

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



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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

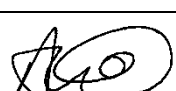
To relieve the needs of women in St. Helens and the surrounding areas who have complex needs, in particular, but not exclusively who suffer with mental health issues as a result from domestic abuse through the provision of information, workshops and support groups.

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