

CHRYSALIS CENTRE FOR CHANGE

England & Wales · Charity number 1188750

Details

Status Registered

Legal form CIO

Registered 2020-03-25

Register [View on the Charity Commission register](#)

Contact

Address 1st Floor Beacon Building
25 College Street
St. Helens
WA10 1TF

Phone 01744451309

Email chrysaliscentreforchange@gmail.com

Website www.chrysaliscentreforchange.co.uk

Activities

Objects: TO RELIEVE THE NEEDS OF WOMEN IN ST. HELENS AND THE SURROUNDING AREAS WHO HAVE COMPLEX NEEDS, IN PARTICULAR BUT NOT EXCLUSIVELY WHO SUFFER WITH MENTAL HEALTH ISSUES AS A RESULT FROM DOMESTIC ABUSE THROUGH THE PROVISION OF INFORMATION, WORKSHOPS AND SUPPORT GROUPS.

Activities: We offer a range of support services to women in St Helens and surrounding areas who are struggling with the impact of mental health issues and domestic abuse. Services include one-to-one counselling and CBT, in person and remotely, and weekly groups for social inclusion, health and wellbeing and domestic abuse support. We also offer a monthly menopause support group and online courses.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment
- **Who:** Other Defined Groups

Geography

- St Helens

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£265,174	£287,025	-	-
2023-12-31	£329,600	£308,044	-	-
2022-12-31	£254,914	£218,858	-	-
2021-12-31	£143,497	£170,563	-	-
2020-12-31	£0	£0	-	-

Trustees

Name	Role	Appointed
Andrew Vint	Chair	2019-03-06
Gail Aspinall		2019-03-06
Ian James Thomson		2025-07-08
Laura Hutchings		2025-07-08
Maureen Norton		2025-07-08
Mollie Bird		2025-07-08

CHRYSALIS CENTRE FOR CHANGE

England & Wales - Charity number 1188750

Accounts

Chrysalis Centre for Change CiO

Charity number 1188750

Annual Report and Financial Statements for the year ended 31 December 2024

The logo for Greater Merseyside Community Accountancy Service (gmcas) features the lowercase letters 'gmcas' in a white, sans-serif font, centered within a solid black rectangular box.

Greater Merseyside Community
Accountancy Service

Chrysalis Centre for Change CiO

Annual Report and Financial Statements for the year ended 31 December 2024

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Prepared by the Greater Merseyside Community Accountancy Service

Chrysalis Centre for Change CiO

Trustees' report

The Trustees during the year were:

Name		Dates
Andrew Vint	Chairperson	
Mrs Rita Williams	Trustee	
Gemma Roby	Secretary	
Gail Aspinall	Trustee	

Method of appointment

Trustees are elected by the members at the AGM

Principal address

1st Floor
Beacon Building
College Street
St Helens WA10 1TF

Bankers

Natwest Bank
5 Ormskirk Street
St Helens
WA10 1DR

Governing document

Constitution adopted 6th November 2019
Registered as a CiO Foundation on 25th March 2020 Charity number 1188750

Objects of the organisation

To relieve the needs of women in St Helens and the surrounding areas who have complex needs, in particular, but not exclusively who suffer with mental health issues as a result from domestic abuse through the provision of information, workshops and support groups.

Independent examiner

on behalf of:

Greater Merseyside Community Accountancy Service

Beacon Building
College Street
St Helens
WA10 1TF

Chrysalis Centre for Change CiO

Trustees' report continued

Review of progress and achievements

Chrysalis received 1082 referrals; 50% of these referrals came from the health sector (e.g. GPs, mental health teams); 31% came from the social sector (e.g. housing services, social services, safe2Speak); 19% came from the voluntary sector, schools, self or word of mouth, social media, internet searches

29 counsellors in 2024: 1 employed staff; 8 people on self-employed working agreements; 17 students on placement; 3 volunteer counsellors

We completed 847 registrations for new service users.

485 individual women attended counselling for a combined 3,112 sessions

64 individual women attended our groups and courses a total of 896 times

51 women attended our Craft & Chat afternoons a total of 607 times over the year

34 women attended our Healthy Women group a total of 283 times

Thanks to Lottery funding, we were able to outsource marketing for our Facebook and Instagram accounts. We started with 286 followers on Facebook and to date we have 3.2k!!

3 staff members were awarded their Emergency first aid at work certificates

We visited the women's group at Momos, run by social prescribers and give the clients information about Chrysalis

We attended the Isolation and Loneliness steering group. Discussed how we can help individually and as an organisation to combat social isolation and loneliness in St Helens

Social prescribers came into our craft group in to talk to us about services we provide

We put on a second set of Sign Health Training and invited the IDVAs from Safe2 Speak to participate so that we can work better together to support deaf clients

We continued working with Heart of Glass on their project

We engaged and shared information with a large number of organisations including NHS Talking Therapies, St Helens Rotary, Qwell, CGL St Helens, Hub of Hope, Wonder Arts, St Helens Family Hub & Children's Centres, YMCA St Helens - Listening Service, SHAP Ltd, St Helens College, Probation Women's Team, Hope Centre, Sam's Diamonds Cancer Support Charity, Halton & St Helens Voluntary and Community Action. Making Menopause Matter, St Helens Adult and Community Learnin, DWP, Dads Matter, Library Outreach Officer, and Social Prescribers

Administration & Policies

All policies were reviewed and approved at the Annual General Meeting

Domestic abuse support continues to feature heavily in our remit and as such, we continue to be a part of the DV partnership board and fortnightly MARAC conferences.

We also attended a meeting regarding the White Ribbon event and 16 days of activism which led to us hosting a discussion group with domestic abuse survivors

In addition we are part of the JTAI (Joint Targeted Area Inspection) meetings that are concerned with how local services link up in response to domestic abuse

We also participated in some research looking at the level of support that Bronze rated victims on the MERIT receive and attended an event aimed at learning lessons and putting actions in place for future information and questions about lessons from Domestic Homicide Reviews.

Matt Thompson - St Helens public Health is concerned about the number of suicides connected to DA relationships. He suggested a meeting with us, CGL, Safe2Speak and Torus. We met in November and December and discussed the Merit and if that could be amended to include a suicide question and plan

Our CEO, Siân and Manager, Julie both received diagnoses of Autism and ADHD respectively, this has led to a greater awareness and understanding of Neurodivergence and the need to develop policies around Neurodiversity.

Chrysalis Centre for Change CiO

Trustees' report continued

Fundraising

We have an ongoing Contract with St Helens CCG for running costs.

We are now in our 3rd year of funding from the Safe Accommodation Support Fund via the Domestic Abuse Partnership Board to help us reduce the waiting time for counselling for victims of domestic abuse

We received our 3rd year of funding from the Office of the Police & Crime Commission for Merseyside to support victims of domestic and sexual abuse

We received funding from UKSPF for team cohesion and wellbeing sessions

We received a grant from the Vinci Foundation to help with refurbishment costs.

We received grants towards running costs from John Moores Foundation, Eleanor Rathbone, E L Rathbone, Garfield Weston and Henry Smith.

We received a grant from the Women's Fund via the Community Foundation for Merseyside for running costs, bereavement support and external consultancy fees

We were successful in being awarded a 3rd round of funding from The National Lottery's Reaching communities fund to continue our Taking Flight project. This encompasses services under our Transform your life program aimed at supporting, empowering and inspiring women to create the life they want

Claire from Momos delivered a presentation about the history of Cowley Maternity hospital and raised money through ticket and refreshment sales for us

We received lots of lovely Easter eggs and gifts from local businesses so that we could have an Easter raffle and raise some money.

We continue to offer our private counselling service - Better Life Therapies

We are part of the St Helens Lottery where people can buy ticket, choose a charity and then we receive 60% of those ticket sales

We received a donation of £400 from the True Light Lodge of Friendship, Masons organisation

New Developments & Significant Changes

The focus for 2025 is to continue strengthening our partnerships with other local organisations, increasing our awareness and understanding of neurodivergence and its role in women's mental health and impact on domestic abuse, develop our income generation activities and plans for sustainability and future financial security.

Due to the Lottery money, we have been able to fund Mambo Agency to develop our online courses two of which are now ready for sale, Brave Women and Journey Through Grief

We intend to recruit a Counselling Lead and new Administrator in 2025

We will be welcoming 3 new Trustees onto our Board at the 2025 AGM

We are restarting the domestic abuse group up from February 2025

Siân, CEO, came to Chrysalis as a service user 20 years ago (September 2004) and became a volunteer in February 2005. Her late-diagnosis of Autism would be the theme of a celebration day held in her honour, hoping to bring greater awareness to the needs, support and barriers facing Neurodivergent people, the significant impact on mental health and domestic abuse, as well as dispelling myths and celebrating differences.

Cheshire and Merseyside Cancer Alliance Social Action Lead – Halton and St Helens came to discuss some funding they have to run awareness sessions in 2025

We are working in conjunction with Salford university to deliver an art project at the centre

Chrysalis Centre for Change CiO
Independent examiner's report on the accounts of
Chrysalis Centre for Change CiO
for the year ended 31 December 2024

I report on the accounts of the charity set out on pages 6 to 10

Respective responsibilities of the Management Committee and the examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

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

Jane Williams

Jane Williams
MAAT
Greater Merseyside Community Accountancy Service
Beacon Building
College Street
St Helens
WA10 1TF

15th April 2025

Chrysalis Centre for Change CiO
Receipts and payments account
for the year ended 31 December 2024

	Notes	2024	2024	2024	2023
		Unrestricted	Restricted	Total	Total
		funds	funds	funds	funds
		£	£	£	£
Receipts					
Grants and donations	(2)	440	257,480	257,919	320,304
Better Life Therapies		-	-	-	218
Fundraising		7,255	-	7,255	9,078
Total receipts		7,694	257,480	265,174	329,600
Payments					
Wages & Salaries	(3)	5,485	127,467	132,952	127,313
Payroll support		-	666	666	525
Staff Expenses		-	-	-	15
Occupational Health		3,750	-	3,750	-
Recruitment		-	362	362	-
Rent & Room Hire		-	27,225	27,225	26,211
Refurbishment Costs		-	6,290	6,290	4,444
Volunteer expenses		634	629	1,263	1,127
Networking		-	56	56	-
Better Life Therapies		-	4,251	4,251	970
Phone and postage		-	3,850	3,850	3,212
Printing and stationery		-	5,736	5,736	6,939
Advertising and publicity		-	8,212	8,212	6,901
Health & Safety		-	137	137	193
Memberships		-	310	310	520
Professional Fees		-	6,808	6,808	29,209
Professional Counselling Fees		-	75,031	75,031	78,912
Research & Development		-	-	-	6,480
DBS Checks		-	265	265	232
Fundraising		-	10	10	451
Training		-	380	380	2,713
Accountancy / independent examination		-	300	300	275
Crafts & Activities Expenses		-	244	244	297
Insurance		-	1,550	1,550	1,427
Supervision		775	1,815	2,590	3,230
Cleaning		-	3,062	3,062	2,895
Refreshments		164	558	722	857
Digital Development & IT		-	829	829	2,485
Bank Charges		-	174	174	211
Total payments		10,808	276,216	287,025	308,044
Net receipts / (payments)		(3,114)	(18,737)	(21,850)	21,556
Cash fund balances brought forward		9,970	88,361	102,032	80,476
Cash fund balances carried forward	(4)	6,856	69,624	80,182	102,032

Chrysalis Centre for Change CiO
Statement of assets and liabilities
as at 31 December 2024

	2024	2024	2024	2023
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank ~ Chrysalis Centre for Change	10,318	69,624	79,942	101,759
Paypal account	140	-	140	174
Cash in hand	100	-	100	100
Total cash funds	<u>10,558</u>	<u>69,624</u>	<u>80,182</u>	<u>102,033</u>

	2024	2024	2024	2023
Assets retained for the organisation's own use	Unrestricted	Restricted	£	£
Equipment at cost	1,062	12,995	14,057	14,057
			<u>14,057</u>	<u>14,057</u>
Liabilities			£	£
HMRC			-	-
Accountancy			-	-
			<u>-</u>	<u>-</u>

Approval of the accounts

The annual report and accounts were approved at a meeting of the Trustees held on 15th April 2025

Andrew Vint

Andrew Vint
Chairman

Chrysalis Centre for Change CiO

Notes to the accounts

for the year ended 31 December 2024

1 Accounting Policies

a Basis of accounting

The Trustees have taken advantage of section 42 (3) of the Charities Act 1993 and have prepared the accounts on a receipts and payments basis.

b Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

c Fund accounting

Funds held by the charity are either:

Unrestricted general funds

These are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds

These are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Chrysalis Centre for Change CiO
Notes to the accounts continued
for the year ended 31 December 2024

2 Grants and Donations	2024 Unrestricted funds £	2024 Restricted funds £	2024 Total funds £	2023 Total funds £
The National Lottery: Reaching Communities	-	44,473	44,473	39,310
NHS St Helens CCG	-	80,903	80,903	92,073
Provident Hospital Endowment fund	-	-	-	2,000
Police & Crime Commissioner for M'side	-	58,000	58,000	70,500
St Helens Council: SASF	-	28,283	28,283	42,425
Henry Smith	-	26,400	26,400	30,200
John Moores Foundation	-	5,000	5,000	5,000
Garfield Weston	-	-	-	15,000
Eleanor Rathbone	-	-	-	4,000
E L Rathbone	-	-	-	3,000
Vinci Foundation	-	-	-	6,500
Community Foundation M'side	-	9,471	9,471	10,000
UKSPF Fund	-	4,950	4,950	-
Donations	440	-	440	296
	<u>440</u>	<u>257,480</u>	<u>257,919</u>	<u>320,304</u>

3 Staff costs and numbers	2024 £	2023 £
Gross salaries	124,478	118,161
Social security costs	7,962	8,383
Pensions	512	769
	<u>132,952</u>	<u>127,313</u>

No employee earned £60,000 per annum or more in the current accounting period
The average number of employees during the year was 4 FTE

Chrysalis Centre for Change CiO
Notes to the accounts continued
for the year ended 31 December 2024

4 Restricted funds summary	Balance b/f £	Incoming £	Outgoing £	Transfers £	Balance c/f £
NHS St Helens CCG	53,063	80,903	125,102	-	8,864
TNL: Reaching Communities	2,220	44,473	33,534	-	13,159
Police & Crime Com For M'side	21,300	58,000	60,024	-	19,276
Henry Smith	-	26,400	26,400	-	-
John Moores Fdtn	923	5,000	5,680	-	243
Garfield Weston	4,389	-	4,389	-	-
Eleanor Rathbone	4,000	-	4,000	-	-
E L Rathbone	3,000	-	3,000	-	-
Vinci Foundation	2,056	-	2,056	-	-
Community Foundation M'side	1,157	9,471	10,628	-	-
UKSPF Fund	-	4,950	-	-	4,950
St Helens Council: SASF	(3,747)	28,283	1,404	-	23,132
	<u>88,361</u>	<u>257,480</u>	<u>276,217</u>	<u>-</u>	<u>69,624</u>

Purpose of restricted funds

St Helens Council have provided funding for general running costs and to support victims of domestic abuse by reducing our waiting times for counselling for them. It came through a fund called the Safe Accommodation Support Fund.

St Helens CCG funding is to provide a Women's Support Service and Domestic Violence Support Service.

Henry Smith, John Moores Foundation, Eleanor Rathbone, E L Rathbone and Garfield Weston funding are all for running costs.

The National Lottery: Reaching Communities is for our Taking Flight Project which encompasses services provided as part of our Transform Your Life program, a range of groups and courses to support, empower and inspire women to create the life they want

Community Foundation for Merseyside was from the Women's Fund for running costs, bereavement support and external consultancy fees

Police and Crime Commissioner for Merseyside: £58,000 was awarded to support victims of domestic and sexual abuse.

Vinci Foundation funded our refurbishment costs.

UKSPF Fund: For a tailored program of team cohesion, wellbeing and leadership development sessions.

5 Trustee remuneration and expenses

No trustees received any remuneration or expenses during the period.

6 Related party transactions

Owing to the nature of the charity's activities and the composition of the board of trustees (being drawn from local statutory and voluntary organisation), it is inevitable that transactions will take place with organisations in which a trustee may have an interest. All transactions in which a trustee may have an interest are conducted at arm's length and in accordance with the charity's financial regulations and expenditure procedures.

CHRYSALIS CENTRE FOR CHANGE

England & Wales - Charity number 1188750

Accounts

Chrysalis Centre for Change CiO

Charity number 1188750

Annual Report and Financial Statements for the year ended 31 December 2023

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Chrysalis Centre for Change CiO

Annual Report and Financial Statements for the year ended 31 December 2023

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Notes to the accounts	8 to 10

Prepared by the Greater Merseyside Community Accountancy Service

Chrysalis Centre for Change CiO

Trustees' report

The Trustees during the year were:

Name		Dates
Andrew Vint	Chairperson	
Mrs Rita Williams	Trustee	
Gemma Roby	Secretary	
Gail Aspinall	Trustee	

Method of appointment

Trustees are elected by the members at the AGM

Principal address

1st Floor
Beacon Building
College Street
St Helens WA10 1TF

Bankers

Natwest Bank
5 Ormskirk Street
St Helens
WA10 1DR

Governing document

Constitution adopted 6th November 2019
Registered as a CiO Foundation on 25th March 2020 Charity number 1188750

Objects of the organisation

To relieve the needs of women in St Helens and the surrounding areas who have complex needs, in particular, but not exclusively who suffer with mental health issues as a result from domestic abuse through the provision of information, workshops and support groups.

Independent examiner

on behalf of:

Greater Merseyside Community Accountancy Service

Beacon Building
College Street
St Helens
WA10 1TF

Chrysalis Centre for Change CiO

Trustees' report continued

Review of progress and achievements

Chrysalis received 969 referrals; 45% of these referrals came from the health sector, (e.g. GPs, mental health teams), 43% came from the social sector (e.g. Safe2Speak; housing services); and 12% came from the voluntary sector and self or word of mouth.

25 counsellors in 2023; plus 3 employed staff; 7 people on self employed contracts.

We completed 741 registrations for new service users.

367 individual women attended counselling for a combined 2,343 sessions

108 individual women attended our groups and courses a total of 1052 times

60 women attended our Craft & Chat afternoons a total of 553 times over the year

34 women attended our Healthy Women group a total of 359 times

23 women attended our Empowered Women domestic abuse group 56 times

18 women attended our Social Sisters group 37 times

13 women attended our Confident Women course

6 women attended our Journey Through Grief course

5 women attended our Heart of Glass workshop

We completed 175 Reviews / Check-ins for service users

We have 5 new student counsellors

We held a number of networking coffee mornings attended by different organisations to share information and look at how we can all work together.

We met with MerseyCare Prevention and resolution team to discuss a new project they are piloting and look at how we can work together.

We attended a powerful production called Real Eyes, which shows domestic abuse through the eyes of a child.

We held a police drop-in session for service users to come and talk to police and the Cyber Crime Unit.

We had a visit from Sam's Diamonds who came to talk to women about how to check ourselves for signs of breast cancer.

We attended the Social inclusion marketplace at the Hope Centre in October and a meeting at MIND to talk to them about services at Chrysalis.

We continue to be a part of the DV partnership board and fortnightly MARAC conferences.

Administration & Policies

All policies were reviewed and approved at the Annual General Meeting

We continue to be a part of the DV partnership board and fortnightly MARAC conferences.

Volunteer Contributions & Development

Volunteers have been integral to our service delivery, giving us their time and skills and a number of ways. Volunteers at the Chrysalis Centre include counsellors, support workers, facilitators, administrators and creatives.

Several team members completed the ASIST suicide intervention 2-day training We had a training and awareness session with the Perinatal mental health team, Cultural competence in the workplace training, Cybercrime and a webinar about cyber-abuse. The whole team attended a MARAC / MERIT update training session. Students have suicide awareness and domestic abuse training;

St Helens College completed a project with art degree students to produce a mural for us depicting our key values of supporting, empowering and inspiring. The mural will be in the waiting area on the 1st Floor of the Beacon Building.

Fundraising

We have an ongoing Contract with St Helens Council for running costs. We also received funding for running costs from Garfield Weston, Eleanor Rathbone, Elizabeth Rathbone; Henry Smith, John Moores Foundation

We received funding from Merseyside Women's Fund through the Community Foundation for Merseyside to enable us to work with external experts to help develop our organisation.

We received an award of £6500 from the Da Vinci Foundation to get a concertina wall and open up the separated course rooms in order to be able to accommodate more women for the Menopause Cafe and the Craft groups.

We received 2 grants to support victims of domestic abuse and sexual violence: the Safe Accommodation Support Fund is to help reduce the counselling waiting times for domestic abuse clients, and funding from the Office of the Police & Crime Commissioner is to "provide, or commission dedicated emotional and practical support services for victims of domestic abuse and / or sexual violence to help them cope and, as far as possible recover from the effects of domestic abuse and sexual violence."

We received additional funding from the OPCC that enabled us to commission some research with organisation Linxs Consultancy. The research was incredibly helpful and the recommendations included increased partnership working, improved publicity and networking, out of hours and satellite services.

We continue to offer our private counselling service - Better Life Therapies

We have now launched our first online course - Brave Women

Chrysalis Centre for Change CiO

Trustees' report continued

New Developments & Significant Changes

Mambo Agency designed new merchandise for Chrysalis which we now take to networking events <https://www.mambo.agency>

We had a visit to the Refuge to view their new extension and discuss how we might work together more closely. In addition we met with a number of IDVA's at Torus to talk about the finding from our recent research and how we can use it to improve joined up services for victims.

St Helens College completed a project with art degree students to produce a mural for us depicting our key values of supporting, empowering and inspiring. The mural will be in the waiting area on the 1st Floor of the Beacon Building.

Since receiving funding to reduce the counselling waiting list, we found the demand for the Empowered Women domestic abuse group diminished so we have stopped offering this for the time being

We set up a new monthly group in response to service user requests called Social Sisters aimed at social inclusion and bringing women together

Merseyside Police CEU Team is working in partnership with the Chrysalis. This collaboration has a great insight into the survivors experiences but also opportunity to improve force wide response to DV incident through very valuable survivors experience workshops. Together we have delivered a number of workshops which have covered topics such as controlling and coercive behaviour, Clare's law, cybercrime and NCDV.

Chrysalis have also provided inputs such as the lived experience workshops, and the video they created which was showed to various departments including radio room, PVPU and local policing.

Chrysalis Centre for Change CiO
Independent examiner's report on the accounts of
Chrysalis Centre for Change CiO
for the year ended 31 December 2023

I report on the accounts of the charity set out on pages 6 to 10

Respective responsibilities of the Management Committee and the examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

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

Jane Williams

Jane Williams
MAAT
Greater Merseyside Community Accountancy Service
Beacon Building
College Street
St Helens
WA10 1TF

23rd April 2024

Chrysalis Centre for Change CiO
Receipts and payments account
for the year ended 31 December 2023

	Notes	2023 Unrestricted funds £	2023 Restricted funds £	2023 Total funds £	2022 Total funds £
Receipts					
Grants and donations	(2)	2,296	318,008	320,304	246,036
Better Life Therapies		218		218	-
Fundraising		9,078	-	9,078	8,878
Total receipts		11,592	318,008	329,600	254,914
Payments					
Wages & Salaries	(3)	6,435	120,878	127,313	114,932
Payroll support		-	525	525	456
Staff Expenses		-	15	15	128
Rent & Room Hire		-	26,211	26,211	33,163
Refurbishment Costs		-	4,444	4,444	-
Volunteer expenses		-	1,127	1,127	2,128
Wellbeing Workshops		-	-	-	205
Better Life Therapies		-	970	970	-
Phone and postage		-	3,212	3,212	3,317
Printing and stationery		-	6,939	6,939	5,515
Advertising and publicity		-	6,901	6,901	100
Health & Safety		-	193	193	239
Memberships		-	520	520	451
Professional Fees		-	29,209	29,209	40,368
Professional Counselling Fees		-	78,912	78,912	-
Research & Development		-	6,480	6,480	-
DBS Checks		232	-	232	235
Fundraising		451	-	451	400
Training		-	2,713	2,713	2,727
Accountancy / independent examination		-	275	275	275
Crafts & Activities Expenses		-	297	297	258
Insurance		-	1,427	1,427	1,354
Supervision		-	3,230	3,230	3,628
Cleaning		-	2,895	2,895	2,337
Refreshments		-	857	857	781
Digital Development & IT		-	2,485	2,485	5,643
Bank Charges		211	-	211	219
Total payments		7,329	300,715	308,044	218,858
Net receipts / (payments)		4,263	17,293	21,556	36,056
Cash fund balances brought forward		9,970	71,068	80,476	44,420
Cash fund balances carried forward	(4)	14,233	88,361	102,033	80,476

Chrysalis Centre for Change CiO
Statement of assets and liabilities
as at 31 December 2023

	2023	2023	2023	2022
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank ~ Chrysalis Centre for Change	13,398	88,361	101,759	79,321
Paypal account	174	-	174	1,065
Cash in hand	100	-	100	90
Total cash funds	<u>13,672</u>	<u>88,361</u>	<u>102,033</u>	<u>80,476</u>

	2023	2023	2023	2022
Assets retained for the organisation's own use	Unrestricted	Restricted	£	£
Equipment at cost	1,062	12,995	14,057	14,057
			<u>14,057</u>	<u>14,057</u>

Liabilities	£	£
HMRC	-	-
Accountancy	-	-
	<u>-</u>	<u>-</u>

Approval of the accounts

The annual report and accounts were approved at a meeting of the Trustees held on 23rd April 2024

Andrew Vint

Andrew Vint
Chairman

Chrysalis Centre for Change CiO

Notes to the accounts

for the year ended 31 December 2023

1 Accounting Policies

a Basis of accounting

The Trustees have taken advantage of section 42 (3) of the Charities Act 1993 and have prepared the accounts on a receipts and payments basis.

b Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

c Fund accounting

Funds held by the charity are either:

Unrestricted general funds

These are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds

These are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Chrysalis Centre for Change CiO
Notes to the accounts continued
for the year ended 31 December 2023

2 Grants and Donations	2023		2023	2022
	Unrestricted funds	Restricted funds	Total funds	Total funds
	£	£	£	£
The National Lottery: Reaching Communities	-	39,310	39,310	32,696
NHS St Helens CCG	-	92,073	92,073	61,382
Indigo Trust	-	-	-	2,000
Provident Hospital Endowment fund	2,000	-	2,000	1,000
Police & Crime Commissioner for M'side	-	70,500	70,500	58,000
St Helens Council: SASF	-	42,425	42,425	28,283
Peoples Postcode Lottery	-	-	-	24,534
Henry Smith	-	30,200	30,200	32,000
John Moores Foundation	-	5,000	5,000	5,000
Garfield Weston	-	15,000	15,000	-
Eleanor Rathbone	-	4,000	4,000	-
E L Rathbone	-	3,000	3,000	-
Vinci Foundation	-	6,500	6,500	-
Community Foundation M'side	-	10,000	10,000	-
Donations	296	-	296	1,141
	<u>2,296</u>	<u>318,008</u>	<u>320,304</u>	<u>246,036</u>

3 Staff costs and numbers	2023	2022
	£	£
Gross salaries	118,161	108,581
Social security costs	8,383	5,529
Pensions	769	821
	<u>127,313</u>	<u>114,932</u>

No employee earned £60,000 per annum or more in the current accounting period
The average number of employees during the year was 4 FTE

Chrysalis Centre for Change CiO
Notes to the accounts continued
for the year ended 31 December 2023

4 Restricted funds summary	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
NHS St Helens CCG	5,985	92,073	44,995	-	53,063
TNL: Reaching Communities	538	39,310	37,628	-	2,220
Police & Crime Com For M'side	38,085	70,500	87,285	-	21,300
Henry Smith	19	30,200	30,219	-	-
John Moores Fdtn	165	5,000	4,242	-	923
Garfield Weston	-	15,000	10,611	-	4,389
Eleanor Rathbone	-	4,000	-	-	4,000
E L Rathbone	-	3,000	-	-	3,000
Vinci Foundation	-	6,500	4,444	-	2,056
Community Foundation M'side	-	10,000	8,843	-	1,157
Peoples Postcode Lottery	21,194	-	21,194	-	-
St Helens Council: SASF	5,082	42,425	51,254	-	(3,747)
	<u>71,068</u>	<u>318,008</u>	<u>300,715</u>	<u>-</u>	<u>88,361</u>

Purpose of restricted funds

St Helens Council have provided funding for general running costs and to support victims of domestic abuse by reducing our waiting times for counselling for them. It came through a fund called the Safe Accommodation Support Fund.

Henry Smith, John Moores Foundation, Eleanor Rathbone, E L Rathbone and People's Postcode Lottery funding are all for running costs.

The National Lottery: Reaching Communities is for our Taking Flight Project which encompasses services provided as part of our Transform Your Life program, a range of groups and courses to support, empower and inspire women to create the life they want

Police and Crime Commissioner for Merseyside: £70,500 was awarded to support victims of domestic and sexual abuse.

Vinci Foundation funded our refurbishment costs.

5 Trustee remuneration and expenses

No trustees received any remuneration or expenses during the period.

6 Related party transactions

Owing to the nature of the charity's activities and the composition of the board of trustees (being drawn from local statutory and voluntary organisation), it is inevitable that transactions will take place with organisations in which a trustee may have an interest. All transactions in which a trustee may have an interest are conducted at arm's length and in accordance with the charity's financial regulations and expenditure procedures.

CHRYSALIS CENTRE FOR CHANGE

England & Wales - Charity number 1188750

Accounts

Chrysalis Centre for Change CiO

Charity number 1188750

Annual Report and Financial Statements for the year ended 31 December 2022

gmcas

Greater Merseyside Community
Accountancy Service

Chrysalis Centre for Change CiO

Annual Report and Financial Statements for the year ended 31 December 2022

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Prepared by the Greater Merseyside Community Accountancy Service

Chrysalis Centre for Change CiO

Trustees' report

The Trustees during the year were:

Name		Dates
Andrew Vint	Chairperson	
Mrs Rita Williams	Trustee	
Gemma Roby	Secretary	
Gail Aspinall	Trustee	

Method of appointment

Trustees are elected by the members at the AGM

Principal address

1st Floor
Beacon Building
College Street
St Helens WA10 1TF

Bankers

Natwest Bank
5 Ormskirk Street
St Helens
WA10 1DR

Governing document

Constitution adopted 6th November 2019
Registered as a CiO Foundation on 25th March 2020 Charity number 1188750

Objects of the organisation

To relieve the needs of women in St Helens and the surrounding areas who have complex needs, in particular, but not exclusively who suffer with mental health issues as a result from domestic abuse through the provision of information, workshops and support groups.

Independent examiner

on behalf of:

Greater Merseyside Community Accountancy Service

Beacon Building
College Street
St Helens
WA10 1TF

Chrysalis Centre for Change CiO

Trustees' report continued

Review of progress and achievements

CCC received referrals for 582 women. 39% of these referrals came from GPs and the health sector, 35% from the social sector and 26% from voluntary sectors as well as self-referrals and word of mouth

We completed 496 registrations for new service users.

We had 35 counsellors in 2022, a mix of qualified and students on placement. 370 clients attended a total of 2270 sessions

136 individual women attended our groups and courses 1181 times

Empowered Women, the domestic abuse support group was attended 253 times by 44 women

Domestic abuse survivors group, Thriving Women was accessed 216 times by 24 women

Healthy Women - new group was accessed 50 times by 15 women

Creative Women therapeutic arts and crafts group was attended 545 times by 71 women

Confident Women, confidence and assertion course was completed by 8 women

Wise Women, menopause awareness, was completed by 5 women

Self defence was attended 47 times by 17 women

We completed 154 Domestic abuse related wellbeing / check-in calls

In addition, we completed 334 Reviews / wellbeing calls with service users

Administration & Policies

All policies were reviewed and approved at the Annual General Meeting

We now have professionally designed brand new websites for the Chrysalis Centre chrysaliscentre.org and Better Life Therapies betterlifetherapies.org - our private counselling service. The logos and websites were all designed by Mike from We Are Grounded wearegrounded.co.uk

Volunteer Contributions & Development

Volunteers have been integral to our service delivery, giving us their time and skills and a number of ways. Volunteers at the Chrysalis Centre include counsellors, Support Workers, facilitators, administrators, Champions and creatives.

Training for the team included: Self Defense, Imposter Syndrome, Cultural Competence: Unconscious Bias; Sexual Health; Communication; awareness session with the National Centre for Domestic Violence; team building sessions. Two team members completed their Level 3 Certificate in Education & Training. All team members are required to complete the Freedom Programme online and the MERIT/MARAC training.

Jess is our LGBT+ Champion and delivered an amazing month-long social media campaign during June, which is Pride month. She also promoted the White Ribbon Campaign we completed a series of interviews with men exploring the different aspects of masculinity, including stereotypes, expectations and toxic behaviours. We will also touch on male violence against women and girls in connection with the UN's 16 Days of Activism against Gender-Based Violence. <https://www.youtube.com/@chrysaliscentre>

Fundraising

We have an ongoing Contract with St Helens Council for running costs.

We received funding from OPCC for Merseyside, Provident Hospital Endowment Fund, Oddfellows, The National Lottery Reaching Communities, the Postcode Lottery, Henry Smith, and the Indigo Trust

We held two fundraising events, an Easter Eggstravaganza which brought in £400 and our Annual Fayre was held at Rainford Parish Hall which raised £750

We received funding from the Safe Accommodation Support Fund in July, via St Helens Council, to reduce the counselling waiting list for domestic abuse victims. which resulted in:

- * 130 referrals for clients identified as DA or SA victims.

- * In the same period last year there were only 31. This is a 319% increase from last year.

- * 54 referrals from Safe2Speak/Torus (Only 7 this period last year)

44 referrals since July have been a recent MARAC

- * 470 completed counselling sessions under the umbrella of DV Priority

- * 41% reduction in the number of women on the waiting list since beginning of July when the funding started

- * 67% of priority referrals had a pre-counselling appointment within 1 month of us receiving their referral. A further 23% were seen within 2 months. This is compared to a previous wait of 6 months or more.

- * 84 domestic abuse check-in calls completed

New Developments & Significant Changes

We set up a new group: Healthy Women - an 8-week rolling program covering a different topic each week: Positive mental health; Stress-Busting; Self-Care; healthy Communication; Managing Emotions; Positive Thinking; Physical Health and Practical coping skills

We have partnered with a Licenced Menopause Champion to run a Making Menopause Matter Café once a month on a Tuesday evening. It consists of a guest speaker / education followed by discussion. This month we are exploring the impact of menopause on our mindset

We now have several videos on our YouTube Channel <https://www.youtube.com/@chrysaliscentre>

Chrysalis Centre for Change CiO
Independent examiner's report on the accounts of
Chrysalis Centre for Change CiO
for the year ended 31 December 2022

I report on the accounts of the charity set out on pages 5 to 9

Respective responsibilities of the Management Committee and the examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

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

Jane Williams

Jane Williams
MAAT
Greater Merseyside Community Accountancy Service
Beacon Building
College Street
St Helens
WA10 1TF

20th March 2023

Chrysalis Centre for Change CiO
Receipts and payments account
for the year ended 31 December 2022

	Notes	2022 Unrestricted funds £	2022 Restricted funds £	2022 Total funds £	2021 Total funds £
Receipts					
Grants and donations	(2)	4,141	241,895	246,036	135,356
Fundraising		8,878	-	8,878	8,141
Total receipts		13,019	241,895	254,914	143,497
Payments					
Wages & Salaries	(3)	18,957	95,975	114,932	101,221
Payroll support		-	456	456	436
Recruitment		-	-	-	293
Staff Expenses		-	128	128	651
Rent & Room Hire		-	33,163	33,163	24,354
Volunteer expenses		-	2,128	2,128	887
Wellbeing Workshops		-	205	205	314
Phone and postage		-	3,317	3,317	2,146
Printing and stationery		-	5,515	5,515	3,698
Advertising and publicity		-	100	100	524
Health & Safety		-	239	239	994
Memberships		-	451	451	773
Professional Fees		-	40,368	40,368	15,013
DBS Checks		-	235	235	151
Fundraising		-	400	400	664
Training		-	2,727	2,727	2,849
Accountancy / independent examination		-	275	275	275
Crafts & Activities Expenses		-	258	258	573
Insurance		-	1,354	1,354	1,230
Supervision		-	3,628	3,628	3,642
Cleaning		-	2,337	2,337	1,917
Refreshments		-	781	781	537
Digital Development & IT		-	5,643	5,643	7,279
Bank Charges		-	219	219	142
Total payments		18,957	199,901	218,858	170,563
Net receipts / (payments)		(5,938)	41,993	36,056	(27,066)
Cash fund balances brought forward		9,970	29,074	44,420	71,486
Cash fund balances carried forward	(4)	4,032	71,067	80,476	44,420

Chrysalis Centre for Change CiO
Statement of assets and liabilities
as at 31 December 2022

	2022	2022	2022	2021
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank ~ Chrysalis Centre for Change	8,253	71,068	79,321	43,574
Paypal account	1,065	-	1,065	766
Cash in hand	90	-	90	81
Total cash funds	<u>9,408</u>	<u>71,068</u>	<u>80,476</u>	<u>44,420</u>

	2022	2022	2022	2021
Assets retained for the organisation's own use	Unrestricted	Restricted	£	£
Equipment at cost	1,062	12,995	14,057	14,057
			<u>14,057</u>	<u>14,057</u>

Liabilities	£	£
HMRC	-	-
Accountancy	-	-
	<u>-</u>	<u>-</u>

Approval of the accounts

The annual report and accounts were approved at a meeting of the Trustees held on 20th March 2023

Andrew Vint

Andrew Vint
Chairman

Chrysalis Centre for Change CiO

Notes to the accounts

for the year ended 31 December 2022

1 Accounting Policies

a Basis of accounting

The Trustees have taken advantage of section 42 (3) of the Charities Act 1993 and have prepared the accounts on a receipts and payments basis.

b Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

c Fund accounting

Funds held by the charity are either:

Unrestricted general funds

These are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds

These are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Chrysalis Centre for Change CiO
Notes to the accounts continued
for the year ended 31 December 2022

2 Grants and Donations	2022	2022	2022	2021
	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
The National Lottery: Reaching Communities	-	32,696	32,696	52,703
NHS St Helens CCG	-	61,382	61,382	60,233
Noel Buxton Trust	-	-	-	5,000
Indigo Trust	2,000	-	2,000	-
Provident Hospital Endowment fund	1,000	-	1,000	1,000
Police & Crime Commissioner for M'side	-	58,000	58,000	14,000
St Helens Council: SASF	-	28,283	28,283	766
Tillotson Bradbery Trust	-	-	-	1,500
Peoples Postcode Lottery	-	24,534	24,534	-
Henry Smith	-	32,000	32,000	-
John Moores Foundation	-	5,000	5,000	-
Donations	1,141	-	1,141	154
	<u>4,141</u>	<u>241,895</u>	<u>246,036</u>	<u>135,356</u>

3 Staff costs and numbers	2022	2021
	£	£
Gross salaries	108,581	95,539
Social security costs	5,529	5,023
Pensions	821	659
	<u>114,932</u>	<u>101,221</u>

No employee earned £60,000 per annum or more in the current accounting period
The average number of employees during the year was 4 FTE

Chrysalis Centre for Change CiO

Notes to the accounts continued

for the year ended 31 December 2022

4 Restricted funds summary	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
NHS St Helens CCG	11,170	61,382	66,567	-	5,985
Noel Buxton Trust	2,442	-	2,442	-	-
TNL: Reaching Communities	13,962	32,696	46,120	-	538
Tillotson Bradbery Trust	1,500	-	1,500	-	-
Police & Crime Com For M'side	-	58,000	19,915	-	38,085
Henry Smith	-	32,000	31,981	-	19
John Moores Fdtn	-	5,000	4,835	-	165
Peoples Postcode Lottery	-	24,534	3,340	-	21,194
St Helens Council: SASF	-	28,283	23,201	-	5,082
	<u>29,074</u>	<u>241,895</u>	<u>199,901</u>	<u>-</u>	<u>71,068</u>

Purpose of restricted funds

St Helens Council have provided funding for general running costs and to support victims of domestic abuse by reducing our waiting times for counselling for them. It came through a fund called the Safe Accommodation Support Fund.

Noel Buxton Trust and Tillotson Bradbery, Henry Smith, John Moores Foundation and People's Postcode Lottery funding are all for running costs.

The National Lottery: Reaching Communities is for our Taking Flight Project which encompasses services provided as part of our Transform Your Life program, a range of groups and courses to support, empower and inspire women to create the life they want

Police and Crime Commissioner for Merseyside: £58,000 was awarded to support victims of domestic and sexual abuse.

5 Trustee remuneration and expenses

No trustees received any remuneration or expenses during the period.

6 Related party transactions

Owing to the nature of the charity's activities and the composition of the board of trustees (being drawn from local statutory and voluntary organisation), it is inevitable that transactions will take place with organisations in which a trustee may have an interest. All transactions in which a trustee may have an interest are conducted at arm's length and in accordance with the charity's financial regulations and expenditure procedures.

CHRYSALIS CENTRE FOR CHANGE

England & Wales - Charity number 1188750

Accounts

Chrysalis Centre for Change CiO

Charity number 1188750

Annual Report and Financial Statements for the year ended 31 December 2021

The logo for Greater Merseyside Community Accountancy Service (gmcas) features the lowercase letters 'gmcas' in a white, sans-serif font, centered within a solid black rectangular background.

Greater Merseyside Community
Accountancy Service

Chrysalis Centre for Change CiO

Annual Report and Financial Statements for the year ended 31 December 2021

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Prepared by the Greater Merseyside Community Accountancy Service

Chrysalis Centre for Change CiO

Trustees' report

The Trustees during the year were:

Name		Dates
Andrew Vint	Chairperson	
Mrs Rita Williams	Trustee	
Gemma Roby	Secretary	
Gail Aspinall	Trustee	

Method of appointment

Trustees are elected by the members at the AGM

Principal address

1st Floor
Beacon Building
College Street
St Helens WA10 1TF

Bankers

Natwest Bank
5 Ormskirk Street
St Helens
WA10 1DR

Governing document

Constitution adopted 6th November 2019
Registered as a CiO Foundation on 25th March 2020 Charity number 1188750

Objects of the organisation

To relieve the needs of women in St Helens and the surrounding areas who have complex needs, in particular, but not exclusively who suffer with mental health issues as a result from domestic abuse through the provision of information, workshops and support groups.

Independent examiner

on behalf of:

Greater Merseyside Community Accountancy Service

Beacon Building
College Street
St Helens
WA10 1TF

Chrysalis Centre for Change CiO

Trustees' report continued

Review of progress and achievements

CCC received 3268 individual service referrals for 675 women. 50% of these referrals came from GPs and the health sector and the rest came from the social and voluntary sectors as well as self-referrals and word of mouth

We completed 496 assessments for new service users.

We had 18 counsellors in 2021, a mix of qualified and students on placement. 212 clients attended a total of 1741 sessions

We provided 568 Phone Support Sessions

Empowered Women, the domestic abuse support group was attended 278 times by 52 women

New domestic abuse survivors group, Thriving Women was accessed 110 times by 20 women

Supported Women mental health support group was accessed 309 times by 44 women

Creative Women therapeutic arts and crafts group was attended 308 times by 52 women

Confident Women, confidence and assertion course was completed by 6 women

Brave Women stress and anxiety course was completed by 6 women

We ran several Photography & Wellbeing courses in conjunction with Adult & Community Learning. These were attended 69 times by 13 women

We ran several Wellbeing Workshops on a range of topics including Music & Mental Health, Coercive Control, Assertiveness and Saying No and Fun, laughter and mental health. These were attended by 20 women overall.

We completed 109 wellbeing / check-in calls

We introduced a new group called Wise Women, this is a discussion group for women who are affected by the Menopause, offering them a safe space to share their experiences and have their voices heard.

Administration & Policies

All policies were reviewed and approved at the Annual General Meeting and we introduced a new Menopause Policy

We received funding to implement a new organisation-wide system called CharityLog which has transformed how we log and store information and enables us to keep everything within the one place.

Volunteer Contributions & Development

Volunteers have been integral to our service delivery, giving us their time and skills and a number of ways. Volunteers at the Chrysalis Centre include counsellors, Support Workers, facilitators, administrators, Champions and creatives.

Training included: Safeguarding, Equality & Diversity, LGBT+ Awareness, HIV Awareness, Team Effectiveness, Resilience Through Change and Boosting Creativity. All team members are required to complete the Freedom Programme online and the MERIT/MARAC training. 6 team members completed the Emergency First Aid at work certificate

Jess is our LGBT+ Champion and delivered an amazing month-long social media campaign during June, which is Pride month. Wendy's Lockdown challenge

Wendy, a volunteer counsellor, looked after our Facebook page and set up a Lockdown Challenge group in January 2021 so we could all encourage each other to do something physical each day that made us feel good. This group then developed into sharing and supporting each other with positive mental health quotes and posts.

Our information appeared in a pocket guide printed by Merseyside Fire & Rescue. We held a joint community engagement day in St Helens Town centre to launch the pocket guide and promote the community work of the fire service and the Chrysalis Centre services.

We have two new volunteer Domestic Abuse Champions. Tamala and Tina have an interest in domestic abuse and a passion for supporting survivors. They both attend the fortnightly MARAC meetings, Tina has helped in the Thriving Women group, whilst Tamala represents the Chrysalis Centre at the Domestic Abuse Survivor's Forum.

Chrysalis Centre for Change CiO
Independent examiner's report on the accounts of
Chrysalis Centre for Change CiO
for the year ended 31 December 2021

I report on the accounts of the charity set out on pages 5 to 9

Respective responsibilities of the Management Committee and the examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

Basis of Independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Charities Act or
- the accounts do not accord with the accounting records

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

Jane Williams

Jane Williams
MAAT
Greater Merseyside Community Accountancy Service
Beacon Building
College Street
St Helens
WA10 1TF

9th March 2022

Chrysalis Centre for Change CiO
Receipts and payments account
for the year ended 31 December 2021

	Notes	2021 Unrestricted funds £	2021 Restricted funds £	2021 Total funds £
Receipts				
Grants and donations	(2)	1,154	134,202	135,356
Fundraising		8,141	-	8,141
Total receipts		<u>9,295</u>	<u>134,202</u>	<u>143,497</u>
Payments				
Wages & Salaries	(3)	-	101,221	101,221
Payroll support		-	436	436
Recruitment		-	293	293
Staff Expenses		-	651	651
Rent & Room Hire		15	24,339	24,354
Volunteer expenses		-	887	887
Wellbeing Workshops		-	314	314
Phone and postage		-	2,146	2,146
Printing and stationery		-	3,698	3,698
Advertising and publicity		-	524	524
Health & Safety		-	994	994
Memberships		-	773	773
Professional Fees		-	15,013	15,013
DBS Checks		151	-	151
Fundraising		664	-	664
Training		-	2,849	2,849
Accountancy / independent examination		275	-	275
Crafts & Activities Expenses		-	573	573
Insurance		-	1,230	1,230
Supervision		-	3,642	3,642
Cleaning		-	1,917	1,917
Refreshments		-	537	537
Digital Development & IT		2,672	4,607	7,279
Bank Charges		142	-	142
Total payments		<u>3,919</u>	<u>166,644</u>	<u>170,563</u>
Net receipts / (payments)		<u>5,376</u>	<u>(32,442)</u>	<u>(27,066)</u>
Transfers of assets from previous charity 1117557		9,970	61,516	71,486
Cash fund balances carried forward	(4)	<u>15,346</u>	<u>29,074</u>	<u>44,420</u>

Chrysalis Centre for Change CiO
Statement of assets and liabilities
as at 31 December 2021

	2021	2021	2021	2020
	Unrestricted	Restricted	Total	Total
	£	£	£	£
Cash funds				
Cash at bank ~ Chrysalis Centre for Change	14,500	29,074	43,574	70,400
Paypal account	766	-	766	967
Cash in hand	81	-	81	119
Total cash funds	<u>15,346</u>	<u>29,074</u>	<u>44,420</u>	<u>71,486</u>

	2021	2021	2021	2020
Assets retained for the organisation's own use	Unrestricted	Restricted	£	£
Equipment at cost	1,062	12,995	14,057	14,057
			<u>14,057</u>	<u>14,057</u>

Liabilities	£	£
HMRC	-	-
Accountancy	-	-
	<u>-</u>	<u>-</u>

Approval of the accounts

The annual report and accounts were approved at a meeting of the Trustees held on 9th March 2022

Andrew Vint

Andrew Vint
Chairman

Chrysalis Centre for Change CiO

Notes to the accounts

for the year ended 31 December 2021

1 Accounting Policies

a Basis of accounting

The Trustees have taken advantage of section 42 (3) of the Charities Act 1993 and have prepared the accounts on a receipts and payments basis.

b Taxation

As a registered charity the organisation benefits from rates relief and is generally exempt from income tax and capital gains tax but not from VAT. Irrecoverable VAT is included in the cost of those items to which it relates.

c Fund accounting

Funds held by the charity are either:

Unrestricted general funds

These are funds which can be used in accordance with the charitable objects at the discretion of the trustees.

Restricted funds

These are funds that can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Designated funds

These are funds set aside by the trustees out of unrestricted general funds for specific future purposes or projects.

Further explanation of the nature and purpose of each fund is included in the notes to the accounts.

Chrysalis Centre for Change CiO
Notes to the accounts continued
for the year ended 31 December 2021

2 Grants and Donations	2021	2021	2021
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
The National Lottery: Reaching Communities	-	52,703	52,703
NHS St Helens CCG	-	60,233	60,233
Noel Buxton Trust	-	5,000	5,000
Provident Hospital Endowment fund	1,000	-	1,000
Police & Crime Commissioner for M'side	-	14,000	14,000
St Helens Council	-	766	766
Tillotson Bradbery Trust	-	1,500	1,500
Donations	154	-	154
	<u>1,154</u>	<u>134,202</u>	<u>135,356</u>

3 Staff costs and numbers	2021
	£
Gross salaries	95,539
Social security costs	5,023
Pensions	659
	<u>101,221</u>

No employee earned £60,000 per annum or more in the current accounting period
The average number of employees during the year was 4 FTE

Chrysalis Centre for Change CiO
Notes to the accounts continued
for the year ended 31 December 2021

4 Restricted funds summary	Balance b/f	Incoming	Outgoing	Transfers	Balance c/f
	£	£	£	£	£
NHS St Helens CCG	14,762	60,999	64,591	-	11,170
National Lottery Coronavirus Crisi	27,141	-	27,141	-	-
Garfield Weston	10,000	-	10,000	-	-
Noel Buxton Trust	5,000	5,000	7,558	-	2,442
Ravensdale Trust	108	-	108	-	-
National Lottery Awards for All	4,505	-	4,505	-	-
TNL: Reaching Communities	-	52,703	38,741	-	13,962
Tillotson Bradbery Trust	-	1,500	-	-	1,500
Police & Crime Com For M'side	-	14,000	14,000	-	-
	-	-	-	-	-
	<u>61,516</u>	<u>134,202</u>	<u>166,644</u>	<u>-</u>	<u>29,074</u>

Purpose of restricted funds

St Helens CCG have provided funding for general running costs and to provide a domestic abuse support service.

Awards for All have funded our Wellbeing for Women Project.

Running Costs from Noel Buxton Trust, Garfield Weston and Tillotson Bradbery.

The National Lottery: Reaching Communities is for our Taking Flight Project which encompasses services provided as part of our Transform Your Life program, a range of groups and courses to support, empower and inspire women to create the life they want

Police and Crime Commissioner for Merseyside: £14,000 was awarded to support the increased demand for counselling, phone support and PPE due to the impact of Covid-19.

National Lottery Coronavirus Crisis Funding was the same as the Police and crime commission.

5 Trustee remuneration and expenses

No trustees received any remuneration or expenses during the period.

6 Related party transactions

Owing to the nature of the charity's activities and the composition of the board of trustees (being drawn from local statutory and voluntary organisation), it is inevitable that transactions will take place with organisations in which a trustee may have an interest. All transactions in which a trustee may have an interest are conducted at arm's length and in accordance with the charity's financial regulations and expenditure procedures.

CHRYSALIS CENTRE FOR CHANGE

England & Wales - Charity number 1188750

Accounts

Chrysalis Centre
for Change
*Supporting
Empowering
Inspiring*



Chrysalis Centre for Change

Supporting. Empowering. Inspiring

Registered Charity 1188750



Trustees Annual Report

25th March – 31st December 2020



Chrysalis Centre
for Change

*Supporting
Empowering
Inspiring*





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Chrysalis Centre for Change (CCC) is a Registered Charity offering a range of support services to women with mental health issues and/or women who are experiencing or have experienced domestic abuse. We have been registered as a charity, as an unincorporated association Registered Charity number 1117557 since 11 January 2007 empowering, supporting and inspiring women to make positive changes. We registered as a CIO on 25th March 2020.

Origins

CCC originated as the women's section of the Women & Girls Information & Resource Centre under the umbrella of the Youth Service. However, the funding priorities of the Youth Service changed and the support for women was cut. In light of these changes a group of women formed a committee and set up "Women Supporting Women" in 2002 offering a single drop-in on a Wednesday afternoon. Women Supporting Women received its first "Community Chest" funding in 2003. Women Supporting Women went on to adopt a new Constitution on October 13, 2006 and became a Registered Charity in January 2007. The single afternoon drop-in has now grown into a five-day service provision.

In 2012, Women Supporting Women changed its name to the **Chrysalis Centre for Change (CCC)**. The new name comes from the caterpillar emerging from the chrysalis as a butterfly which reflects the journey of our service users and our growth as an organisation. **CCC** offers a safe, non-clinical place for women to interact and learn from each other, gain confidence and self-esteem and to find coping mechanisms and opportunities for empowerment for their mental health and lives.

Our Vision

We are dedicated to achieving the highest standards to improve the lives of women through self-empowerment and self-belief. This offers benefits far beyond the individual women, enriching the lives of their families, the local community and ensuring the wellbeing of future generations.

Our Mission

It is our mission to support, empower and inspire women to reach their full potential.

Our Values

All our services are inclusive, participatory and do not discriminate against any persons or group on the grounds of age, sexual orientation, religion, ethnicity or disability. **CCC** operates under the Positive Discrimination Clause of the Equal Opportunities Act.

Services

CCC offers Counselling, a Journey Through Grief Programme to support women who have lost a significant adult, the Transform Your Life Programme – a range of groups and courses to help support, empower and inspire women into creating the life they want. This includes Confident Women (confidence and assertion skills), Brave Women (anxiety management), Supported Women (mental health support group), Uplifted women (to help manage depression), Creative Women (therapeutic arts and crafts) and Empowered Women (domestic abuse support group).



Service Users

Service users are women aged 18 and upwards with a wide range of issues causing mild to moderate mental health problems of stress, depression and anxiety. Individual needs vary from isolation, anxiety, depression, low confidence and low self-esteem to more complex issues of trauma, abuse, addiction, personality disorders and complicated grief. We accept all women who are able to engage with and progress through our services and can read, understand and abide by our Service User Contract (available as a separate document).

Funding

CCC receives the majority of our funding from The National Lottery's Reaching Communities Fund and St. Helens CCG/St Helens Council. In addition, we receive funding from a number of smaller grant-making organisations and trusts. To supplement this funding, **CCC** holds fundraising events, raffles and sells handmade goods including handmade items, such as cards and bookmarks.

Governance

CCC adopted the new CIO Constitution on 13th November 2019 and registered as a Charity on 25th March 2020. **CCC** currently has 4 Executive Committee members who meet bi-monthly and help out on a voluntary basis in different ways including administration and fundraising.

Partnerships

CCC currently has a Contract with St. Helens CCG/St. Helens Council. We have strong links with many organisations including GPs, IAPT service, St Helens Carers' Centre, Safe2Speak and many others in the health, social and voluntary sectors.

Geographical Spread

CCC is based in St. Helens however we accept services users from all surrounding boroughs. Since the onset of the Covid-19 pandemic, some services have moved to Zoom and phone and now we accept referrals UK-wide for remote services

Contact details

Address: 1st Floor, The Beacon Building, 25 College Street, St Helens, Merseyside WA10 2EQ

Phone: 01744 451309

Text: 07894 441947

Email: chrysaliscentreforchange@gmail.com

Web: www.chrysaliscentreforchange.co.uk

Twitter: [@CCCStHelens](https://twitter.com/CCCStHelens)

Facebook: <https://www.facebook.com/chrysaliscentreforchange/>



Aims

1. To participate in and support the improvement and development of women's mental health
2. To improve the overall wellbeing of women experiencing mental health issues, and improve the lives of these women through self-empowerment and self-belief.
3. To promote and protect the mental health of women experiencing mental health problems and those suffering from the effects of domestic abuse and trauma through the provision of information, therapeutic support and education.
4. To support, empower and inspire women to reach their full potential, thus enriching the lives of the families, the local community and ensuring the wellbeing of future generations.
5. To develop positive relationships with other relevant local organisations in order to offer an holistic package of care to service users.
6. To provide therapeutic support within a safe environment for women experiencing historical or current domestic abuse.
7. To promote social inclusion by preventing women in St Helens and surrounding areas from becoming socially excluded, relieve the needs of those women who are socially excluded and assisting them to integrate into society.
8. To develop the capacity and skills of women in the socially and economically disadvantaged community of St Helens and surrounding areas in such a way that they are better able to identify, and help meet, their needs, and to participate more fully in society.
9. To raise our profile in order to reach as many women as possible.
10. To ensure the mental and emotional wellbeing of team members
11. To demonstrate best practice throughout the organisation.

Objectives

CCC will achieve its' aims by:

1. Providing a team of qualified and experienced staff and volunteers capable of delivering the highest standards of services
2. Providing therapeutic interventions via a range of professional services aimed at reducing the impact of mental health problems, domestic abuse and trauma.
3. Actively participating in networking event and exploring opportunities to work in partnership with other organisations
4. Using a variety of professional methods of monitoring and evaluation.
5. Providing ongoing support and continued personal and professional development for staff and volunteers.



The Trustees during the year were:

Name	Position	Date Appointed
Mrs Rita Williams	Trustee	25 th March 2020
Andrew Vint	Chairperson	25 th March 2020
Gemma Roby	Secretary	25 th March 2020
Gail Aspinall	Trustee	25 th March 2020

Method of Appointment

Trustees are elected by the members at the AGM.

Principal Address

1st Floor, Beacon Building, 25 College Street, St Helens, Merseyside WA10 1TF

Bankers

NatWest Bank, 5 Ormskirk Street, St Helens WA10 1DR

Governing document

Constitution was adopted on 13th November 2019

Registered as a charity in England and Wales on 25th March 2020 Charity number 1188750

Charitable objects


To relieve the needs of women in St. Helens and the surrounding areas who have complex needs, in particular, but not exclusively who suffer with mental health issues as a result from domestic abuse through the provision of information, workshops and support groups.

Review of 2020 financial year 25th March to 31st December

CCC received confirmation of the CIO on 25th March 2020. This coincided with the start of the imposed Government lockdown on 23rd March 2020. This unprecedented event served to delay the process of changing from our unincorporated association to the CIO significantly, and as a result no activity took place in this period, under this charity number, either financially or operationally.

A new bank account was set up on 18th December 2020 and retained a £0.00 balance by 31st December.

All Trustees approved this report as accurate at a Board Meeting on 28th July 2021.

SIGNATURE OF AUTHENTICITY BY MEMBER OF THE CCC BOARD OF TRUSTEES			
Signature		Date of Signature	28/07/2021
Name (please print)	Andrew Vint	Title	Chairperson