

Newsletter

February 2025

Burns Night Themed Ceilidh 2025

This brilliant night raises funds for both Chrysalis Club Tynedale and The Charlotte Straker Project, selling 90 tickets this year. Music and the caller for the dancing was once again provided by the fantastic Northern Lights Ceilidh Band.



Thanks to everyone who contributed bottles to the tombola, manned the tables and bought tickets.

Many thanks also to anyone who helped out on the night, contributing to the success of the event, ensuring the dancers were fed and watered.



News from Rosie!

Hello everyone

I hope you are all well. We have had some bright days lately which I have enjoyed; I hope you have too.



Rosie: Chrysalis' Chair

We all had a very enjoyable time at the ceilidh even though some of us were working! David and I ran the bar but we could hear the music and the laughter. Everyone seemed to enjoy themselves (including some of our staff and volunteers) and it was nice to see the smiley faces as they came through for refreshments.

Chrysalis is getting more and more popular and it is getting difficult accommodating everyone. We are all doing our best but it is tricky! We have therefore made the decision to try and add another morning to our week. We may also have to limit the number of sessions each member can attend. It is a lovely problem to have but it is a bit of a challenge at the moment.

The booking system will continue to work in the following ways:

- Anyone who wants a regular booking (eg Monday afternoon) for the conceivable future can book this. Then their slot is assured;
- Other sessions can be booked as soon as the timetable goes out.

We will update you as soon as we have an extra session planned; we are working towards it as fast as we can. In the meantime enjoy the sessions we are offering and the lovely trips Janet has planned for you.

Best wishes everyone,

Rosie x





Chrysalis Club

Tynedale

Dementia Carers' Information Course

**Free 6-week course for carers of
people with dementia**

Starting 3 March 2025

Numbers strictly limited

**To book your place, please contact:
info@chrysalisclub.org.uk or 01434 408080**

Fundraising & News



Riding Mill Drop In

We were very grateful to receive a donation of £150 from the Christmas event at the Drop-in at Riding Mill.

If you fancy making new friends, why not drop in at one of their friendly, weekly sessions? Their group includes carers and some with Alzheimer's.

Drop In

Drop In is a new get together for all to catch up with all that is going on in Riding Mill and beyond.

Our get together is every Tuesday Between 2.00 -4.00 at the **Millennium Hall** (Church Lane) and if the weather is fine we can sit outside otherwise inside.

NO MEMBERSHIP REQUIRED
Just Turn Up

There is Tea/Coffee and homemade cakes and snacks available and the chance of joining in some activities if you wish, or just have a catch up natter.

Don't Miss Out, Just Drop In

Organised By Jan and Graham Warmesley
Contact Email:- jwalmsley.bb@gmail.com

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 of 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.

Please could you 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

Dates for your Diary, etc

For more information
on any trips contact:
janet@chrysalis.org.uk

Dates for you Diary

Thursday 6th February - Golf in Society Trip
Tuesday 18th February - Volunteers Rare Dementia Training
Monday 24th February - After Carer's Support and Social
Monday 3rd March - Carers' Information Course starts
Wednesday 5th March - Carers Support Group
Tuesday 18th March - Tynedale Film Festival Trip
Tuesday 25th March - Hexham Spring Raceday Trip
Thursday 24th April 2025 - Anything Goes at Tyne Theatre Trip

Between Sessions

Dominoes can be a popular way to socialize between sessions. We also offer pool, table-tennis, scrabble, connect 4, colouring, water painting... or just having a gossip and a catch up!



Raise money for Chrysalis with
no cost to you



go to
easyfundraising.org.uk
and select
Chrysalis at Tynedale



or for £1

play the Northumberland
Lottery

[northumberlandlottery.co.uk/support/
chrysalis-club-tynedale](http://northumberlandlottery.co.uk/support/chrysalis-club-tynedale)



Members' Birthdays

This month one of our Members had a birthday, and we enjoyed celebrating with her. It's another excuse for more singing!

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!



Upcoming Trips

Golf with Golf in Society - Thursday 16th February



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



Janet: Trips and Prudhoe coordinator

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.

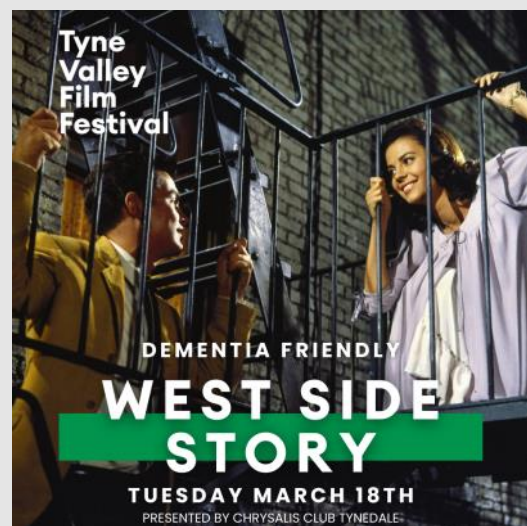
Email: janet@chrysalisclub.org.uk

West Side Story - Tynedale Film Festival 2025 - 18th March

On Tuesday 18th 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.

Tensions are high as two teenage gangs compete for control of the Upper West Side, with young lovers Tony and Maria caught in the middle. This award winning file was released in 1961, and is 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.



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

Email: janet@chrysalisclub.org.uk

More Upcoming Trips

We're off to the Races Again! - Spring Raceday - Tuesday 25th March

We have a coach trip planned to Hexham Races in March. This trip is very popular, so please get in touch with Janet to book your place in good time. She will be arranging a coach to take everyone into the races in good time for the afternoon meeting, so no worries about parking.



As usual we will have a box overlooking the amazing course, so you won't need to go outdoors to follow the action if you don't fancy it. The weather will have no chance of affecting our enjoyment either. If you've never been to the races before, Rosie is an expert on all things racing so can help you sort out what is going on and when.



To book a place on the trip, or for more information contact:
Janet@chrysalisclub.org.uk



"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 last 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! Tickets are still available, 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



Volunteer with Chrysalis

We especially need **male** volunteers!

Chrysalis Club Tynedale is going from strength to strength, and is now usually
fully booked

We currently have over 60 volunteers who provide over 100 hours each
week to the community, but need more

We are particularly keen to welcome **men to support our male members**
who often enjoy a game of pool or dominoes and the banter that goes with it!

Do you have 3 hours a week to spare?

Volunteers can make such a positive difference to the lives of older people
and it's also a good way for you to learn new skills, update your CV, make
new friends and share existing knowledge with others

Volunteers will get full training and will be fully
supported by Chrysalis



Chrysalis **Club**
Tynedale

Take a look at our website
www.chrysalisclub.org.uk
or contact us on 07760 124 539
or info@chrysalisclub.org.uk
to find out more, or to arrange a taster

Carers and After-Carers Support

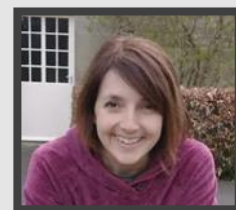
Carer Support Group

We currently regular have between 6 and 8 carers attending. All cares/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 the concurrent session they MUST be booked in).

Our March group will be **Wednesday 5th March**, when we will be joined by Liz Flynn, Advanced Physiotherapist, Newcastle upon Tyne Hospitals NHS Foundations Trust, to talk about issues of moving and handling.

If you want to know more, please see me, Mel, for a chat.

Book via email: mel@chrysalis.org.uk or phone 07760124539



Mel: Carer support
admin and premises
officer

After-Carers Social and Support Group

Hello All,

I hope you have been keeping cosy and safe amidst the recent cold and stormy weather? You are warmly invited to our first quarterly After-Carers Catch-up, Social and Support Group of 2025. This is our Chrysalis group for those with loved ones in residential care or who are bereaved, aiming to meet at least once every 3 months.

Our next catch up will be on **Monday 24th February at 12.30**. We will meet for lunch at: **Refectory Cafe, Hexham Abbey**. If we get a bit lucky with the weather and are feeling energetic, we could have a little walk around The Sele afterwards for anyone that would like to.

Please could you kindly let me know by no later than Monday 17th Feb if possible if you would like to join so that I can try to reserve a table?

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.

I look forward to hearing from you and I hope to see you in February, if not before.

All good wishes, Mel

Carer Support

Tel: 07760 124539, email: mel@chrysalisclub.org.uk

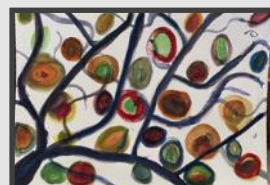
Activities

Creative Watercolour Tree Designs with Carl

We have had a couple of sessions using watercolours, in making pictures that use design and pattern, as opposed to more realistic representations of a subject. We took inspiration from works by Gustav Klimt, Roman Art, and even tree designs on place-mats!

Using the same materials and our imaginations, the results could not have been more colourful, exotic, and different from each other.

Lovely works emerged that could be taken home, to be enjoyed by friends and family. Much fun and laughter was had, and the session ended with a small exhibition of the pieces at the front of the class for everyone to enjoy together.



More Activities

Singing with Ian

Rushing out of the house, Ian grabbed one of his ukeleles without thinking, and found his guitar had shrunk when he went to take it out of the car! However, as he said "it all worked out in the end". Something a bit different turned out to be



a real treat for us, and we always enjoy his banter and anecdotes about the songs, and singing along to some of our favourites tunes.



Pretty Paper Parasols



This lovely craft session was a bit tricky to get the hang of, but everyone got the hang of making these paper parasols. Each one was completely unique as everyone chose a different selection of multi coloured papers to make their parasol from. There's one for you to enjoy hanging on our art tree - see if you can spot it next time you are in!



More Activities

Textured Plaques and Bowls, using Lace and Tools with Mel



In this brilliant session, we rolled out clay and pressed lace fabric into it. After cutting out circles, some members decorated their round plaques with lots of different patterns and textures.

Some of the circles were then formed into bowls by pressing them into plastic bowls to use as a mould.

Mel also showed us how to make a tile shape with her special gadget, This could then be formed into a bowl shape using a plastic bowl.



More Activities

Fabric and Feather Birds with Carl

We had a wonderful creative session making decorative birds from old newspaper, fabulous brightly coloured fabrics and feathers. Every bird was completely unique and there were some amazing colour schemes and feathery

tails and top knots on the birds.



More Activities

Beautiful Beaded Bracelets

While storm Eowyn raged outside, Chrysalis Club was an oasis of calm and creativity. This was a lovely session led by one of our amazing volunteers, Carolyn, making beaded bracelets that anyone would be proud to wear.



Chilled Out Yoga with Rachel



Also on the day storm Eowyn raged, in contrast to the stormy weather outside, we enjoyed a super chilled out yoga session with Rachel.

Prudhoe & District at Wylam

Sports with the Team

Starting with some warm up exercises to prepare for the sports session, we had the chance to choose to play all sorts of games - golf putting, table top games, huge darts and kurling bowls (that's the blue game). This was a competitive afternoon, with lots of laughter and supportive cheering on of each other.



Prudhoe & District at Wylam

Drumming with Gary

Gary brought along his multi coloured drums and lots of rhythm instruments for this super session when we could be as energetic as we liked following the rhythms or just doing our own thing. The energy of the activity seems to encourage the fun and laughter had by all.



Don't forget to give us a follow:



@ChrysalisClubTynedale



@ChrysalisClubTynedale



@Chrysalis_Tyne

News from Other Organisations

No 28 Community House Hexham



No.28 is a small community hub, based out of a house in the heart of the Hexham East estate. We provide a space where community members come together to share experience and skills, give and receive advice and support, and take part in a range of activities.

Digital Drop-In, Tuesdays, 12 - 2pm

Gardening Group, Tuesdays, 2 - 4pm

No.28 Craft Group, Thursdays, 10am - 12

Community Lunch, Thursdays, 12 - 2pm

If you are interested in going along, or finding out more about No.28, please contact them by phone: 01434 605553 / 07772451639 or email: number28@hexhamcommunity.net




Hexham East: Our Heritage



Would you like to be involved with the 'Hexham East: Our Heritage' project? You don't necessarily have to have grown up or live in Hexham East to take part in this.

Grace from No. 28 Community House is coming to Chrysalis on Wednesday 19th February at 1.45 to talk with anyone who may be interested, give a little more information and also see how our members might be involved. No. 28 have also said that they will provide training to volunteers in how to record and collect memories and thought this might be something you are interested in too? They are hoping to organise a trip up to Northumberland Archives at Woodhorn as part of this. It sounds really interesting!

Please let me (Mel) know if you would like to come to Chrysalis, Hexham on 19th Feb to find out a bit more - it should only be for about half an hour.

SKILLS FOR SUPPORTING FAMILIES (LEVEL 3)

Tuesdays from 12.30 - 3pm

11 February, 18 February, 4 March, 11 March, 18 March,
25 March, 1 April (No session on 25 February)

Learning outcomes

- To understand the concept of family
- To understand how internal and external influences upon family functioning
- To gain knowledge in managing families with conflict
- To be able to use different methods to support families
- To understand professional conduct when working with families

If you would like to book a place, please contact Jenny on
07955270749 or email
jenny.earle@escapefamilysupport.org.uk

Other News from Other Organisations

The Benefits of a Personalised Playlist

Playlist for Life is a music and dementia charity founded in 2013 by writer and broadcaster **Sally Magnusson** after the death of her mother, Mamie, who had dementia.



Over two decades of scientific research has shown that listening to a personalised playlist can improve the lives of those living with dementia. In fact, listening to music that is personally meaningful has many psychological benefits, meaning anyone can benefit from a playlist. Personalised playlists can:

- reduce anxiety;
- improve mood;
- make difficult tasks more manageable;
- evoke memories that can help families and carers connect.

Playlist for Life harnesses the powerful effects of personal music to help anyone who is affected by dementia, their families and carers. Whether it's the music from a first dance, lullabies from childhood or a theme tune from a favourite TV show, music has the ability to take us back in time and remind us of our past, giving you that flashback feeling. Sharing your songs and memories can help people living with dementia connect with family, friends and carers.

You can make a personalised playlist using via the Playlist for Life website using their playlist maker, a handy tool. This creates a playlist on Spotify, so you will need to have a Spotify account.

There are lots of suggestions for music to select, including the top UK songs from the last 100 years, Spotify playlist suggestions and BBC music memories.

www.playlistforlife.org.uk

Gina's delightful Perfumed Narcissi

Gina brought these fabulous flowering bulbs in to Chrysalis for us all to enjoy.



Even More News from Other Organisations

HEXHAM ABBEY FILM CLUB



NEXT FILM: MRS DOUBTFIRE

4 MAR 2PM

Hexham Abbey Priory Buildings
Free to attend - everyone welcome

HEXHAM ABBEY FILM CLUB

2025 DATES

4 MARCH
1 APRIL
6 MAY
3 JUNE
1 JULY
5 AUGUST
2 SEPTEMBER
7 OCTOBER
4 NOVEMBER

Hexham Abbey Priory Buildings
Free to attend - everyone welcome

Other News from other organisations & Carers' Catch Ups

Here are a few more ideas from one of our amazing Trustees

Silver Talk – free telephone befriending service – apply online: www.karbonhomes.co.uk/silvertalk, or call 0191 223 8662

Northumbria Primary Care Network **Social Prescribing Service** offers support with health and wellbeing and can help you to access a range of services – 01434 600599

Knowledge is Power - Making Life Easier after a Diagnosis of Dementia

This handy booklet is full of useful information including dementia myths, benefits, travel, going out, future planning and helpful support. Call in at the office and ask if you would like to have a look at it, you can access an online version at: <https://bit.ly/3ZCPjqu>.

Northumberland Domestic Abuse Services – specialist support service for older adults – for info www.nda.services or tel 01434 608030

Escape Family Support for those affected by someone else's drug or alcohol abuse 24 hour advice **07702833 944**

Carers' Cuppa and Catch-ups

Connecting with other carers/family members in similar situations can be helpful. 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!



That's all for this month ...

It is lovely to see spring bulbs starting to grow in my garden and the days getting longer... Many thanks to everyone who helps me with the newsletter - it is always a team effort.

Deryn x



Deryn: Admin
Volunteer