

Spooktacular Halloween Pumpkin Carving

In keeping with the season, this was a brilliant session carving pumpkin lanterns with battery flickering mini candles.

Some chose scary designs, and others went for a more friendly face. As you can see. There was a lot of concentration involved in designing and carving these spooktacular lanterns!



News from Rosie!

Hello everyone

I hope you are all well and survived the recent cold weather. The snow was a bit dramatic for a short while but soon melted; it was a little taste of winter for us!



Rosie: Chrysalis' Chair

The festive season is fast approaching and Chrysalis has the Christmas party for you all to look forward to. This is always a fun event with lots of fun and laughter as well as the dancing of course – we always enjoy a bit of dancing! There is also the carol service at the Abbey, which should be wonderful in that setting.

Chrysalis recently held a volunteers' forum; this is an opportunity for our fabulous volunteers to meet up on a social level. The day was very successful with around 20 volunteers attending. After lunch Liz Flynn, a former trustee and now a volunteer, presented a training module on visuospatial in dementia or as we lay people know it - spatial awareness. This was very well received and it was heartwarming to witness the enthusiasm from the volunteers on the opportunity to learn more about dementia, so they can support our members even better. Chrysalis is so lucky to have such a high standard of volunteers; as the organisation has grown so has the professionalism. It is wonderful that so many people give their time willingly to support our members. Thank you volunteers.

We have a little Christmas treat lined up for the volunteers and our wonderful staff members next month. I hope everyone enjoys their day; they work really hard for it each year.

We will shortly have some news on developing the intergenerational project – watch this space!

You may have spotted our fabulous winter planters which make a colourful welcome at Chrysalis Club.



Best wishes

Rosie x



Fundraising

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

Following this year's success we will be running another 'Burns Night themed' Ceilidh on 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.



Tickets are available now, so get the date in your diary - see the poster later on in the newsletter for more information.

Tickets will be £15 each including supper and we will have a licensed bar.

Annual Charities Christmas Carol and Gift Sale at Stocksfield

Many thanks to Carolyn and Jackie who represented Chrysalis Club at the Annual Charities Christmas Card & Gift Sale in Stocksfield. They put up posters, handed out loads of information and raised a fantastic £74 for Chrysalis Club funds.

Carolyn and her friend also attended Acomb Village Hall Gift Fair and raised even more funds for us. Thank you!!!



Do you have any spare time?

Are you a good listener - how about volunteering?

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

Give us a ring on **07760 124 539** or
email: info@chrysalisclub.org.uk

Find out more about us:
www.chrysalisclub.org.uk

News, Diary, Etc

Christmas Tree Festival, Corbridge - Friday 29th November to Tuesday 3rd December inclusive

Sneaky peek →



Our entry for this year's festival has been decorated with our own hand made decorations - see if you can spot the one you made. If you are in Corbridge during these dates, you could check out the fantastic decorations on our entry this year and the many others entered by local businesses and organisations.

As always, there will be a chance for a sit down with a cup of tea and something tasty, served between 10am and 4pm daily.

Friday 29th November 9am - 6pm
 Saturday 30th November 9am - 6pm
 Sunday 1st December 11.30am - 5pm
 Monday 2nd December 9.30am - 8pm
 Tuesday 3rd December 9.30am - 4.30pm



Sad News

Once again I am the bearer of sad news - lovely Colin died recently. We remember Colin fondly, for his great sense of fun and humour and being a valued member of Chrysalis. I know lots of you enjoyed his company. Although we hadn't seen Colin for some time, three members of his family raised money for us through the Great North Run. Our thoughts are with Colin's family and friends at this sad time.



Other Sad News

John who was a regular member of Chrysalis has sadly died. John made a big impression on us all – such a gifted man in his younger days, his photography mixed with his interest in history saw him create some lovely books. Our thoughts are with his wife Fleur and his family at this sad time.



Congratulations to Angus

It's always lovely to hear of our student volunteers and their academic successes. I am sure many of you will have met Angus who has volunteered with us for several years. He recently graduated in film production at Leeds Beckett University and is now looking forward to a career in the film industry.



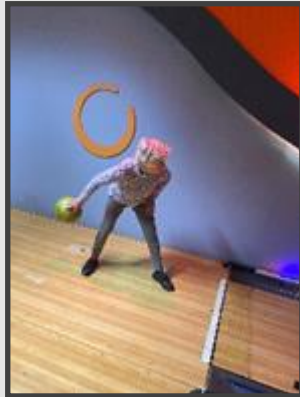
October Trips

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

We had a really competitive trip to the bowling alley in Hexham. Everyone who said they had never done it before, picked up a new skill and had a lovely time, with the rest of the group.



Janet: Trips and Prudhoe coordinator



Tynedale Gift Fair, Hexham - Monday 28th October



We were very fortunate once again to be offered a slot in the special quiet hour to do some early shopping for gifts and decorations in a relaxed atmosphere with no pressure. Several members found unique gift ideas and decorations to buy.

We were so lucky to be offered the chance for our members and carers

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.

Diary & Upcoming Trips

Dates for you Diary

Friday 29th November - Tuesday 3rd December - St Andrews Christmas Tree Festival, Corbridge

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

Wednesday 11th December - Carers Support Group

Thursday 12th December - Volunteers' Treat

Wednesday 18th December - Chrysalis Christmas Party

Friday 20th December - Hexham Abbey Christmas Carol Service

Wednesday 6th January - Carers Support Group

Saturday 1st February 2025 - Burns Night Ceilidh, Corbridge

Tuesday 18th March 2025 - Tyne Valley Film Festival trip

Thursday 24th April 2025 - Anything Goes at Tyne Theatre

Hexham Abbey Christmas Carol Service - Friday 20th December

We are planning a trip to Hexham Abbey for their **dementia friendly carol service** instead of the morning session on Fri 20th December.

This will be a shorter, 35 minute service, with shorter versions of Christmas carols.

Carers, family and friends are very welcome to join us.

As always, with trips, please contact Janet if you would like to join us.



For more information contact:
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.



The show will be bursting with great songs, fantastic dance routines and plenty of laughter, and one you won't want to miss.

The tickets and coach have been booked, but **for any last minute tickets required, please contact Janet ASAP**. The coach 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.

For anyone who feels that the whole trip might be too much, please contact Janet if you would like to come along to either the theatre or the meal afterwards, although you will need to make your own travel arrangements.

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

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 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

More Upcoming Trips, and Resources

Tyne Valley Film Festival - 14 - 28 March 2025

Once we have details of the programme, we will be planning a trip again to the Tyne Valley Film Festival on Tuesday 18th March. This will be to the dementia friendly showing. Watch this space for further details, and I am sure Janet will be in touch with members once things are firmed up.



Tyne Valley Film Festival
14th Edition



The Forum Cinema will also be having a dementia friendly showing of **Paddington in Peru** on Tuesday 10th December at 1pm. Please note, that we are not doing a trip to this as our calendar is already so packed in December, but do go along if you are free. As usual, the lights will be dimmed not off, volume will be reduced and customers will be free to move around if they need to.

Paddington in Peru brings Paddington back home to the Peruvian jungle to visit his beloved Aunt Lucy, now a resident at the Home for Retired Bears.

With the Brown Family and Mrs Bird in tow, a thrilling adventure ensues when a mysterious disappearance plunges them into an unexpected journey from the Amazon rainforest to the mountain peaks of Peru.

Resources

One of our amazing Trustees recently went to a local networking event and found some resources which she thought might be of interest to our readers.

Northumberland Food Bank: West Northumberland Food Bank supports people across our region, offering practical assistance and relief to those in need. They are dedicated to providing food supplies to families, individuals, and pensioners facing financial challenges. If you're wondering whether you can use the food bank, the simple answer is, yes. The service is for anyone in West Northumberland who needs food support.

Silver Talk: a free telephone befriending service.

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

For contact details, more information and flyers ask in our office!

Carers and After-Carers Support

Carer Support Group

The group is currently very well attended, making for lively discussion, good questions, information sharing and mutual support. On **2nd October** we were joined by Claire Spencer from Dementia Advisor from Alzheimer's Society. She had lots of helpful info about support on offer.



Mel: Carer support
admin and premises
officer

On **4th November** we welcomed 2 new carers to the group which was a catch-up session where we aim for everyone to have the opportunity to share how they are feeling, or any issues and bring questions to the group for mutual support and info sharing.

Please note **change of date** in December - **Weds 11th December** 1.45 - 3.15

Our January get together will be **Wednesday 6th January** 1.45 - 3.15.

New group members always welcome! Any feedback about the group and suggestions for speakers etc is also welcome.

For further info or to book a place, please let me know -
mel@chrysalisclub.org.uk Mel x

After-Carers Social and Support Group

Our November meet up was on **Monday 25th**. Six of us met for lunch at the cosy Errington Coffee House. Two new after-carers attended which was lovely. We did lots of chatting, had a great meal and put the world to rights. We also said a fond farewell to a regular after-carer who's been with us for over a year and a half and is now ready to move on.

Our lovely After-Carers are a busy bunch, looking after grandchildren, working, volunteering and some still with caring commitments. To take account of this we will now meet **once every 3 months** for a catch-up, social and support. I will continue to check-in with after carers as required, or please get in touch if you're after helpful info, struggling or just need a friendly chat.

I am also at **Chrysalis on Fridays** when we have sessions on for members, you are very welcome to pop in for a cuppa, chat and company between 11 and 12 or 2 and 3. You'll be most welcome and it will be lovely to see you.

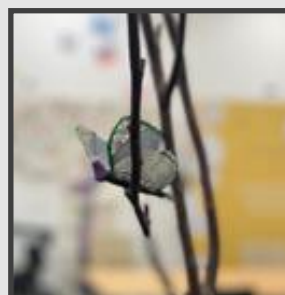
Mel x

Carer Support Officer. For further info contact: mel@chrysalisclub.org.uk

Activities

Butterflies at Chrysalis!

We like to think we are giving people with dementia (and their families) an opportunity for a new beginning, just like a butterfly being born from a chrysalis. Thanks to Carl for leading this creative art class with some stunning and unique results. The beautiful butterflies are displayed on our twig tree at Chrysalis Club.



More Activities ...

Christmas Ceramic Heart Sessions

We have had several sessions recently with Mel, making ceramic heart tree decorations, getting ready for our entry in the St Andrews Corbridge Christmas Tree Festival. The process involves at least 2 sessions, so that they can have an initial firing before being decorated, glazed and fired again in the kiln.



Some members rolled the clay on top of lace fabric and textured mats to add a texture background. Others cut out smaller shapes and added them to a plain heart for decoration, or used tiny letter stamps to add festive words.



I can't wait to see the finished decorations on our Christmas Tree Festival entry.



More Activities ...

Dancing with Molly

Dancing with Molly is such a fun way to get some seated exercise. This time she brought in huge pom poms for us to use.



Singing with Ian




The lovely Ian has entertained us a few times this month with his guitar playing to accompany us, and with his stories and anecdotes about some of our favourite songs.



Sport with Smile

We had a great time in this Pirate Story themed session with lots of chat and laughter.



 @ChrysalisClubTynedale
 @ChrysalisClubTynedale
 @Chrysalis_Tyne

More Activities ...

Tree Painting in Acrylics with Carl

Over the summer months we have been looking at colour, and how different colours can be made from a primary palette. We used that knowledge and also looked at the different mark making techniques used in painting trees.

Putting that together each member painted a tree in a

landscape, or in some cases several different types of trees, making for some beautiful original artworks set onto canvas boards.

There was a real sense of achievement in the room and one or two pictures strongly resembled the Northumberland landscape.



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!



More Activities ...

Seasonal Still Life with Artists' Pastels

Carl brought along a fabulous selection of pumpkins for us to create a vibrant still life pastel drawing from. This was a brilliant, seasonal session and it was great to have a go with the pastels.



More Activities ...

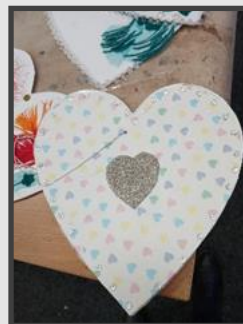
Crafty Christmas Decorations



Through October and November we have had a festive flavour to our craft sessions preparing for our entry to the Christmas Tree Festival in Corbridge. These have included card "love hearts" - we all wrote on the back of our heart some of the things we particularly love. As you can imagine this included friends and family, pets, food and drink and some of our special places.



We had an amazing range of materials to choose from, and we will be using our handmade decorations on our fabulous entry into this annual Corbridge festival. I have sneaked the photos into this edition of the newsletter to catch up with you before the Christmas Tree Festival. Some members went on to create more, smaller but brightly coloured hearts as well, or a few festive themed decorations.





Tickets
£15

Saturday 1st February 2025

Burns Night

at the Corbridge Parish Hall
prompt start at 7.00 pm

Dancing with Northern Lights Ceilidh Band
Licensed bar
Pie and peas supper

To book your tickets contact

william.cunningham@charlottestraker.org.uk
or call 07890998827
or email Gina/Mel on info@chrysalisclub.org.uk

in aid of



Chrysalis Club
Tynedale

CIO: 1166880



**Charlotte
Straker**

Reg charity no 1021086

Prudhoe & District at Wylam

Perfect Pebble Pictures

We had a lovely session at Wylam making pebble pictures. Then we had a chat around gathered springs of herbs and leaves, learning about the meanings and past uses of each plant before putting them into decorated jars.



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.

News from other organisations...

Sugar Free Hydration

Boost hydration through an irresistible sweet

We have been give some of these jelly sweets.

Jelly Drops are designed to boost hydration. They're

95% water, sugar free & vegan with added electrolytes & vitamins and available in 6 juicy flavours.

If anyone would like to try them, please ask for a pot in the office .



If you are looking for something a bit social on a Thursday, why not pop along to:



Many thanks to everyone who sends me photos and items for the newsletter—I couldn't do it without you. Deryn x



Deryn: Admin Volunteer