

# Newsletter

September 2024



Chrysalis Club  
Tynedale

## Intergenerational Project 2024 - Chollerton Church of England Aided First School - Ceramic Fish with Mel

Members and children had a lot to get through in a relatively short space of time. Everyone concentrated in rolling out clay, and learning the skills of safely cutting out, texturing and attaching clay, followed by painting the clay in bright underglazes to bring out the textures and patterns.

Mel carefully transported each fish back to her workshop where they were dried and fired in her kiln and a shiny glaze applied which really helped the bright colours to 'pop'. Lots of good chat, concentration and skills used during the making process and we hope you'll agree some fantastic and colourful results!



## News from Rosie!



Rosie: Chrysalis' Chair

Hello Everyone

Well, wasn't the AGM fun?! We hope it was informative as well as fun and we were very pleased with the turnout. We were pleased to see lots of members and their families but also pleased to see some funders and professional supporters. Preparing the Annual Report is always a big piece of work and I dread starting it! However once I get started it is really enjoyable as it shows how much Chrysalis has achieved over the year. The organisation is constantly evolving and the trustees are proud of how this is progressing. Of course none of this would be possible without our fabulous staff and volunteers, and of course you the members and the carers. We must not forget our great funders and supporters without which we would really struggle.

We have enjoyed having the children for the Intergeneration Project and we have some fun events to look forward to. Some exciting trips are coming up, including the railway trip, the panto and Hexham races.

Our lovely supporters will now have completed the Great North Run; thank you so much to all of them.

The autumnal weather is not to everyone's taste as the nights start cutting in but I love this time of year as it means the National Hunt racing is starting. I am looking forward to my horses running.

Best wishes everyone,

Rosie x



## Chrysalis AGM

### Amazing Time Had By All at the AGM

This year's AGM was another great success. The presentation by various members of the Board was followed by tea and cake with entertainment and dancing to The Hexham Uketeers. David our Treasurer was as good as his word and did a fantastic job helping in the kitchen!



## Fundraising, Diary, Etc

### Gill's Fund Raising

Although Gill won't unfortunately be able to take part in the official Great North Run this year, she is continuing to fund raise and train. She is planning a route around Hexham to cover the 13.1 mile distance on a more suitable day with Sheba, her dog, who will be wearing a bandana to match Gill's Chrysalis t-shirt. For anyone looking to sponsor Gill, she is collecting sponsorship via her paper form.



### Dates for you Diary

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

Monday 30th September - After Carers Social & Support - 12.30 - Venue TBC

Tuesday 15th October - Bowling at Wentworth

Monday 28th October - Tynedale Gift Fair

Friday 8th November - Trip to Hexham Races

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

### Happy Birthday!



### 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!



### Comments about Chrysalis

"I have loved volunteering at Chrysalis as you know and I truly believe it has shaped me massively as a person ... I hope to drop by every so often for a session when I am off university!"

"Can I just thank you from the bottom of my heart, for being Chrysalis x"



## News

### Congratulations

One of our amazing volunteers, has just graduated with an MSc in Finance from Northumbria University. Many thanks for your enthusiasm, time, and the sensitive support that you give to Chrysalis members, enabling them to engage in our activity sessions.



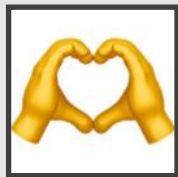
### Worldwide Travels

Another of our brilliant volunteers has been travelling since April. He has been to Malaysia, Singapore, Taiwan, Japan, China, Tajikistan and now Afghanistan! He plans to return to the UK in time for university in September. We have missed him, and hope that he has time to pop in so we can catch up with his tales from his travels.



### Sad News




Unfortunately we have had some sad news this month as both Frank, who was a lively member of Chrysalis, and Noreen his wife who often attended sessions, died recently. He always had a twinkle in his eye, a mischievous sense of humour, loved nothing more than having a good laugh and was often the instigator of the humour. We miss his contribution to our sessions and his huge personality.



### Delightful Dahlias

These stunning, fabulously colourful dahlias were brought into Chrysalis by one of our members. Along with other floral donations from staff, volunteers and members they have helped brighten up the Club over the summer.



 @ChrysalisClubTynedale  
 @ChrysalisClubTynedale  
 @Chrysalis\_Tyne

## Even More Fundraising!

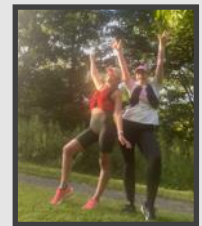
### Great North Run - Sunday 8 September 2024

We send all our good wishes to our runners and walkers, who wore yellow Chrysalis t-shirts for

their race (pictured here). This will go to print after the race, but we thank you all very, very much for your efforts, and hope you have a speedy recovery. Watch this space for an update from them all in the next newsletter.



**Ellie and Maddey** had already very nearly hit their £1500 target which is very exciting. They were so looking forward to race day!! Their training programme meant that they were pretty confident they would be able to run the whole 13.1 miles. They sent me this picture taken straight after their 10 mile run, looking super fit.



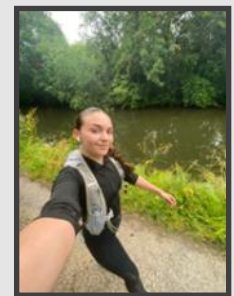
**Mabel's** "training" had included running up and down the platform waiting for her train to Edinburgh and running around her garden in preparation too. She had been proudly showing everyone her Chrysalis t-shirt which she will be wearing on her run for her great-'grandang' and Chrysalis.



Her race was a day before the main event, being **Saturday 7th September**. Mabel's fundraising was at £210 - an amazing achievement for a 3 year old!!!

### Ruth and Ruby

Our fabulous University volunteers had continued training through their summer break and made regular progress in their programme. They were both looking forward to the big day. Ruby certainly has had some lovely places to train.



### 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.

## Upcoming Trips

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

We can confirm that this coach trip is going ahead, with a train ride from South Tynedale Railway, Alston to Slaggyford and back, with lunch as we go. The train won't actually be a steam train as they only run on weekends, but I am sure it will be just as much fun! There are still places available for anyone else who would like to book tickets, so please get in touch with Janet as soon as possible. Janet can also give you all the details of this fantastic trip.



Janet: Trips and Prudhoe coordinator

To book and for more information contact: [Janet@chrysalisclub.org.uk](mailto:Janet@chrysalisclub.org.uk)



### Bowling at Wentworth - Tues 15th October

We are planning a trip to the 10 pin bowling alley at Wentworth Leisure Centre on Tuesday 15th October in the morning.



To book and for more information contact: [Janet@chrysalisclub.org.uk](mailto:Janet@chrysalisclub.org.uk)

### 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



## Upcoming Trips

### 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 soup 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)

### 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 sessions 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

### Art with Carl

This was another great session with our new friends from Chollerton school lead by Carl. We decorated slate with insects and some people made decorative insects.



## Carers and After-Carers Support

### Carer Support Group

It was nice to see everyone on **Wednesday 3rd July** at Chrysalis Club when 6 Carers attended. There is always plenty of lively discussion and questions. If we can't provide the answer amongst the group then we try to hunt out the information for people from various sources or arrange speakers based on Carers Suggestions.



Mel: Carer support admin and premises officer

**Coming up:** next Carer Support Group is **Wednesday 4th September 1.45 - 3.15**. We have invited Daniel from Carers Northumberland along to discuss Allowances and Benefits including Attendance Allowance.

All Chrysalis carers are welcome! Please book with Mel if you would like to attend.

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)

### After-Carers Social and Support Group

At our first **Monday** catch up on **22nd July** we met at Tyne Riverside Country Park, Prudhoe for lunch and catch-up. Three of us followed this with a walk along the riverside and got some extra cardio work in, scaling the steep 'steps' up 'The Spetchells' for good views and a bit for summer nature as different plants and butterflies were emerging into the sunshine.

**Monday 19th August** saw a small group of us meet at the Adapt Café at Burn Lane, Hexham where we enjoyed their good home-made fayre together and catch-up talk.

**Coming up:** the next After-Carer Social and Support will be **Monday 30th September** at 12.30. Venue TBC.

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



## Activities

### Book Marks Friday 27th

We had a lovely crafting session decorating book marks using pressed, dried flowers. As usual, there was a lot of chatter and laughter.



### Alternative Activity Choices

One afternoon, several Members opted to do something different from the planned session and chose decoupage. They covered picture frames and small boxes using colourful paper serviettes. On another day, we got the Scalextric track out for a fun session.



### Chat, Laughter and Fun Between Sessions

The sharing, laughter and fun doesn't stop in-between sessions, as we have lunch, or the volunteers prepare to welcome members.





## More Activities ...

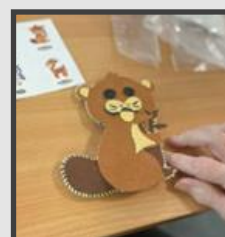
### Decoupage with Mel

This was a super session which required concentration, patience and some teamwork, using delicate colourful paper serviettes to decorate a range of decoupage projects. The results were brilliant—once the glue dries, it makes them shine



### Good craic in our Craft Session

Some intense concentration, reminiscing, and good craic in this craft session making a whole range of felt animals.



## More Activities ...

### Painting after David Hockney with Carl

In this session we looked at the works of the British artist David Hockney, particularly his paintings of gardens and flowers. Inspired by his use of bright colours and strong contrasts, Carl brought in a selection of succulent houseplants to paint from. Each member in the group used watercolours to make their own, brightly coloured individual paintings to take home.

The resulting works were all individual, joyous, and technically very strong. I was amazed at how a bright background finished off one picture!



### Singing with Ian

We always enjoy the singing sessions, with Ian accompanying us in some of our favourite chart hits from our eras on his guitar. He always has some great tales to tell as well.





## More Activities ...

### Portrait Heads with Carl

Using airdried clay, our hands as our best tools, but with the aid of a few sculpting tools too, we made unique and vibrant small sculptural works. Everyone was very imaginative, some creating more realistic sculptures, others less so.

The pieces were left to dry for a week which we then painted during a very lively and fun session, with many of the works journeying home for display there.

The results were once again fabulous and there was a lot of debate about who had made the most "scary" gargoyle type sculpture. As you will see one member opted to work on a painting he had started in a previous session.





## News from other organisations...

### Safe and Found Online

This is a national database, which Northumbria police are supporting, where, if you think a relative is in danger of going missing you can log their details on the site - please contact Mel for further details.



This is an opportunity for carers, friends and families of people suffering with dementia and Alzheimer's who are at risk of going missing, to compile useful information about them via this website, this is called the **Herbert Protocol**.

The data is instantly accessible to Police and can help locate that missing person quicker.



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)

Don't forget to give us a follow:



## Prudhoe & District at Wylam

### Painting in the Style of Monet with Carl

We had a lovely session yesterday with Carl at Wylam, painting in the style of Monet, with some stunning pictures produced!



**Do you have any spare time?**

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

Find out more about us:  
[www.chrysalisclub.org.uk](http://www.chrysalisclub.org.uk)



## Prudhoe & District at Wylam

### More Photos of June's Session Cycling with Age

Although this activity featured in July's newsletter, I've received more photos which I thought you might like to see. Everyone had such a good time and the weather was fantastic.

Many thanks to the brilliant volunteers from this amazing charity, who helped us enjoy nature along the Tyne river path on their trishaw bikes.





## And Even More from Prudhoe & District at Wylam

### Sports including a new activity for Chrysalis - Welly Hoying

Another fun filled day at our Wylam session, with a first for Chrysalis as far as I know - a welly hoying competition! We started the session with a great exercise class led by Liz (where we counted in French, German and Russian!), a little bit of indoor golf, then on to the main event outside. The sun even made an appearance for us!



### That's All Folks!

Due to holidays, etc, we have produced a double edition this month covering both July and August activities. Thanks for reading, and thanks to everyone who sends me photos, ideas and news to be included. I couldn't do it without you.

Deryn x



Deryn: Admin  
Volunteer