

# Newsletter

July 2024



Chrysalis Club  
Tynedale

## Intergenerational Project 2024 - Chollerton Church of England Aided First School

Our afternoon session on Wed 5th June was our usual great time with Ian Brown singing our favourite Elvis, Buddy Holly, Cliff Richard and Lindisfarne Hits with all his anecdotes.

But there was bit of a twist as we welcomed the Year 4 children from Chollerton Church of England Aided First School to Chrysalis Club for their first of 5 Intergenerational Project sessions. The children were brilliant at singing along with our members and volunteers but even better at teaching us one of their favourites that they sing at school with Ian during their music lesson!



We welcomed them back for Pottery, Gardening and Art over the following weeks - Fun, Learning and Companionship together. Watch out for more photos in the next issue of the Newsletter.



## News from Rosie!

Hello Everyone

I hope you are all well and enjoying some slightly better weather. It has been mixed though and I find myself hiding when I see the guests in my holiday cottage on a wet cold day!



Rosie: Chrysalis' Chair

I am delighted to say that Elisabeth Wilson, who has been helping out at Chrysalis for some months now, has agreed to be a trustee and was voted onto the board earlier this month. All trustees are preparing for the AGM now; David has prepared the accounts and he and I are getting ready to do the annual report. At the last board meeting we agreed raising certain fees, as we like to look after our wonderful staff we have agreed an increment. We have also agreed a rise for the tutors; this has the knock on effect of raising the costs for other things so it was agreed we need to put the member fees up by £1 and the hirers by £1.50ph in order to keep the charity sustainable. Please remember that we have a fund for anyone struggling with fees - just ask Gina or a trustee to access this.

We have had a great summer for fundraising, with festivals and runners raising money for Chrysalis. Thank you to all of you.

The beer festival was great fun; lots of Chrysalis people volunteered and the happy atmosphere was a joy – as well as the music to dance to!

We have some great trips coming up - I hope there is something for everyone there.

I hope to see you with your dancing shoes on at the AGM.

Best wishes everyone,

Rosie x

## News, Diary Dates, Etc

### Staff and Volunteer First Aid Training

Last month, Simon from ran a first aid training course for Chrysalis staff, volunteers and trustees. He had a great sense of humour and we all had a fun day covering first aid and CPR.



### Many Happy Returns of the Day!!



### 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!



### Dates for you Diary

Monday 22nd July 2024 - After Carers Social & Support

Tuesday 30th July - Walk at Tyne Green

Monday 19th August 2024 - After Carers Social & Support

Wednesday 21st August - Chrysalis Club AGM

Tuesday 17th September - Coach trip to the South Tynedale Railway at Alston

Friday 8th November - Trip to Hexham Races

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

## Chrysalis Club AGM



# Chrysalis Club

Tynedale

## Annual General Meeting

Chrysalis Club Tynedale CIO  
would like to invite you to our AGM on  
Wednesday 21st August 2024 at 1:30

“a short business meeting followed by tea and music”

held at our premises:  
Unit 1 Dene Park, Corbridge Road, Hexham  
NE46 1HN

Anyone who would like to be  
considered as a Trustee please  
contact us by 2nd August

Please RSVP to  
[info@chrysalisclub.org.uk](mailto:info@chrysalisclub.org.uk) indicating  
how many people will be attending  
(for catering purposes)



## News

### A Colourful Welcome at Chrysalis Club with our Fabulous Planters and Pots

The warm and often damp weather has helped our planters and pots show off their summer blooms!



**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.

## Fundraising

### Haydon Bridge Festival - Saturday 8th June



Sheelagh went along to this year's Haydon Bridge Festival to meet some of their volunteers. They are all brilliant, as without them, the festival wouldn't go ahead.

It was a fabulous sunny day with local live bands, local beer, local food and just great fun for all the family. This year had a fantastic line up of varied musical acts across the festival. All monies raised by this Festival are donated to local charities, and we are very grateful that this year they have donated a fabulous £4000 to Chrysalis!



A special thanks to Danielle for all her help in getting our information leaflets and banners in place



### Comments about Chrysalis

"A really useful (carers information) course, very informative, congratulations to Chrysalis once again"

"You know, when your partner suffers from dementia, your life as you knew it suddenly deserts you. Thankfully Chrysalis and everyone there brings you back, thank you"

"[we have] had such a lot of support from Chrysalis ... it has helped make our journey through Dementia much easier to cope with"

"Another super session with Carl"

"I saw my mum after her visit [to the Alpacas] and she expressed how much she enjoyed it. Lovely thing you're doing."



## More Fundraising

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



Many thanks to The Tynedale Lions Club, Tynedale RFC, Chrysalis Club volunteers and everyone who attended and supported this event. I hope everyone had fun - it was another great success with tickets sold out on Saturday night.



Chrysalis Club Staff, Trustees and volunteers helped out by selling tokens and at the bar during afternoon and evening shifts.

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.



## Even More Fundraising!

### Great North Run - Sunday 8 September 2024

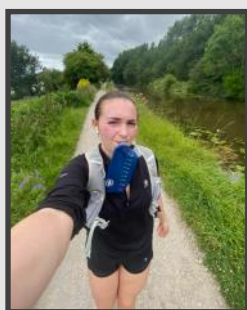


Ellie and Maddey recently completed their first ever 10 mile run together ... just a few months ago they were celebrating running 1 mile! What fantastic progress - on the training and fund raising fronts!



They are close to their fund raising target of £1500, having reached a fantastic £1200 already, with several months to go.

Mabel is still looking forward to her run, and keeping up her practice sessions. Her fund raising has been fantastic as she already reached double her initial target.



Ruth and Ruby are well on track with the fund raising, being over half way to their target. This looks like a fabulous place for Ruby to be training - hopefully the beautiful scenery helps with motivation?!

I am full of admiration for all of you guys, tackling the 13.1 mile (or 21 km) route and joining 60,000 others running from Newcastle to South Shields!!



### 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.



## June Trip

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

Another wonderful visit to the alpacas, and huge thanks to Paul for his hospitality and for sharing his knowledge about these beautiful animals with us. After the initial panic about the awful weather forecast that morning, we were really lucky and managed to spend some time out in the field up close with them all, followed by coffee and biscuits in the barn. Same time next year everyone?



Janet: Trips and Prudhoe coordinator



## Upcoming Trips

### Tuesday 30th July - Walk on Tyne Green

We will meet at Tyne Green to have a gentle walk along the riverbank. Anyone who doesn't want to walk is very welcome to just come to the cafe and have a cuppa with us. Even if the weather is bad we will still meet, and can just go in the cafe if nobody fancies braving the rain.

To book a place on the walk, or for more information contact: [Janet@chrysalisclub.org.uk](mailto:Janet@chrysalisclub.org.uk)



### 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)



## Upcoming Trips

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



We are hoping to arrange a full day out on a coach trip to South Tynedale Railway, Alston. We will have a ride on the steam train to Slaggyford and back, with lunch as we go. Janet needs to know numbers before she can book tickets, so please get in touch with her as soon as possible if you would

like to join this trip, so that we know numbers. Janet can also give you all the details of this fantastic trip.

To book and for more information contact:

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



### 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)





## Intergenerational Project

### Super Singing Session with Chollerton Church of England Aided First School

We were treated to a second singing session with the pupils from Chollerton. They are such a lovely group of children, who really work alongside us, and it's great to chat and hear about their school activities.

As well as singing lots of our favourites from bygone eras, we all joined in with their choice of a modern hit song by Bruno Mars as Ian has been teaching it to the children. Being a younger generation they prefer something from the recent charts. I wonder if they will still be singing it when they reach our age?

I even had a bit of dance as I was taking photographs around the room - believe me, that's a rare sight!!



## Carers and After-Carers Support

### Carer Support Group

It was nice to see everyone on **Wednesday 4th June** at Chrysalis Club for a catch up chat and cuppa and cake, of course. All Chrysalis carers are welcome! Booking in advance is helpful for planning.

The August catch up will be **Wednesday 7th August**, 1.45pm - 3.15pm at Chrysalis Club - further details to follow.

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

Mel x

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



Mel: Carer support  
admin and premises  
officer

# Do you want to gain new skills and experiences?

## Volunteer with Chrysalis!

We have various opportunities within our charity supporting people living with dementia and their carers

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

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

### 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 and After-Carers Support

### After-Carers Social and Support Group

I hope you have been getting some benefit from our After Carers Social and Support meet-ups? I have certainly enjoyed getting to know everyone a little more over the last few months (and years!) whether that has been in person or by phone.



Mel: Carer support  
admin and premises  
officer

Due to the increased demand for member places and therefore extra sessions running on Fridays at Chrysalis I am writing to let you know that After-Carer meet-ups will now run once a month on a **Monday** if that suits enough people. Please look out for it on the monthly timetable. Dates and venues for summer **Chrysalis After Carers Social and Support**:

**Monday 22nd July 2024 - Tyne Riverside Country Park, Prudhoe**  
**Meet 12.30 for lunch and/or (approx) 1.30pm for walk.**

We will meet for lunch at the **Tyne Riverside Cafe** (Tyne Riverside Country Park, Prudhoe) at 12.30. There is plenty of parking and the cafe is just over the road from Prudhoe rail station for those coming by public transport. After lunch there is the option of a walk along the river. This is a mainly level walk, plenty of beautiful trees and wildlife. The route is also part of the 'Land of Oak and Iron' with heritage information along the way. A good length of smooth/tarmac path and for anyone feeling a bit more energetic feel free to continue your walk beyond this, hugging the river to Wylam and beyond!

It will be lovely to see you, have a catch-up, and a chance to chat and have some mutual support with other carers whose loved ones are in residential care or who have been bereaved. Please let me know if you are intending to come so I can reserve us a table in the cafe.

Further date for your diary:

**Monday 19th August 2024**  
**Cafe at Burn Lane, Adapt North-East, Hexham**  
**Meet 12.30 for lunch**

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



## Activities

### Painting based on Gustav Klimt's Tree of Life

We had a morning of great concentration and beautiful paintings, based on Gustav Klimt's Tree of Life. Thanks Carl for leading this session, we all had a great time. Again, everyone produced a brilliant, completely individual piece of work.



## More Activities ...

### Summer Flower Quiz

As part of our gardening activity last month we also had a summer flower quiz.



Lupin, clematis, iris, aquilegia, geum, Welsh poppy, Michaelmas daisy and rose are ones that I recognise. Two I'm not sure about - is that rhododendron or azalea? And the fluffy looking white and dark pink one I don't recognise at all - can anyone help me out?

### Indoor Gardening

We had a fabulous indoor gardening session with Sheelagh planting up peas and pansies.



### Drumming—Gary

Here is Gary setting up his colourful drums for our fabulous, enthusiastic drumming session before we started with some singing.

It's a difficult activity to take photos of as everyone is moving, but I can assure you that everyone has a great time and the fun and laughter are infectious, spreading as far as the office staff!



## More Activities ...

### Shell Wind Chimes with Carolyn

The shells in the chimes made a lovely sound, and we had a great time making them.



### Looking for a space to rent in Hexham?

Chrysalis Club rents rooms for your meetings, events and activities in our light and airy building, conveniently situated close to the centre of Hexham on Corbridge Road.

Please get in touch for our current availability.

Prices from £12 per hour + a seasonal utility charge.

For bookings and further details, please contact us on 07760 124639, or

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



## More Activities ...

### Abstract Painting with Carl

We looked at colour and design in many of the works by the artist Paul Klee.

We used different Circular, Rectilinear, and Triangular sized shapes to make a patterned drawing onto watercolour paper. This was then painted with contrasting vibrant watercolours, producing an individual painting that could be taken home.

The results were once again fabulous, as each member produced a unique artwork, to either take home, or for display at Chrysalis



### Table Top Gardening - Hanging Baskets

We had a great time planting up hanging baskets, which is always a popular and fun session. It can make a bit of mess though, so just as well we have a dustpan and brush to hand! Luckily we have our lovely aprons and gloves to wear.



Whoever thought there were no fashion statements in gardening hasn't been to one of our activity sessions, where some people take colour matching their finger nails and gloves pretty seriously!



## More Activities ...

### Willow Weaving - Lanterns with Deni

We had a fabulous morning of laughter and fun with Deni Riach making beautiful lanterns - thanks Deni! Can't wait to have you back for more willow weaving work.

This is quite a new activity at Chrysalis and has taken some patience, perseverance, teamwork and practice to learn this fantastic new skill.

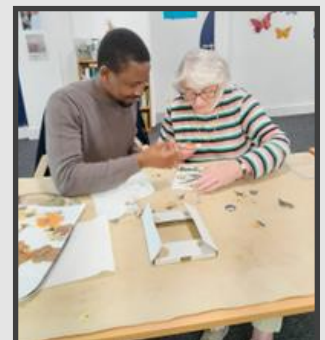
As you can see, our work was worth the hard work with tiny lights inside; they were truly beautiful!



### Dried Flower Crafting with Carolyn

This was a great fun session, with the usual chat and

laughter. Carolyn brought in a selection of delicate dried flowers which we used to create stunning pictures, as you can see here



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



News from other organisations...

**Tailored Golf Sessions  
Supporting Carers & People Living with:  
Dementia | Parkinson's | Stroke  
Loneliness | Depression**



**Bellingham Golf Club**  
Northumberland

- **Weekly Group Sessions**
- **Caregivers**, enjoy some much needed respite while we take care of your loved ones.
- **No golf experience needed**
- **Tailored to individuals needs**
- **Age-friendly golf sessions**

**It's easy to book a TASTER SESSION!**  
Email : [info@golphinsociety.com](mailto:info@golphinsociety.com)  
or Simply visit our website : [www.golphinsociety.com](http://www.golphinsociety.com)

**Golf in SOCIETY**

**These sessions are funded by**



**NORTH TYNE AND REDESDALE  
COMMUNITY PARTNERSHIP**  
IMPROVING THE QUALITY OF LIFE FOR THOSE  
LIVING, WORKING AND VISITING THE AREA.

Raise money for Chrysalis with  
no cost to you 

go to  
[easyfundraising.org.uk](http://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)

Don't forget to give us a follow:

 @ChrysalisClubTynedale  
 @ChrysalisClubTynedale  
 @Chrysalis\_Tyne

## Prudhoe & District at Wylam

### Fabulous varied afternoon at Prudhoe

A lovely day at Wylam, where we started off with some gentle exercises, followed by a bit of golf practice, and rounded off with a piano accompaniment to our coffee and cake, played by the very talented Hazel Mason. Thanks so much for coming to play for us, everyone really enjoyed it - hope you'll come again!



### Cycling Without Age

We had a fabulous afternoon in these adapted cycles along the Tyne river path. Quote of the day was "That was utterly utterly, utterly wonderful!"

