

# Newsletter

October 2024

## Congratulations and Huge Thanks to our Fund Raising Supporters in September



In September we had 6 fantastic supporters fund raising for Chrysalis Club Tynedale by either taking part in the Great North Run, or by walking the GNR distance on a more suitable day. We are so proud of you all!

## Great North Run & Mini Great North Run - Saturday 7 & Sunday 8 September 2024

The incredibly wet weather for the 2024 Great North Run meant that everyone was absolutely soaked before they even started running. I hope that the fact that it was at least a cooler day for all the athletes was of some benefit to them?



Luckily three year old Mabel (and her Mum Aileen) had a nicer day on Saturday 7 September for her fund raising efforts in the Mini Great North Run.

Further details and photos of their brilliant efforts are on page 3 of the newsletter.



## Congratulations to Gill and Sheba

Gill decided to cover the 13.1 mile GNR distance walking around Hexham with her amazing dog Sheba who proudly wore a bandana to match Gill's Chrysalis t-shirt on a more suitable day for her, Friday 6th September.



They had a very early start just before 7am, calling in at Chrysalis Club en-route and were accompanied by Gill's son-in-law for some company along the way.

Gill and Chrysalis Club Tynedale would like to thank everyone who sponsored her as she raised a fabulous £520.

## News from Rosie!

Hello Everyone

Well – what a fantastic month September has been on the fundraising front! Thank you so much to our Great North Run supporters – I think ‘grueling’ was the word that described the experience and personally it sounds like an acquired taste to me, which makes all their efforts all the more commendable! Altogether we think they raised over £5000 for Chrysalis – amazing! Thank you all very much indeed.

Tynedale Beer Festival made Chrysalis a chosen charity this year and they have donated a fantastic £4000 to us. Thanks to the Lions and the Rugby Club for organising it and for choosing Chrysalis; also thanks to all the Chrysalis people who volunteered at the festival.

We have received £1000 from Sherburn House which will be used to subsidise trips and outings. This has been administered through Ballinger Trust who are great supporters of Chrysalis.

Next month we have a trip to Hexham races planned and it would be good if you could let us know ASAP if you would like to go. If you are interested please could you contact Janet as we need to get organised! The day the races have given to us is a Friday so we need to know who would like to attend the normal session and who would like to go to the races.

On the subject of races I am hoping one of my horses will run this month – fingers crossed!

Happy Autumn everyone!



Best wishes everyone,  
Rosie x



Rosie: Chrysalis' Chair



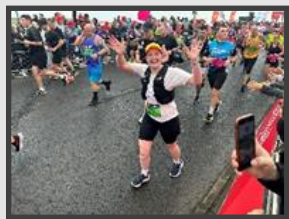
## Fabulous Fundraising

### Great North Run - Sunday 8 September 2024



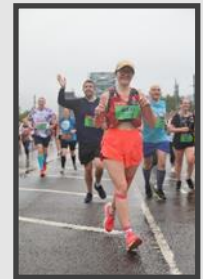
#### Ellie and Maddey

Despite trying their hardest to run the whole race together, these amazing, athletic sisters somehow got separated from each other so ran our their own races. They found the atmosphere of the race absolutely amazing which really helped them keep going, also fueled by ice pops and jelly babies handed out by the crowd!



After their fantastic efforts on the day and training prior to the race, Ellie ran it in 2 hours 45 minutes and Maddey in 2 hours 41 minutes.

They have raised a brilliant £2610 plus 500 gift aid, totalling £3110.00.



#### Ruth and Ruby

Two of our brilliant University volunteers raised a fantastic £636 plus £150 gift aid totaling £795.00.

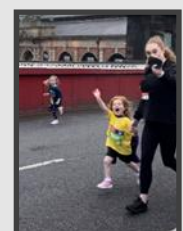
I am pleased that they thoroughly enjoyed training for the run and completing it. Although it was challenging, knowing they were running for Chrysalis Club kept them going. The whole experience was amazing and they want to thank anyone who donated to the charity and can't wait to do it again next year!



#### Super Hero Mabel

Mabel's mini GNR was held on a much nicer day. She was absolutely beside herself with excitement and even ran the whole 1.2km with her mummy (Aileen). A very impressive achievement especially as she is only three years old!

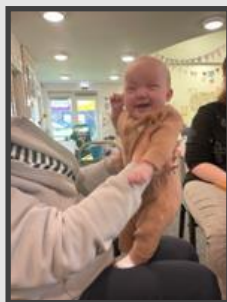
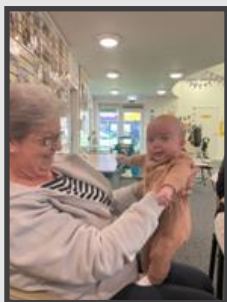
The mini great north run was super hero themed and so her gran, Liz, hand made her a superhero cape and mask for the race. She raised an amazing £430 plus £107.50 gift aid, totalling £535.50.



## News, Diary, Etc

### VIP Visitor

We were thrilled to have a VIP visitor at Chrysalis...Caitlin, a former volunteer, brought along Darcie, who has just turned 3 months.



What an angel! She's already sleeping through from 11:30 pm through until 10 in the morning, and rolled over for the first time last week. She was full of smiles the whole time. What a lovely surprise visit!



### Dates for you Diary

Wednesday 2nd October - Carers Group

Tuesday 15th October - Ten Pin Bowling at Wentworth Leisure Centre

Monday 21st October - After Carers Social Group - Venue TBC

Monday 28th & Tuesday 29th October - Tynedale Gift Fair

Friday 8th November - Trip to Hexham Races

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

Wednesday 18th December - Chrysalis Christmas Party

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

### Comments about Chrysalis

"You are truly inspirational "

"... it's been fantastic to find you, and my Mum talks non-stop about how she enjoys her time, despite not remembering anyone names"

"There is nothing that compares"

"It was a wonderful laugh filled session"

"My Mum thoroughly enjoyed the last trip"

"Thankyou to everyone , you are angels, much appreciate all you do for our loved ones"



## September Trips

### South Tynedale Railway, Alston - Tuesday 17th September

We were so lucky to have a lovely sunny day for this trip. It helped make it all the more enjoyable, and perfect for some of us to have our delicious picnic lunch outdoors. It was wonderful to see so many members and their family and friends having a brilliant day out. So many smiles and such a lot of laughter and memories to chat about riding on this fabulous vintage train.



Janet: Trips and Prudhoe coordinator

It was so lovely that the volunteering worlds of one of our amazing volunteers and her husband collided on that day, as he was the guard on our train.



## Trips and Upcoming Trips

I felt I couldn't leave out any of the fantastic photos taken on the trip to South Tynedale Railway, so have continued them here ...



## Ten Pin Bowling at Wentworth Leisure Centre - Tues 15th October 2024

We are planning another sporty and fun trip to the bowling alley at Wentworth Leisure Centre. Please let Janet or the office know if you are interested and they can give you all the details.



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



## Upcoming Trips



### Tynedale Gift Fair, Hexham - Monday 28th October

Once again we will be arranging a trip to the gift fair, on the afternoon of Monday 28th October, which is a lovely opportunity to find some Christmas gift ideas.

Please contact the office if you would like to join us:

[info@chrysalisclub.org.uk](mailto:info@chrysalisclub.org.uk) or 07760 124539

### Trip to Hexham Races - Friday 8th November

We're looking forward to another trip to Hexham Races for an afternoon meet on Friday 8th November. As before we will have a box which will protect us from any wintery weather, and there will be tea, coffee and sandwiches provided. This is always popular, so don't forget to let Janet know as soon as you know you would like to join us on this brilliant day out.



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

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

### 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!



Don't forget to give us a follow:



[@ChrysalisClubTynedale](https://www.facebook.com/ChrysalisClubTynedale)



[@ChrysalisClubTynedale](https://www.instagram.com/ChrysalisClubTynedale)



[@Chrysalis\\_Tyne](https://twitter.com/Chrysalis_Tyne)

## 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)

### "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)



## Carers and After-Carers Support

### Carer Support Group

On **Wednesday 4th September**, 9 Carers came along to the meeting. It was great to see so many of you, including new faces. Also a big 'Thank You' to Dan from Carers Northumberland who joined us and offered a lot of time and knowledge going through Allowances, Benefits and much more. He offered some tips for filling in forms and explained how Carers Northumberland can support with some of these, including Attendance Allowance and Blue Badge Applications for example. I was pleased to hear that at least one of our carers has already taken up the offer of help with the Blue Badge Application.



Mel: Carer support  
admin and premises  
officer

For further info please see Mel or call Carers Northumberland direct on 01670 320025.

On **Wednesday 2nd October 1.45 - 3.15** we were joined by a representative of Alzheimer's Society, which was also a very informative session.

The next Carer Support Group will be on **Wednesday 7th November 1.45 - 3.15**. This will be our group catch-up and mutual support session. All Chrysalis carers are welcome! Please book with Mel if you would like to attend.

[mel@chrysalisclub.org.uk](mailto:mel@chrysalisclub.org.uk) Mel x

### After-Carers Social and Support Group

On **Monday 30th September** we had a very select gathering of 3 of us for the After-Carers Group. It was a lovely meet-up and a chance for a very good chat over some delicious (and generously portioned) food at The White Swan in Ovingham. I believe half a portion went home for tea so nothing wasted!

**Coming up:** Please note that the next After-Carers Group is scheduled to be on **Mon 21st October, 1pm**, and will be somewhere in Hexham as I'll be running pottery at Chrysalis in the morning. Please send in any suggestions of where you would like to meet/what you would like to do the next After-Carer Social and Support. Venue TBC.

## Activities

### Bird Feeders To Keep Our Feathered Friends Going Through The Winter

What a lovely afternoon of chatter and fun was had mixing up a gooey bird feeding mix. As you can imagine it was a bit of a messy job, so most of us wore gloves, but well worth the effort to fill the pine cones so that we can enjoy watching the birds feeding from them.



### Colourful Tea Light Holders



We had a fun morning decorating glass jars with tissue paper patchwork decoupage, and then lighting them up with battery operated multi coloured tea lights.



## More Activities ...

### Early Preparations for Christmas with Ceramic Angels

Mel lead this pottery session showing us how to make a ceramic Christmas Angel. After rolling out the clay, we cut out shapes for the body and used cookie cutters for the wings. We use 'slip' which is very runny clay to stick the pieces together.



Keep an eye out for the next session once Mel has had a chance to fire them in her studio kiln, when we will be decorating our beautiful angels before a final firing once they have been glazed.




## 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

### Tea & Cake After Yoga

After our activity sessions, we all sit together for tea, cake and a bit of a social. Today's activity was relaxing yoga with the lovely Rachel Frances Orange, and the cake was homemade Victoria Sponge from Jean...delicious!



 @ChrysalisClubTynedale  
 @ChrysalisClubTynedale  
 @Chrysalis\_Tyne



## More Activities ...

### Golf with Sports with Smile

Whether members and volunteers were experienced golfers or not, everyone was out of their chair, having a go and the atmosphere was positively competitive, with cheers for anyone getting a hole in one!! Persistence was often the best way to succeed in the various golf games set up by Sports with Smile.



### Gardening Update

One of our members made up this colourful planter earlier in the year, and I thought you might like to see how fabulous it is now looking. It is a lovely welcoming feature outside her home.

I do hope you have all had such success with yours!!



## More Activities ...

### Marvelous Movement and Dancing with Molly

What a fabulous afternoon with Molly Freelance Dance and what fun we had! Look out on our timetable for "Movement and Dancing" if you want to give it a go.





## More Activities ...

### Wonderful Winter Flowering Planters

Using a variety of colourful winter flowering plants - cyclamen, sweet williams, violas and polyanthus, we created these wonderful planters. They will give a lovely splash of colour over the dark winter months - and the crocuses and tete-a-tete daffodils will be a cheery message that spring is on its way.



### Anyone for Homemade Scones?

In September we ran a fabulous baking session lead by two of our brilliant volunteers, Pam and Sue. The results were served with butter and jam and enjoyed with a lovely drink afterwards in our coffee break.





## More Activities ...

### Colour Wheel and Life Painting with Carl

In September, we had two linked art sessions run by Carl. In the first we learnt about colour, and each person created their own colour wheel, looking at how to mix colours, to get the full colour wheel, and about complimentary and non-complimentary colours and how that might have an effect in a painting.

Using our colour wheels in the second session, we created water colour painting from still lives of a selection of fruit. These were both very bubbly, lively, and fun sessions, with some wonderful results that people could take home.



### 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!



## Prudhoe & District at Wylam

### Totally Fantastic Tote Bags

A lovely afternoon decorating tote bags with fabric paints this afternoon at Wylam. One is going to be used to put clothes pegs in, 2 are going to be used to carry bottles to the bottle bank!



### Cute Christmas Angels, at our Wylam Session

This brilliant pottery session with Mel was a lovely chilled afternoon, with some intense concentration resulting in really beautiful angels. We are looking forward to the next pottery session when we will be able to decorate the angels, once they have had their first firing.





## News from other organisations...

### Beach Wheelchairs - Newbiggin Maritime Centre



We recently heard about this resource to improve beach access for all. They offer specially adapted wheelchairs with chunky tyres to make wheeling over the sand easier. If you try it out, do let us know about your day out.



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Bring your items in for repair **FREE** by one of our friendly Fix It Volunteers

Reduce Waste  
Refreshments  
Learn Skills  
**we can fix**

Sewing, darning or knitting, small electrical appliances, bike maintenance, IT problems, wooden items, jewellery and more...

**SATURDAY, 2nd Nov**  
**10.00am - 1.00pm**

**FIND US AT**  
Hexham Trinity Methodist Church Hall, Beaumont Street

For more information contact  
transitiontynedale.co.uk  
info@transitiontynedale.co.uk

Transition Tynedale

2024 CARBON NEUTRAL

Electrical Safety First

**TYNEDALE GIFT FAIR 2024**  
Tynedale Farmer Function Suite  
Hexham Mart, Tyne Green, Hexham NE46 3SG

**MONDAY 28th October 3pm—8pm**  
**TUESDAY 29th October 9.30am—3pm**

A fantastic range of unique high quality stalls for all your early Christmas Shopping  
Cafe open for lunch and afternoon tea—no booking required  
Free Parking Admission £3—cash please! All on one level so easy access for everyone!

Tynedale Gift Fair has raised over £55,000 for local charities  
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Raise money for Chrysalis  
with no cost to you



go to  
[easyfundraising.org.uk](https://easyfundraising.org.uk) and select  
Chrysalis at Tynedale

or for £1

play the Northumberland  
Lottery



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



## Other News from other organisations...

### Documentary on Channel 4

Alzheimer's Society have worked with Channel 4 on a documentary that showed how and why dementia is the nation's forgotten crisis. 'Anna Richardson: Love, Loss & Dementia' aired on Wednesday 2 October at 10pm on Channel 4, but will be available on catch up if you missed it.



You could check out their website which has lots of information about dementia and ideas on understanding the condition with ideas for support. <https://www.alzheimers.org.uk/get-support>



This is run by Ian, our singing tutor!

### That's All Folks!

I can't believe that I've been an admin volunteer at Chrysalis for almost a year now. The time has flown by as I really enjoy myself!

Thanks for reading, and sending me photos, ideas and news to be included.



Deryn x

Deryn: Admin Volunteer