



Chrysalis Club

Tynedale

Chrysalis at Tynedale Charitable Incorporated Organisation

Annual report

For the year ended 31 March 2021

Registered Number 1166880 Registered in England

Give up on our hobbies because of

dementia ...?

We don't think so!



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Chrysalis is a club for people with memory problems or dementia, their family and friends, and volunteer supporters. Members with dementia enjoy tutored activities and days out with one-to-one support. Family members get sensitive support and time out of the daily routine. We hope to change some perceptions of dementia by focusing on similarities, rather than differences.

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THE EARLY YEARS...

We formed Chrysalis at Tynedale in 2009 when a successful art class for people with dementia came to an end. The members of the class and their families wanted it to continue. In focusing on individuals and their abilities, they felt it fulfilled a need that was not being met by standard day care services.

The group joined together with three people with extensive management experience in specialist dementia care, and Chrysalis was born. We are incredibly grateful to the founder members for their ideas, which have led to the uplifting activity and support group we have today.

We have gone from strength to strength, steadily building up our membership of people with dementia and their families. We have reached hundreds of people, providing a range of tutored activities each week, and responding to new ideas suggested by members. If it is possible, we will do it.

Along the way, we have learned more about dementia and families' needs and recruited a skilled band of volunteers. We held our 10- year anniversary party in 2019.

We have become a charitable incorporated organisation, been awarded funding for a part time co-ordinator, and enjoy wide recognition for what we do. And we have had lots of fun too! The founder members of Chrysalis



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WHATS NEW (Challenging times)

COVID was a real challenge for Chrysalis as for most organisations. Lockdown in March 2020 meant we could no longer support families the way we were all used to. Our operations co-ordinator, Lola Plumb immediately stepped up and gave herself the task of sending out a daily newsletter in order to keep families engaged and not feel forgotten. She also devised a rota for volunteers and trustees to phone families on a regular basis.

We were aware of the devastating effect lockdown was having on people with dementia getting no stimulation or socialisation. The effect on the carers was equally challenging, trying to keep their partner stimulated completely on their own, with only distant support from wider family was huge for them. It would be a lonely labour of love we felt. So, we tried to do all we could, at the same time knowing it wasn't enough.

Sadly, many of our members had to be admitted to residential care and many died in very sad circumstances putting even more strain on the carers and family. We managed to struggle on and during the brief spell in July found larger more Covid-safe premises at Hexham Mart. To be honest these sessions were not the fun events Chrysalis were used to, but it was the best we could do. As the restrictions started to close in again and the numbers of cases rose our lovely co-ordinator made the decision to resign for health reasons. Our admin worker Deidre decided she should resign as well. This was devastating news but in true Chrysalis fashion the board of trustees rose to the challenge.

We had to think very quickly as to how to support our members and carers in a second lockdown. We managed to get two lots of funding which were basically emergency COVID funds. We then recruited two part-time workers (self-employed) to support the members from a distance. Between them they designed and distributed twice weekly newsletters, kept in contact with members and carers by telephone as often as they wanted, plus set up on-line groups for chatting, quizzes etc. One was also a qualified counsellor and she held on-line meetings with relevant people. They also organised an on-line concert. This funding lasted until April 2021. Because we were unable to hold face-to-face activities, we put the Tudor Trust fund co-ordinator's post on hold.

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In March 21 we achieved our dream of 5 years by signing a lease on our own premises. They needed quite a bit of clearing, cleaning, decorating etc so because we didn't want too many people in the building the trustees took on the refurbishment with some specialist trades people where necessary. We met with volunteers (in small numbers) to ascertain their enthusiasm for attending Chrysalis with the new rules and the threat of COVID still present. We welcomed members back the middle of May in very small numbers with Perspex screens masks etc. Gradually we increased the numbers, appointed tutors, dispersed with masks and Perspex screens in order to increase the enjoyment of the sessions.



Moving in day... ...Hooray!

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MEMBERS BENEFITS

When someone becomes a Chrysalis member, the whole family is involved. This means everyone can be part of the club, contribute, have a say, and see how the person they care about is getting on. Family members/carers can come to sessions, take time out, or get involved - even if they are at a distance or at work all day. We are here to help anyone in the family at any stage of the journey, from pre diagnosis onwards.

This year we have not been able to have face-to-face contact for more than half a dozen sessions. The phone calls have been the main way we have stayed in touch, and we have been more aware than ever how much our family members need contact and support, and our members need socialisation and stimulation.

Sadly, this year we had to say fond farewells to:

John Prime	Irene Simpson
Audrey Maddison	Tom Wright
Patrick Begby	Auria Musson
Eddie Short	Ken Webster
David Milne	Bill Heal
Gail Grinter	Barney Willis
Joan Cooper	Tom Hamilton
	Paul Davison



This was a huge number compared to normal years and shows the effect the pandemic had on our lovely members and their families, because of this we managed to get some funding to carry on the counselling work administered by Liese Wetherspoon.

Some of the families asked for donations in lieu of flowers to go to Chrysalis, we are so grateful to them for thinking of us at such a sad time. We hope it means we are doing a good job for them.

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OTHER PROJECTS

Sadly, lockdown meant we were not able to run the tailored projects we have enjoyed so much in the past. So, I thought it would be nice to remember them and look forward to holding them again soon. It will also be nice for the new members to see what these projects are.

INTERGENERATIONAL PROJECT

This was a project funded by the If Only fund. It was modelled on the television programme Old People's Home for Four-Year-Olds. Ours was slightly different as we held ours in the community. It was pure pleasure watching the relationship between our members and the children develop over the weeks and they produced some great work in art pottery and gardening. The educational programme was good for young people too and spreads a positive message about people with dementia. We are working to start this project up again outdoors spring 2022.

YOUNG DEMENTIA GROUP

People under 65 with dementia are a very marginalised group and we received some funding from Newcastle Building Society to set up a group specific to their needs. During lockdown we did support these families but more in a general way and of course we couldn't be out in the community with them as we would have liked. We have now (2021-2022) picked up this project and it is actively running again.

PRUDHOE AND DISTRICT

We held a successful pilot project in Prudhoe up until lockdown. We received some funding from Bernicia to continue this. We were unable to do anything other than planning and research during lockdown, but we found some suitable (and very nice) premises in a church hall in Wylam. The premises we had used for the pilot were unsuitable once Covid raised its ugly head, so we were pleased to locate St Oswalds. We have started running sessions this year and they have proved popular, Liese Wetherspoon co-ordinates them supported by Liz Flynn the trustee.

TRIPS AND OUTINGS

These were a very popular part of Chrysalis but sadly unable to take place during lockdown. We are really keen to start them up again depending on restrictions and the number of infections but will have to be patient for a little while yet.

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SUPPORTING FAMILIES

During 20-21 our carers (family members) needed more support than ever. During lockdown they became very isolated living with someone whose communication was waning. It became their sole responsibility to stimulate and motivate their partner while receiving very little support themselves.

It is a well-known fact that people cannot continue to support someone else when they are feeling unsupported themselves, but this was what our valiant carers managed to do. The strain on them was enormous. Chrysalis did what we could by regular phone calls and newsletters, offering counselling and constantly thinking of what else we could do. The two people we tasked with the new roles worked hard to support our members and their families as best they could but, again, we all felt it was not enough and sorely wished we could do more.

It is with relief that we are now able to revert to our high standards and in September 2021 we resumed our monthly carer support group. This is on top of the less structured support that is always on offer.



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OUR VOLUNTEERS

Chrysalis is always amazed at the high standard of our volunteers. This happy willing band of people come to Chrysalis with one thing only in mind – to give the members the best time possible! Their dedication, empathy and determination to 'get it right' for our members is breath-taking. Whilst they were used to working in a routing, supporting members during sessions, they adapted seamlessly to supporting people remotely. Many of them made phone calls, contributed to newsletters, played instruments at a virtual concert, provided art materials and generally did their best to make sure our members and their families did not feel abandoned. A few volunteered during the brief spell when lockdown was lifted, and we were able to run sessions at the mart. This was not the normal happy fun Chrysalis because of social distancing, masks, PPE equipment etc: they still appeared regularly though to their credit.

The volunteers are supported by training, forums and guidance and information. They enjoy the social element both with each other and with the members and their families. They, like the trustees, get a great sense of satisfaction from the work we do to improve people's lives and help them to live well with dementia.

The trustees are so grateful to our volunteers and are fully aware that Chrysalis could not function in its present form without this great band of volunteers.

OUR EMPLOYEES

Sadly, our lovely co-ordinator Lola Plumb left us for Covid health reasons in October after doing an amazing job. She adapted to a different regime very quickly once lockdown was announced and produced a daily bright colourful newsletter ably assisted by our admin assistant Deidre Dodd, who also left us in October. We are so grateful to them both for all the commitment and hard work they did for Chrysalis and wish them all the best for their future.

We then got some funding to recruit 2 self-employed people to keep in touch with our members by phone and on-line. Anne-Marie Lanzito and Liese Wetherspoon did a great job of helping our members to stay connected by twice weekly newsletters, phone calls and virtual groups. Liese is a qualified counsellor, and she supported a few people online or by phone. One of their greatest achievements was getting a family member (aged 90+) to access Zoom – he was thrilled with himself!!

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Ann-Marie moved on to another job at the end of the funding, but Liese has stayed with us and is an excellent member of the team.

Moving on we were able to employ a temporary co-ordinator, Judy Willis who was on furlough, for the summer 2021 and in September we employed Gina Marrow as a permanent Co-ordinator. More details in the next Annual Report

OUR BOARD

Our board is made up of about 6 volunteer trustees. All have had personal experience of dementia in some way. We have experts in various fields – finance, legal, fund-raising, social work etc, . We work together as a team very well and because Chrysalis is such a positive environment those that can work on the operations side too. This year has been an enormous challenge for the board, we have had to adapt with changing restrictions and try and combat loneliness whilst not risking infecting our vulnerable members. We are proud of how we have reacted to the pandemic, in that we kept in touch with people as best we could.

Vivienne Geary resigned from trusteeship because of a change in circumstances and we thank her for the work she did for Chrysalis and wish her well for the future.

OUR TUTORS

At Chrysalis we seem to attract lovely people, whether they be members, carers, volunteers, tutors or supporters. Our tutors try to balance giving the members a bit of a challenge and trying not to make things too hard. Most are small, local self- employed, small business owners and we are pleased to support them. They are always willing to 'go the extra mile' in order to give our members a happy fun-filled session and if possible, make something they can take home.

This year was different of course but we did manage to distribute some art packs and gardening items to keep people amused. Most tutors stayed in touch, and we have some of our old friends back this current year.

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OUR FUNDERS

Chrysalis at Tynedale is not funded by statutory services and is completely dependent on contributions from donors. We are generously funded by the Tudor Trust, who enable us to employ our Co-ordinator. The Tudor Trust have continued to support us with development ideas. We are also administering funds from organisations administered through The Community Foundation such as If Only, the Asian Fund, Newcastle Building Society and the Thornton Family Grass Roots Fund. We also received funding from Bernicia for our Prudhoe Project. In the pandemic we were funded by Lottery and UnLtd for emergency Covid help.

This year we were lucky to be able to continue as Egger's charity of the year. This is a great honour both the funding it will bring and the recognition for Chrysalis. We were also lucky to be one of the charities chosen by Tynedale Lions to be a recipient from their beer festival. Unfortunately this had to be held on-line but the Lions did a great job of making it fun for everyone and we received a nice cheque! Luckily the charities chosen by the Lions were allowed to be recipients for the beer festival in 2021.

We are very grateful for the generosity of family members past and present for their personal donations and help at fundraising events. Several of our volunteers have also supported us through their own successful fundraising initiatives. We are grateful to everyone who has thought of Chrysalis and raised money for us in various ways, sometimes at the saddest time of their life when a loved one dies. Most of our running costs are funded but with the money raised through donations we are able to buy treats for our members. It may be a yummy cake for someone's birthday, or a free lunch out on a trip, or some much equipment to make a session more fun. Thank you supporters!

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A FINAL THANK YOU...

Chrysalis requires a huge amount of dedication and work to keep it running to the extremely high standard we strive for. We all love being part of it and get enormous satisfaction from our individual contributions which all combine to make our organisation as fantastic as it is. Of course, we also have a lot of fun too!!

None of it would be possible without the fantastic help of our supporters and volunteers, and the board thanks everyone for their ongoing support and dedication.



Looking forward to more happy times like these.

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CIO No. 1166880
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Income and Expenditure Account

Appendix 1

Chrysalis at Tynedale CIO 1166880

For the year ended 31 March 2021

As at

31/03/2021

	Total Year to date	Unrestricted	Egger	Bernicia	Community Foundation	CO-OP	Covid-19	If Only	Joicey Trust	Newcastle Building Society	Thornton Family	Tudor Trust	Unltd	Total	Check
Income															
Donations	11,414.90	3,934.90	7,180.00					300.00	0.00					11414.9	0.00
Events and Trips	666.00	666.00								0.00				666	0.00
Funding income	1,000.00	1,000.00												1000	0.00
Fundraising	750.44	750.44												750.44	0.00
Gift aid donations	1,300.00	1,300.00												1300	0.00
Legacy donations	0.00	0.00												0	0.00
Local Government Grant Funding	0.00	0.00												0	0.00
Restricted trust fund income	58,697.00	1,250.00		7,470.00			8,500.00	1,500.00	0.00			24,977.00	15,000.00	58697	0.00
Session Fees	175.00	55.00	120.00											175	0.00
Total income	74,003.34	8,956.34	7,300.00	7,470.00	0.00	0.00	8,500.00	1,800.00	0.00	0.00	0.00	24,977.00	15,000.00	74,003.34	0.00
Direct costs															
Administration & Co-ordination services	4,515.00												4,515.00	4515	0.00
Counselling Services	4,221.25	920.00		0.00								0.00	3,301.25	4221.25	0.00
Direct wages	11,351.69	0.00										11,351.69		11351.69	0.00
Materials	148.57	148.57												148.57	0.00
Rent & Room Hire	4,140.00	324.00		0.00			3,000.00					816.00		4140	0.00
Trips and events	144.00	144.00												144	0.00
Tutor fees	118.00	118.00								0.00				118	0.00
Volunteer Expenses	1,131.40	241.80		11.20			580.00			36.80		261.60		1131.4	0.00
Total direct costs	25,769.91	1,896.37	0.00	11.20	0.00	0.00	3,580.00	0.00	0.00	36.80	0.00	12,429.29	7,816.25	25,769.91	0.00
Gross surplus/(deficit)	48,233.43	7,059.97	7,300.00	7,458.80	0.00	0.00	4,920.00	1,800.00	0.00	(36.80)	0.00	12,547.71	7,183.75	48,233.43	0.00
Administrative Costs															
Administration Expenses	392.00	392.00												392	0.00
Audit & Accountancy fees	543.60	111.60										226.80	205.20	543.6	0.00
Bank Charges	180.00	180.00												180	0.00
Cleaning & PPE	965.98	0.00	14.98				892.78						58.22	965.98	0.00
Equipment costs	254.98	194.98	60.00		0.00									254.98	0.00
General Expenses	34.89	34.89										0.00		34.89	0.00
Gifts	19.79	19.79												19.79	0.00
Governance costs	200.00	200.00												200	0.00
Insurance	525.23	295.23	230.00									0.00		525.23	0.00
IT Software and Consumables	89.99	89.99												89.99	0.00
Legal Expenses	614.40	49.60										564.80		614.4	0.00
Light, Power, Heating	0.00	0.00												0	0.00
Marketing & Publications	1,774.72	202.79	0.00				1,500.00				0.00	71.93		1774.72	0.00
Postage, Freight & Courier	37.37	32.42					4.95							37.37	0.00
Printing & Stationery	123.37	33.97											89.40	123.37	0.00
Rates	0.00	0.00												0	0.00
Refreshments	22.43	14.44	7.99							0.00		0.00		22.43	0.00
Repairs & Maintenance	3,000.57	0.00	470.09				2,530.48						0.00	3000.57	0.00
Salaries	0.00													0	0.00
Staff Training	78.00	78.00												78	0.00
Subscriptions & Memberships	204.00											50.00	154.00	204	0.00
Telephone & Internet	614.56	254.60										176.76	183.20	614.56	0.00
Transport & Travel - National	507.12	507.12												507.12	0.00
Total Administrative Costs	10,183.00	2,691.42	783.06	0.00	0.00	0.00	4,928.21	0.00	0.00	0.00	0.00	1,090.29	690.02	10,183.00	0.00
Net surplus/(deficit) for the year	38,050.43	4,368.55	6,516.94	7,458.80	0.00	0.00	(8.21)	1,800.00	0.00	(36.80)	0.00	11,457.42	6,493.73	38,050.43	0.00
Reserves at 01 April 2020															
Restricted	8,185.44		3,000.00		4,962.00	203.59		10.00				9.85			
Designated	21,000.00	21,000.00													
General	4,913.21	4,913.21													
Total reserves	34,098.65														
Reserves at 31 March 2021															
Restricted	49,060.79		9,516.94	7,458.80	4,962.00	0.00	0.00	1,810.00	4,500.00	2,852.20	0.00	11,467.12	6,493.73		
Designated	21,000.00	21,000.00													
General	2,088.29	9,281.76				203.59	(8.21)		(4,500.00)	(2,889.00)		0.15			
Total reserves	72,149.08														

Balance Sheet

Chrysalis at Tynedale CIO 1166880

As at 31 March 2022

Appendix 1



<u>Account</u>	<u>31 Mar 2021</u>	<u>31 Mar 2020</u>
Fixed Assets		
Tangible Assets		
Leasehold Improvements	1,565.00	0.00
Office Equipment	0.00	0.00
Total Tangible Assets	1,565.00	0.00
Total Fixed Assets	1,565.00	0.00
Current Assets		
Cash at bank and in hand		
Cash in Hand	0.00	0.00
HSBC Business Current Account	74,381.46	34,601.15
Total Cash at bank and in hand	74,381.46	34,601.15
Accounts Receivable	(60.00)	317.70
Prepayments	57.56	0.00
Total Current Assets	74,379.02	34,918.85
Creditors: amounts falling due within one year		
Accounts Payable	3,348.76	874.02
Cash in Hand	446.18	446.18
Sundry creditors	0.00	(500.00)
Total Creditors: amounts falling due within one year	3,794.94	820.20
Net Current Assets (Liabilities)	70,584.08	34,098.65
Total Assets less Current Liabilities	72,149.08	34,098.65
Net Assets	72,149.08	34,098.65
Capital and Reserves		
Current Year Earnings	37,475.74	5,767.11
Retained Earnings	(35,387.45)	(853.90)
Designated funds	21,000.00	21,000.00
Restricted funds	49,060.79	8,185.44
Total Capital and Reserves	72,149.08	34,098.65

Approved by the board of trustees on

12 October 2021

Rosemary Robson
Chairperson

David Greenwood
Treasurer



CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A

Independent Examiner's Report

**Report to the trustees/
members of**

Chrysalis Club Tynedale
Chrysalis at Tynedale CIO 1166880

**On accounts for the year
ended**

31 March 2021

**Charity no
(if any)**

1166880

Set out on pages

Appendix 1 to the annual report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 March 2021.

**Responsibilities and
basis of report**

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent
examiner's statement**

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:

Date:

20 Oct 2021

Name:

Vicky Copp

**Relevant professional
qualification(s) or body
(if any):**

Senior Accounts Manager NSA UK Ltd

Address:	Tyne Car Terminal
	Jarrow Slake
	South Shields NE34 9PN

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.