

Newsletter

January 2026



Chrysalis Club

Tynedale

Happy New Year!

The Mart provided a much more spacious venue for our Christmas party this year, which encouraged more dancers than ever to take to the floor! Music and singing were provided by The Uketeers, creating a wonderfully lively atmosphere.



It was lovely to see so many members, friends, family, and supporters in attendance, along with a great number of our dedicated volunteers, all joining in the festivities.

As always, we were treated to a delightful afternoon tea, featuring a fantastic array of cakes - many of them lovingly baked by our wonderful volunteers.

More photos inside the newsletter ...



News from the board

Hello everyone

Happy New Year to you all!

What a busy end to 2025 it was! We had the lovely party at the Mart with the Lord Lieutenant presenting our KAVS award. What an honour for Chrysalis, a small charity in rural Northumberland, especially as we don't push for recognition! The Lord Lieutenant and her team were all lovely and I was impressed that they circulated and talked to everyone. One of the deputies said something which struck a chord with me – "this room is full of love". What a compliment! The KAVS award will help us secure funding, as well as encouraging more volunteers to join us. It is like a 'kite mark' saying we are an ethical organisation.

We also held the volunteers' Christmas treat that week, where the trustees organise and prepare a lunch to keep the costs down. They also enjoyed an art session with Carl. We then had a board meeting on the Thursday so we were all ready for a break!

A special thank you goes to Sheelagh (who had raging toothache!) and Gina for organising a lovely party and to all the people who contributed to it. There were over 100 people at the party, many of whom came to support us getting the award.

Another job last month was viewing some premises about which we were excited; unfortunately we were not successful in securing them. So, the search continues.

We are starting to plan the Carers' Information Course for the spring; thank you to Elisabeth for this. We are also starting to run sessions on Thursday afternoons with Poppy coordinating these. We will have another fundraising meeting in March; thank you to everyone who is contributing to this. So, lots going on as usual!

Rosie xx



Rosie: Chrysalis' Chair



Chrysalis Christmas Party

We were delighted to be joined by so many supporters of our charity, including the Geordie Chapter and Norman, an ambassador dog for Guide Dogs who came along with his humans. It was lovely to catch up with Cycling Without Age volunteers as well.



Trips in December

Dementia-Friendly Carols at Hexham Abbey

We had a wonderful time at this special service. Nearly 50 of us gathered to celebrate Christmas together - members, staff, volunteers and trustees. Having sung our hearts out, we were ready for the refreshments provided afterwards.



Janet: Trips and Prudhoe coordinator



Cinderella at the Tyne Theatre

The coach made a stop off for brunch on the way to see the Panto at Stocksfield Golf Club. Thanks so much to the staff who looked after us so well.

This was a great start to the day and the show was amazing - great fun with lots of smiles and laughter.

Fund Raising News and Update

Burns Night Ceilidh - Saturday 31st January 2026 Bottle Tombola Stall

Once again, we will be holding a bottle stall on the night of the Ceilidh, so, **if you have any bottled products which you would like to donate**, please bring them to the Chrysalis Centre and leave them with someone in the office. A variety of types of products would be appreciated, small or large.

Great North Run - Sunday 13th September 2026

Chrysalis Tynedale has secured 8 places for any willing volunteers to run the race on behalf of our lovely charity.

If you or someone you know are interested, details are available from the office: 07760 124539 or email info@chrysalisclub.org.uk



Wylam Christmas Fair Raffle

Many thanks to Wylam WI which ran its Christmas Fair raffle in aid of Chrysalis Wylam raising over £3000!

Some of our staff and trustees manned a display about the work here and were joined by some of our members too.



Sad News



Unfortunately we have received some sad news recently from Anjali that her lovely Mum, Lorna, died recently. She came to a few Hexham sessions but was more often at Wylam.

She had a lovely smile and loved to talk about her time working as a nurse. Standout memories of Lorna include her at a 'Cycling without Age' event at Prudhoe - seeing the absolute joy on her face when she was on the bike was wonderful.

We send our love and thoughts to Anjali and the rest of the family at this very difficult time.



Members' Birthdays

We enjoyed celebrating with one of our members on his 89th birthday in December.

Carers, if you let us know the week before your member's birthday, we can arrange a cake and candles during coffee time on their special day!

Carers' Cuppa and Catch-ups

Some of 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 your diary

Thursday 8th January - Volunteers' forum and drop in

Saturday 31st January - Ceilidh

Wednesday 4th February - Chinese New Year Origami with Lip

Wednesday 4th February - Carer Support Group (Vestibular Audiologist)



Lego Village

This session became quite competitive in terms of building the tallest tower and we included a variety of characters in our gardens and vehicles.

Once again, the morning flew by with lots of reminiscing and banter, not forgetting kindness to each other by making helpful suggestions or offering spare lego.



Indoor Golf

We were thrilled to have another session with 'Golf in Society', which helped us master our golf technique at Bellingham Golf Club back in February 2025. This time it was held indoors.



Carers' Support Group

Our last session of 2025 in December was a chance for catch-up, mutual support and, of course, cake!

Wednesday 7th January 2026 - 1.45 - 3.15

For the first session of 2026, we will be joined by Dale Boustead, Community/Scams Awareness Officer, Age UK Northumberland.

This friendly, monthly group is open to all Chrysalis family carers. Feel free to catch me on a Monday, Wednesday or Friday at Chrysalis or if you would like further information **phone: 07760 124539** or **email: mel@chrysalisclub.org.uk**.

Mel - Carer Support Officer



Mel: Carer support admin and premises officer

The following support group will be on Wednesday 4th February

Held from 1.45 - 3.15 pm, we will be joined by Clare Bates, Vestibular Audiologist of CB Hearing and Balance who will talk about the importance of hearing well and how to access services, including free NHS support. Clare will be happy to take questions.

After-Carers' Catch-up, Social and Support Group

At our quarterly group in December, we had a winter social at Chrysalis, Hexham, for lunch, a catch-up, social time and games.

If you would like to join this welcoming group for Chrysalis family carers whose loved ones are in residential care or who are bereaved, please let me know.

Our next meeting will be in March 2026 - further details nearer the time.

You can catch me at Chrysalis on a Monday, Wednesday or Friday or by 'phone or email (mel@chrysalisclub.org.uk) if you'd like further information on any of the above or with your carer-related queries. Thanks!

Mel - Carer Support Officer

Prudhoe & District at Wylam - Indoor Gardening

We had a lovely, creative session planting up pots with these cheerful winter pansies. This was followed by Christmas crafting and making tree decorations during coffee time.



Music with Gary

We always enjoy music sessions, singing along to favourite old songs.



News from Other Organisations

**Coffee Morning by
Yoga Group
Saturday 10 January
10:00-12:00**

**At
Humshaugh Village
Hall**



**Come along and eat cake and drink
coffee and find out more about local
yoga classes**

**All proceeds split between Great North Air
Ambulance & West Tynedale Food Bank. Contact
Norah Phipps on yoganorah@gmail.com or ring
01434 674249**



Let's sing!

*Sing favourites from the 20th
century: pop, local songs & from
the musicals. New songs too!*

**1st & 3rd Tuesday mornings
at West End Methodist
Church, Hexham.**

**Jan 6th, 20th
Feb 3rd, 17th
March 3rd, 17th
April 7th, 21st**

10.15 a.m.

Tel: 01434 607490

email: musicalmemories17@gmail.com

**£5
(Free taster)**

**Ample free parking
Includes refreshments**



Hexham Abbey Film Club

Thursday 8th January
@1.30pm - "Up"

Thursday 5th February
@1.30pm - 'Cool Runnings'

Happy New Year! It was a real honour and pleasure to meet the Lord Lieutenant and her team at the presentation of the KAVS award at our party. They were very knowledgeable about Chrysalis, but interested to hear more about what goes on, and how it works.

Deryn x



Deryn: Admin
Volunteer



Drop in!

Can you spare some time to Volunteer?

We're still thrilled with the news of our Kings Award for Voluntary Service !

If you'd like to find out more about volunteering at Chrysalis, feel free to 'drop in' for a chat with us on January 8th between 12-1pm.

Comments about Chrysalis

"Just a big thank you to the Chrysalis club and all the marvellous volunteers"

"... had a great time at all your activities and especially loves the one to one chats and dominoes"

"The pantomime, alpacas, and bike ride at Wylam were massive hits ... but most of all it's the chats"

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Deryn x



Deryn: Admin
Volunteer