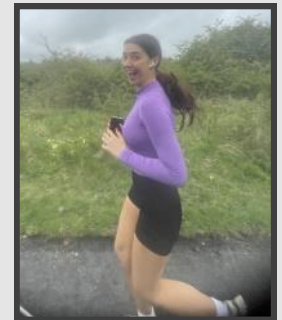
They are close to their fund raising target of £1200, having reached a fantastic £1009 already, with several months to go.

**Mabel** is still very excited-and has been doing plenty of laps around her Wendy house - how cute is she?!! Her fund raising has been fantastic as she already reached double her initial target.



Now that **Gill** has recovered from moving house, here she is with Sheba her dog, by the river bank in Fourstones on a training walk. They are already up to 7 miles, but are working on increasing that so that Gill be ready for the Race for Life 5k on June 16th which is her warm-up event!

**Ruth and Ruby** are well on track with the fund raising, being over half way to their target. Now that they have finished their exams, they are looking forward to continuing training, Here is Ruth on a 5km run.



### Sponsorship

**Ellie and Maddey** - [www.justgiving.com/page/ellieandmaddeygnr](http://www.justgiving.com/page/ellieandmaddeygnr)

**Mabel** - [www.justgiving.com/page/aileen-patterson-1713103701422](http://www.justgiving.com/page/aileen-patterson-1713103701422)

**Ruth and Ruby** -  
[www.justgiving.com/page/ruby-ruth-gnr-chrysalisclub-08-09-24](http://www.justgiving.com/page/ruby-ruth-gnr-chrysalisclub-08-09-24)

### Gift Aid

Please consider using the Gift Aid option if you are a UK taxpayer, which boosts your donation by a fantastic 20%. £10 donated receives an additional £2.50 from HMRC. It really makes a difference to the charity at no extra cost to yourselves.

## More News, Diary Dates...

### Sad News




It is sad to include news about the loss of our Chrysalis member Charlie, who attended the Wylam group before he became unwell which led to a hospital admission leading to him needing more care.

He was the much loved grandfather of our volunteer Vicky and he will be greatly missed by all who knew him. All of the volunteers supporting the Wylam based Chrysalis group send condolences to Vicky and her family at this sad time.

### 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!



 @ChrysalisClubTynedale  
 @ChrysalisClubTynedale  
 @Chrysalis\_Tyne

### Dates for you Diary

Tuesday 4th June - Trip to Visit the Alpacas

Wednesday 5th June - Carers Support Group

Saturday 8th June - Haydon Bridge Festival

Thursday 13th - Sunday 16th June - Tynedale Beer Festival

Friday 26th June - After Carers Support—venue TBC

Wednesday 21st August - Chrysalis Club AGM

Friday 6th December - Snow White & The Seven Dwarves at Tyne Theatre

For more information on any trips contact  
Janet@chrysalisclub.org.uk



## May Trip & Upcoming Trips

### Hexham Races - Evening Meeting - 21st May 2024



We were blessed once again with a beautiful sunny evening for our trip to the races. We had delicious soup and sandwiches, and were very well looked by the staff at the course.



Janet: Trips and Prudhoe coordinator

Everyone got involved and picked the horse that they thought would win in each race, based on the name of the horse, the colour of the jockey's silks, and even sometimes on the form of the horse! As you can see we had a great view of the course from the box, but most people had a walk outside and really enjoyed seeing the horses up close.



Hopefully we will have another races trip later in the year - we'll let you know as soon as a date is confirmed.



### Trip to Visit the Alpacas - Tuesday 4th June

This trip will be the morning of Tuesday 4th June. We will go into the field with the mums and babies, there will be benches for us to sit on, and we will have the chance to hand feed them. They are very inquisitive, gentle and are happy to be touched. Afterwards we will have tea and cake before heading home.

As there is plenty of parking there, we will meet up there - detailed directions will be given nearer the time.

I am sure this will be a very popular trip, so please let us know if you would like to book a place as soon as possible.

For more information contact: [Janet@chrysalisclub.org.uk](mailto:Janet@chrysalisclub.org.uk)



## Upcoming Trips

### Heigh Ho... Heigh Ho... It's Off To The Panto We Go! - Friday 6th December

We're going to the panto again (Oh yes we are!) To make sure that we could go on our chosen date, Janet has already booked us in the Tyne Theatre, Newcastle, to see Snow White and the Seven Dwarves on Friday 6th December.



Tyne Theatre & Opera House has once again teamed up with Enchanted Entertainment who were responsible for Peter Pan last December. The show will be bursting with great songs, fantastic dance routines and plenty of laughter, and one you won't want to miss.

As before we will be arranging a coach to take everyone to the theatre. It will pick up at Chrysalis Club, Hexham and Prudhoe to arrive in time for the matinee performance. We will stop off for a meal on the way home and the coach will then take us back, stopping at Prudhoe and Hexham.

There will be no Chrysalis session at Hexham on Friday 6th December.

If you would like a ticket, please let us know in good time, so that we can book.

For more information contact: [Janet@chrysalisclub.org.uk](mailto:Janet@chrysalisclub.org.uk)

**PayPal**  
Giving Fund

Got a PayPal account?



Chrysalis Club  
Tynedale

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## Carers and After-Carers Support

### Carer Support Group

It was nice to see everyone on **Wednesday 1st May** at Chrysalis Club for a catch up chat and cuppa and cake, of course. It was lovely to see some people who hadn't managed to come for a while and meet up with friends old and new.

All Chrysalis carers are welcome! Booking in advance is helpful for planning.

Any feedback about the group and suggestions for speakers etc is also welcome.

Our June get together will be **Wednesday 5th June**. 1.45pm - 3.15pm at Chrysalis Club. Mel x

For further info contact: [mel@chrysalisclub.org.uk](mailto:mel@chrysalisclub.org.uk)



Mel: Carer support admin and premises officer

### After-Carers Social and Support Group

This friendly and supportive group met up on **Friday 24th May**, but as Mel is now on holiday, I haven't managed to hear where they went!

For further info contact:  
[mel@chrysalisclub.org.uk](mailto:mel@chrysalisclub.org.uk)

### Did You Know ... ?

Are you aware of non-means tested Attendance Allowance and the two different rates?

Are you aware of council tax reduction?

Would you like to know more? If so, contact Mel who will be happy to help

[mel@chrysalisclub.org.uk](mailto:mel@chrysalisclub.org.uk) or 07760124539

### 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!



## Carers' Information Course – Spring 2024

Every year we run a carers' information course. This year it ran for 6 weeks, with the aim of giving those attending as much information as possible to help them navigate the weeks and months ahead, without having to go searching for it.

We had professional speakers including a psychiatrist (Dr Fergus Fairmichael), a solicitor (Julie Garbutt, from Muckle LLP) and local organisations such as Carers Northumberland, Tynedale Hospice, Living Well, Alzheimer's Society, Burn Brae Medical Group as well as a GP from Corbridge Medical Group (Dr Rob Barker).

Content included information on the different types of dementia, the role of the GP, available medication and progression of the illness, Wills and Trusts and Lasting Powers of Attorney, benefits including attendance allowance, and finally, available help from local organisations.

Our group of attendees gelled well 'from the off'; they were interested, interactive, happy to ask questions and comfortable sharing personal experiences. The social aspect to the course, obviously including tea and cake, was equally as important as its content!

As one of our delegates put it "a really useful course, very informative, congratulations to Chrysalis once again".



  
Chrysalis Club  
Tynedale

# Volunteers wanted!

If you could help our members engage in activities such as pottery, sport, art, singing, crafts, or have other skills to offer, why not become a volunteer?

Please contact us, or visit our website for further information:  
07760 124 539  
info@chrysalisclub.org.uk  
www.chrysalisclub.org.uk

## Activities

### Super Shell Painting with Carl

As the sun was shining, Carl brought the seaside to Chrysalis for a creative, happy water colour art class...



## More Activities ...

### Anyone for Scalextric?



If you don't like the timetabled activity at Chrysalis, we can arrange for you to do something a little different... We have a cupboard full of alternative activities to choose from, including crafts, games, pool, golf, table tennis...



### Perfect Pinks

Thanks to Carolyn for this lovely session making "pinks"; creative, chatty with amazingly realistic results!



## More Activities ...

### Dreamy Driftwood Boats

We had a great morning making clay and driftwood boats, with some beautiful sails. Such a creative session with some fabulous results.



### Music Making with Gary

We had another fun filled session with Gary singing along with him to his guitar playing, and were treated to a brilliant duet with one of our members. This was followed by a great drumming session.



## More Activities ...

### Slab Building Pottery Session

Everyone rose to the technical challenge of slab-building mugs in this session led by Mel, our potter, with some fabulous results...



### Ahoy me hearties!

We had an unusual sports session with Gareth from SMILE Through Sport - story sports on a pirate theme, arr! Gareth told a story, with musical interludes, and we did the actions - quite physical and great fun!





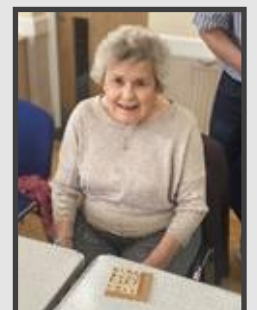
## Prudhoe & District at Wylam

### Singing Session with Ian Brown

Our first session in May was a great sing along with Ian accompanying us on his guitar. As always, there was a lot of chatter and laughter, and some special requests from members.

### A doubly creative day at Wylam

We started off decorating plain boxes with patterned paper and various other bits and pieces. They were all so different - with one that was made as a gift for a granddaughter, and another that was destined to keep sweets in! After a quick break for coffee and biscuits, we made coasters - using scrabble letters to make up words. One member needed to include the word buttercup, as she had been picking and studying buttercups the day before with her family.



News from other organisations...

Haltwhistle Memory Café -Saturdays



"Supporting living with memory loss"

"Get started writing your own personal history.  
With James Oates"

Saturday 25th May; - 2.00pm-4.00pm  
Saturday 22nd June; -2.00-4.00pm  
Saturday 27th July; - 2.00pm-4.00pm

Community Room; Haltwhistle Hospital  
*Refreshments, friendship, and fun.*

During these sessions James helps you recall and record imaginatively, peak moments from your life that gave you joy. Bring along photographs, a record, recipe, personal item, or just your own memory to share. With guidance turn these into your own short story, poem, or a collage. More information- call or text ... Annette on 07968229767



Let's sing!

Tuesday mornings at  
West End Methodist Church,  
Hexham.

Have fun singing favourites from the  
20th century: pop, local choruses &  
material from the musicals. Learn  
some new songs too!



June 4<sup>th</sup>, 18<sup>th</sup>  
July 2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup>  
Aug 6<sup>th</sup>, 20<sup>th</sup>

10.15 a.m.

Tel : 01434 607490 or  
Email: musicalmemories17@gmail.com

£5

Includes refreshments  
Ample free parking