

# Chrysalis Centre for Change

*Supporting* Positive Mental Health



# Annual Report 2015

*We are not the destination  
We are the journey*



## Chrysalis Centre for Change

Peter Street Community Centre,  
Peter Street, St. Helens, WA10 2EQ

01744 451309

2016



LOTTERY FUNDED



*Halton and St Helens*



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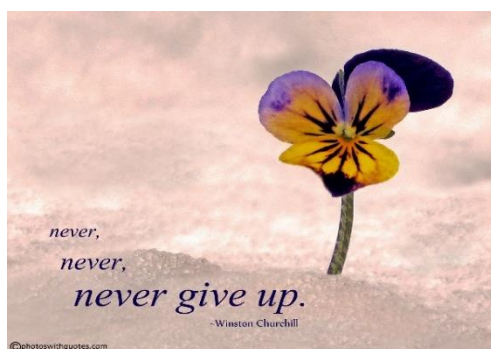
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*“The service is excellent, run by strong, compassionate women with real life experience. Your attention to detail, ability to monitor and evaluate and willingness to engage with the wider sector is amazing”*

**Chris Carlin**  
**Halton & St. Helens VCA**



*The theme this year, in the words of Winston Churchill*



*"never, never, never give up"*

Last year there was no day of celebration due to the fact that we did not know if the Chrysalis Centre could survive. The Lottery funding had ended and our first two applications to the Lottery for further funding were unsuccessful. Many of you reading this will understand and perhaps have experience of the constant battles regarding funding. Many charities today are feeling the effects of losing funding and some even succumbing to the inevitable. We found ourselves in an increasing vulnerable position. Fortunately we received sufficient funding from St Helens CCG other smaller funding bodies and two personal donations to secure the centre and the services until summer 2015, after this the future of the centre and all its valuable and irreplaceable work was severely at risk.

Not for one moment did we give up but instead took inspiration from one of our annual residential weekends at Foxhill entitled Pandora's Box. For those of you who are not familiar with the legend, the final thing to be released from Pandora's Box was Hope.

So grasping Hope with both hands, we tried again and applied to the Lottery for the third time. Our refusal to give up hope resulted in CCC being invited to apply to the second stage of the Lottery. Hope and determination has been our constant companion through these uncertain times.



To the absolute delight and relief of all the team, service users, trustees and everyone who has supported the centre throughout this vulnerable and uncertain time, our third application to the Lottery was successful.

Throughout all the uncertainty and personal anxiety regarding jobs and voluntary positions the team at CCC demonstrated an incredible selfless and caring attitude, continuing to ensure that all the services at the centre continued to be delivered as always in a professional and positive manner.

Sue Clarke MBACP METF  
Centre Manager

# Organisational Structure Chart 2015

## Trustees

**Helen Sinnott**  
Chairperson

**Rosemary Dossett**  
Treasurer

**Rita Williams**  
Service User  
Representative

**CLlr Terry  
Shields**

**Pat Fairhurst**

**CLlr Lisa  
Preston**

**CLlr Pat  
Jackson**

## Staff

**Sue Clarke**  
Centre Manager

**Siân Thomas**  
Assistant Manager

**Lindsay Vint**  
Drop-in & Outreach  
Support Worker

**Tracy Costello**  
Drop-in & Outreach  
Coordinator

**Julie Roby**  
First Contact  
Support Worker

**Debbie Fairhurst**  
Domestic Abuse  
Support Worker

**Victoria Hampson**  
Drop-in & Outreach  
Support Worker

## Volunteers

**Sue Middleton**  
Counsellor

**Jeanne Moran**  
Counsellor

**Elaine Rothwell**  
Senior Volunteer  
Support Worker

**Sharon Price**  
Volunteer  
Support Worker

**Rita Williams**  
Volunteer  
Support Worker

**Debbie Harper**  
Volunteer  
Support Worker

**Jean Thomas**  
Volunteer Craft  
Demonstrator

**In addition to the above volunteers, staff members, Sue Clarke, Julie Roby and Debbie Fairhurst all offered their time as volunteer counsellors during 2015**

## Students

**Tracy Costello**  
Student Counsellor

**Sophie Cartwright**  
Student Counsellor

**Hazel Mutch**  
Student Counsellor

All staff, volunteers and student counsellors are responsible to Sue Clarke, Centre Manager. Sue is responsible to Helen Sinnott, Chairperson and the Board of Trustees.

## ***Growth & Development in 2015***

Our team continued to grow throughout 2015 and we were delighted to welcome two new Trustees on board, Cllr Lisa Preston and Cllr Pat Jackson:

Lisa is a local resident, married with 3 children and 2 grandchildren. She was elected in May 2014 as a councillor for the town centre. She is very passionate about her role and enjoys working with the community. Lisa is on several committees including Adult Social Services. She also attends a number of task groups. Lisa loves working with people and has a good knowledge of St. Helens town centre. She also volunteers her time at the centre.

Pat has been married for 47 years and has 2 children. When they were growing up she was very involved with their schools and the community which lead her into being elected as a ward councillor. Pat became Mayor of St. Helens 1999 – 2000. She is currently a Ward Councillor for Sutton, Parish Councillor for Bold and a Trustee for the Millennium centre.

In addition we welcomed two new members of staff, Lindsay Vint and Victoria Hampson as Drop-in & Outreach Support Workers. They were employed to meet the demand of the increasing numbers of referrals and new service users attending our in-house drop-in as well as our increasing Outreach service, now in three hospitals. Sadly Victoria left CCC before the end of 2015 due to other commitments and we are in the process of applying for funding to recruit another Drop-in & Outreach Support Worker. Lindsay has remained at the centre and is proving to be a valuable asset.

Lindsay spent 24 years as a nursery nurse and recently made the decision to follow a career change to pursue her passion to support others. She has 18 years' experience working with the public as well as in-depth knowledge of relationship building and creative working. Lindsay is currently studying for her Level 2 Certificate in Mental Health Awareness and Level 2 Award in Counselling Concepts.

## ***Significant Statistics***

We received a record number of referrals in 2015 from various sources in the health, social and voluntary sectors. In addition we received referrals by way of Word of Mouth from existing or past service users and others from internet searches and other advertising such as posters and flyers. 59% of all referrals in the year came from GPs and the Health Sector. In addition our DNA (did not attend) rate for our counselling service was only 7%. The following page shows referral numbers to individual services, many organisations refer to several services. It also shows referrals by sector and then how many service users have attended the centre in 2015 and how many individual visits each service received.

**2015 Referrals to Individual Services**

Counselling	294
Drop-in	97
Confidence & Assertion Courses	145
CBT Group	108
Stress Management Course	99
DA Support	127
First Contact Appointments	132
Bereavement (no longer available)	27
<b>Totals</b>	<b>1029</b>

**A total of 1029 Referrals to individual services in 2015**

**2015 Referrals by Sector**

GPs	71
Other Health Sector	245
Social Sector	121
Voluntary Sector	34
Other	63
<b>Totals</b>	<b>534</b>

**Total of 534 individual women referred in 2015**

**Numbers of service users 2015**

Service	Individuals Attended	Total Number of Visits
Counselling	126	590
Supported Drop-in	128	1133
Domestic Abuse Service	55	494
Therapy Group (Jan to June)	54	277
Positive Me Programme (July to December)	69	243
Confidence & Assertion Course	51	(3 x 10 week courses)
Just A Better Way to Manage Stress & Anxiety	37	(3 x 8 week courses)



### *Referrals came from:*

<i>Health Sector</i>	<i>Social Sector</i>	<i>3<sup>rd</sup> Sector/Other</i>
Assessment Team	Advocacy Services	Addaction
GPs various	Children's Centres	Carers Centre
GP Ashton-in Makerfield	CYPS	Coalition of Disabled People
Health Improvement Team	DV Services, Helena Extra	Carer
Haydock Medical Centre	Early Family Intervention	Hope Centre
GP: Dr. Pogue	Early Help Team	Self
Mill Street Medical Centre	Great Places (Support worker)	Internet Search
Ormskirk House Surgery	Helena Housing	Word of mouth
Health Visitors	Helena Partnerships	Home Start
Lime Grove	Helena Tenancy Officer	SHIPS
GP: Dr. Skelland	Housing Support Worker	Together
Mental Health Team, Whiston	HMP Styal	Wellbeing Project
Minds Matter	IDVA Service	Past/Existing Service Users
GP: Dr Wotherspoon	Jobcentre	YMCA
GP: Dr Topping	RASASC	Young Carers
GP: Dr Tree	Refuge	Age UK
Park House Surgery	Selena Cooper House	St. Helens MIND
GP: Hollybank Surgery	Social Services/Workers	Making Space
GP: Lingholme Health Centre	Victim Support	Citizens Advice Bureau
GP: Bethany Medical Centre	Windsor Clinic	Deafness Resource Centre
Garswood Surgery		Ingeus UK Ltd
Open Mind		People Plus
Bridgewater Health Service		
Self Help Services		
GP: Dr Cox		
GP: Dr Waz		
GP: Dr Chen		
GP: Dr Breach		
Lowe House Resource Centre		
Psychiatrist, Whiston		
Psychological Services		
Recovery Team		
GP: Dr. Parker		
GP: Dr. Pogue		
Kenneth Macrae Surgery		

## ***Service User Comments***

Below is a selection of comments from Evaluation Forms given out in 2015:

"I don't know what women would do without this group. It is wonderful. It changes people's lives for the better"

"Without the services the centre offers I don't know where I would be today, it is a valuable service"

"Thank you for the support. Both my sons have commented on how good it is to have mum back. Husband is glad to get wife back"

"I have learned a lot about myself"

"All the help I have received has been positive and encouraging me to think out of the box"

"CCC has helped me a great deal"

"Thank you so much for the support it has made a huge difference to me"

"Interesting, full of information, friendly, trust-worthy, supportive"

"Brilliant"

"Everything I have found is totally helpful in every way."

"It helps to not feel like I'm on my own"

"At last - some help"

"I don't feel so isolated any more. I don't feel like I am the one who is wrong"

"Very beneficial I'm a lot more positive"

"My counsellor was excellent, she listened and didn't judge"

"The course was very helpful and I would recommend it to other people"

"Most definitely feeling more relaxed, less stressed out"

"It has given me the confidence to chat with like-minded ladies and not feel so isolated"

"It really has helped me to change my life"

"CCC has helped me cope with difficult issues"

"My counsellor is caring, understanding, approachable. She's one of the best!"

## ***Organisation Comments***

During our Lottery application we asked local organisations for support and we were very grateful and delighted for the response we received. Here are some of the comments we received when we asked what impact CCC closure would have:

*"A massive impact that could not be replaced"*

***Occupational Therapist, 5 Boroughs Partnership, NHS Foundation Trust***

*"It would limit places / groups / services we can signpost to and refer on to"*

***RMN, Open Mind***

*"Further reduced services as very little in the locality"*

***Bridgewater NHS Community Trust***

*"A big impact as the alternatives don't provide the same array of support"*

***Dr. Flett, Mill Street Medical Centre***

*"The need for counselling services is great and would negatively impact on the mental health of my patients"*

***Dr. Woodcock, Mill Street Medical Centre***

*"There is no similar service around"*

***Dr. Filletti, Ormskirk Surgery***

*"Many clients report that they receive invaluable social and wellbeing support at CCC. There are few enough counselling services to refer to as it is without losing one."*

***Senior Psychological Wellbeing Practitioner, Self Help Services***

*"We would lose a support network that some clients see as a lifeline"*

***Making Space***

*"Massive impact for St. Helens as there are hardly any services specifically for women"*

***Addaction***

*"Without the CCC we would be limited to the options of support we can offer to those ladies who lack in confidence, are socially isolated and would benefit from therapy, one to one and group support. It is important that individuals know what support is available locally and have the option to choose that most suitable to their needs. Having the CCC enables us to do this for women"*

***Carer Support Officer, St. Helens Carers Centre***

Referrers went on to tell us that they recommended CCC to their patients/clients because of our wide array of services, good feedback, effective services and central location. One referrer stated, "I have seen people's lives and symptoms turn around from accessing the CCC"

## Finance & Funding

2015 began as a very difficult year for CCC. Our Lottery funding ran out at the end of 2014 and we had applied twice for another grant but been unsuccessful. We were very grateful for the support of Lady Pilkington and the Rainford Trust who awarded us some funding during this difficult period. John Edwards, Integrated Commissioning Manager of St. Helens CCG was also extremely supportive at this time. We made the decision to apply to the Lottery once more and fortunately this time we were successful and were awarded another five years funding under their Reaching Communities Programme.

In 2015 we received the funding from the following organisations:

Funder	Purpose
St. Helens CCG	General Running Costs DA Support Service
Big Lottery Reaching Communities Fund	Get A Life Project
Trusthouse Charitable Foundation	General Running Costs
The Rainford Trust	Room hire and Residential Course
Lady Pilkington via Liverpool CVS	General Running Costs
LOCAL Funding	Residential Course

We continue to monitor our fundraising and have applied to the Morgan Foundation for an additional salary for 2016. This is due to our Drop-in & Outreach Services continually expanding.



## Fundraising

To supplement our income CCC has always encouraged team members and service to participate in fundraising activities. Rita Williams is our Service User Representative on the CCC Executive Committee. She organised a fantastic Christmas Fayre to raise funds in November 2015.

Preparations for our Christmas Fayre to be held at Haresfinch Rugby and Social Club have gone extremely well with a total of 24 paying stalls and also the Chrysalis Centre will be manning a table ourselves selling various items of interest. We have also negotiated Kandy Kingdom who will supply popcorn Candy Floss and also Face Painting and 25% of their takings was donated to the Chrysalis Centre.

Approximately 40 posters were displayed in various outlets including:

Morrisons; Asda; Cooperative; Spar; local hairdressers. Also Rainford Cooperative, Wendy's Flowers, Haydock Conservative Club, Tesco Haydock, St. Mary's Catholic Club and a local newsagents in Billinge, Moss Bank Community Club and local newsagent.

So all surrounding areas were aware of the event. Approximately 400 flyers were dispatched in the Haresfinch vicinity and an advert was placed on Facebook and Twitter. A stall holder requested Allison Street School to publicise the event on their newsletter. It was also advertised in st. Helens What's On. Sue Clarke, our Manager, went onto the radio station Wish FM and spoke about the Fayre to an estimated 90,000 listeners.

The week prior to the Fayre a large banner was placed by the entrance of the Rugby Club to make people aware. Letters were also sent to various businesses requesting a donation for our raffle and the response was really good. Donations included:

A Knowsley Safari Park Pass	A voucher from Avanti Hair
A voucher from Nan's Kitchen	6 passes for Cioco Playcentre
A Cineworld pass	Voucher from Asda St. Helens
A voucher from Lily's tearoom	Sweet Jar from Morrisons Baxters Lane
Variety of chocolates from Morrisons Boundary Road	

Many other smaller prizes were donated by service users and team members.

**In total we raised £660! A huge thank you to all our generous donators!!**

And also a huge thank you to Rita who put a great deal of time and effort into making this a huge success!

## **Services:**

### **Counselling**

The Chrysalis Centre counselling service provides confidential one to one therapy for women suffering from a wide range of presenting issues. All our qualified counsellors are Registered Members of the British Association of Counselling and Psychotherapy (BACP) and as such adhere to professional standards and ethics which include continuous personal and professional development. All student counsellors are also Members of the BACP and

Counselling provides a safe and confidential relationship to explore feelings and emotions, difficulty and distress; and looks to bring about positive change. The counsellor's role is to help facilitate this process by providing the conditions needed for personal growth. The safety of the relationship enables trust to develop, promoting acceptance through the non-judgemental attitude of the counsellor which in turn encourages freedom to explore aspects of the self which remain hidden from others. The freedom to be exactly who we are without conditions attached leads to a greater sense of well-being, bring about effective positive change.

The following quote from American psychologist Carl Rogers sums up the counselling relationship "In my early professional years I was asking the question; how can I treat, or cure, or change a person? Now I would phrase the question in this way: How can I provide a relationship which this person may use for his own personal growth?"

In order to access the counselling service a first contact appointment will take place to determine if counselling is the right option and a full explanation of what to expect will take place.

Counsellor Sue Middleton gives us her perspective on what it's like to volunteer at CCC:

"My name is Sue, I am a qualified counsellor and member of the BACP. I have been working as a volunteer counsellor for CCC since November 2014.

My counselling duties consist of four sessions each week Wednesdays and Thursdays. In total I have accrued to date approximately 160 volunteer hours.

As part of the British Association of Counselling Practitioners Code of Practice, CCC provide support for me through monthly supervision and quarterly group supervision. The staff at the centre from the very beginning have made me feel welcome and valued. My supervisor continues to be very encouraging and supportive.

Outreach. In December 2015 I took on an additional voluntary role as an outreach counsellor working with the Drop-in & Outreach Coordinator and Drop-in & Outreach Support Worker every other week on Tuesday mornings at Grasmere Ward, Whiston Hospital.

Tracy and Lindsay are very friendly towards the patients and always happy to provide a listening ear. Patients enjoy having their nails painted and are encouraged to use art and craft materials we bring along while they chat. Information leaflets are made available should anyone feel they need further support from CCC when they leave hospital.

Volunteering at the centre has given me the opportunity to get to know some really lovely people. I feel privileged to be in a position where I can work with and support clients through their counselling journey. Also working in structured and unique organisation with a team of staff and volunteers who are committed, who go beyond what is expected of them in their caring approach to their profession, has been a welcoming and fulfilling experience.

### ***Domestic Abuse Support Service***

The Domestic Abuse Support Service has been in place for three years. Anyone who has or is suffering any form of domestic abuse in any type of relationship past and present can access a one-to-one support session. During this session emotional support is offered, if someone needs practical support then the relevant referrals are made.

The Domestic Abuse Support Group can be accessed on Thursday afternoons which has shown an increase of service users, with as many as twenty people attending on some weeks. The group contains members at different stages, seeing people who are coping or recovering can give hope to those at the beginning of the process. When ladies are part of a group who share the same experiences it can help them see that what they are going through is universal and that they are not alone. Group members are then able to help each other by sharing information, by sharing their strengths and helping others in the group it can help boost self-esteem and confidence. During the group process a large focus is placed on the relationships we have with ourselves and the behaviours of others and how this impacts on our lives.



# Get A Life Project

Funded by the Big Lottery's Reaching Communities Fund

## *First Contact Appointments*

Women who are referred to the centre are now seen on a one to one basis in order to make sure the services they have been referred to are right for them. These appointments are confidential and take place with the first contact support worker or another counsellor at the centre. This service was introduced as a result of the feedback received from service users and other organisations that highlighted how difficult the first visit to an organisation can be. The initial step towards accessing the support needed is a vital one therefore the 1st contact appointments provide an informal and friendly way for women to talk about the support they need and welcome them into the centre. First impressions are vital in making the difference in how women engage with support services , asking for help requires an enormous amount of courage; the chrysalis centre are committed to supporting women who find this step extremely anxiety provoking.

At the Chrysalis centre all our services are designed to support, empower and facilitate positive growth in women; the 1st contact appointments are beneficial in finding out what women need; as we help women find out what is best for them, supporting them with this process.

## *Positive Me Programme*

This year saw the introduction of a new 8 week rolling programme designed to help with the symptoms of depression and assist in creating long term coping strategies. Using cognitive behaviour techniques participants are encouraged to develop positive ways of dealing with problems, challenge negative and distorted thinking patterns and embrace better ways of being. The emphasis is on making positive changes and empowering women to leave behind limiting beliefs, even those held from childhood.

CBT helps by focussing on altering the way we see things; as the way we think affects how way we feel then ultimately behave. The programme looks at changing this cycle by firstly bringing about awareness then providing support in manifesting new patterns.

“Progress is impossible without change, and those who cannot change their minds cannot change anything” –George Bernard Shaw

The feedback from this programme has been incredibly positive. Depression is a very lonely illness which is why there is something quite special about seeing the women work together, supporting and helping each other and witnessing the changes taking place; changes they never thought were possible!



“If we don’t change, we don’t grow. If we don’t grow, we aren’t really living” –Gail Sheehy  
Although the programme has set topics each week the outcomes are designed in such a way that women are able to join the programme at any time; this ensures women do not have long to wait and is especially beneficial in assisting women who are off sick to return to work as soon as possible.

### ***Supported Drop-In & Outreach/Networking***

The drop-in continues to be a point of referral, often with representatives from other organisations bringing service users and is working well in this capacity. The ladies complete paperwork and are given time to talk. The ladies are signposted to our services or to other organisation whichever best suits their needs and are encouraged to join the Drop-in.

The drop-in provides emotional support. Service user feedback forms show it provides a place of social inclusion and positive wellbeing. Various crafts including lavender sprays and stress balls also Hope boxes and our monthly Card making sessions which are always popular. Visits to the Drop-in have taken place with CAB and Adult Learning, Smoking cessation team and the CCG came along to speak to service users and ask about their Experience within the Mental Health service.

Fire Safety advocates came along to give a talk on safety in the home and they brought along their fire engine, a good day was had by all.

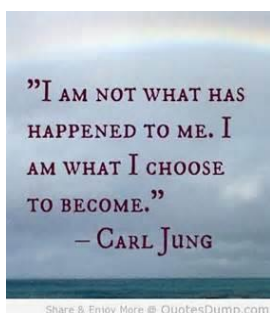
I have represented CCC in a networking capacity with numerous organisations to promote CCC and to foster good relations. Reports on all meetings are available. Networking has included visiting GP surgeries and Practice Managers.

The success of the role has been such that Lindsey Vint now joins us as Drop-In and Outreach Support Worker. I am pleased to report CCC is now delivering an outreach service at the Grasmere ward, Whiston Hospital along with the already established Cavendish Unit in Leigh, and Iris ward in St. Helens. We have close relations with the 1ST Assessment team in Whiston and continue to foster good relations throughout the borough with various organisations, we look forward to the coming year and continuing this valuable work.

## Education and Training

All education and training here at CCC focuses on **'learning to do things differently'**. By this we mean changing negative and restrictive behaviour to a more confident, assertive and productive approach to life and all the challenges and issues it holds. Here at CCC we achieve this by continually listening to service users and changing and adapting the courses, to meet not only the needs of a group but also the varied and sometimes complex individual needs of everyone who attends the courses.

### Confidence and Assertion Course

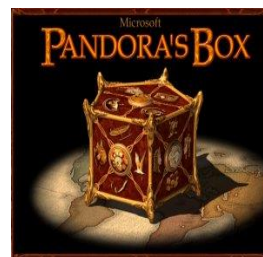


This course remains one of the popular and successful services we offer. Low confidence and self-esteem are both major issues for many of our service users due to personal life experiences. The course is designed to promote and encourage personal growth and positive change. Many choose this course as a way of "getting back to work" after being affected by negative experiences, for others it is a means to face personal issues in a more positive and assertive way. Whatever the reason everyone is there to work towards making the much needed difference to their lives.

*Having confidence doesn't mean that you can fly however it does enable you to believe that you can, and self-belief is all that any of us need. We already have a substantial number of women on the waiting list for 2016 ready to spread their wings and fly.*

### Residential Courses at FOXHILL

Our annual residential personal development course held at Foxhill has always been a special experience for all who attend. Since our last annual report we have held two residential courses at Foxhill. The first being 'Pandora's Box'. When you work with a theme that contains all the horrors of the world including chaos, then it's only fair to expect the unexpected. Fortunately for us all, the final thing to be released from inside Pandora's Box was **Hope**. So we are hopeful that peace and tranquillity will soon return to Foxhill



### Our second residential was 'Behind the Mask'



This was a deep and challenging residential that provided the safe and confidential environment needed to remove THE MASK, the mask that many women wear to say to the world that they are OK when in fact they are not. Removing the mask takes an enormous amount of courage and determination to accept and embrace the real, unique and special you and to make positive life changes decisions.



Foxhill is an amazing place that offers a peaceful and supportive environment. The residential offers the opportunity to experience guided relaxation sessions, engage in group activities for fun i.e. rehearsing and performing in your very own production. You can also experience and share in the peace and tranquillity offered by such a special place whilst getting to know and understand yourself at a deeper level. This is a unique opportunity for personal growth.

### ***Elaine shares her experience of the Behind the Mask weekend***

“Driving up the drive to Foxhills the first thing to catch my eye were the beautiful daffodils. Arriving for my weekend I feel a sense of calm come over me, but also some apprehension about what lay ahead. The topic for the weekend was Behind the Mask, which we wear with other people and also with ourselves, and in different situations.

Learning to look behind my mask was very emotional, as I found that some things I keep from the world I also keep from myself. Looking at oneself is very hard, but can also be empowering. Working in a group is also helpful as you can share experiences with others and also support one another.

Having the evenings free to have some relaxation or play charades is very important because doing deep personal development work can be very heavy. Sue who facilitates the weekend along with Julie, who are both very supportive. On the last evening we split into two groups and put on plays for Sue and Julie. The plays are a really good end to the weekend as we have to work together as a group, also it brings much needed laughter after what can be a really emotional weekend.”

### **Just a Better Way (Managing Stress and Anxiety Course)**

During Autumn of 2014 we ran a pilot course entitled ‘Just a Better Way’. A course to enable the students to understand stress, identify personal stress levels and to learn how to reduce and manage stress more effectively. Prior to the course, we held a phone survey targeting a varied selection of referral partners to measure the interest regarding this new course. We recorded a very high level of interest during the survey. The pilot course was a huge success and the course has now become a valuable addition to the services offered at the centre, with a substantial waiting list for future courses.





### Members of the team have attended

In House Team Training sessions  
Safeguarding Adults Awareness  
Safeguarding Children Awareness  
Suicide Prevention  
Emergency First Aid  
Therapeutic Craft



*To everyone who will receive an award or certificate of achievement  
to mark their success during our day of Celebration on  
March 8<sup>th</sup> International Women's Day*

*Sue Clarke Centre Manager*



## CCC Mission Statement

*It is our belief that all women have the potential  
for growth and development.*

*Chrysalis Centre for Change is committed to supporting  
and encouraging them on their journey*

## In Conclusion

*"Believe you can and you're halfway there"*

Theodore Roosevelt



We never for a moment stopped believing that we could secure the future of The Chrysalis Centre for Change for the women of St Helens, both for now and for the future. After all the years of caring and support, success and achievement and always believing in what we do, we simply couldn't see it all come to an end. It has been a stressful time for us all and I want to take this opportunity to thank all the team for simply getting on with things even knowing that there was a possibility that it could soon all be over. Even with this possibility in all our hearts and thoughts, the work at the centre continued with the same commitment, enthusiasm, dedication and determination as always.

*So once again a huge thank you to each and everyone of you.*

Thank you also to everyone who valued the work we do and stood by us during this time of uncertainty. John Edwards, the Integrated Commissioning Manager for St Helens CCG, Lady Kirsty Pilkington, Councillor Barry Grunewald Leader of St Helens Council, the ten local councillors and the organisations who took the time to complete a questionnaires in support of our third application to the Lottery.

For now we are safe and we can get on with the important task of supporting vulnerable women. We are aware that the time will come again when we will have to fight to survive and when that day comes, then fight we will.



Like Winston Churchill we *"never, never, never gave up"* we never gave up trying, never gave up applying for funding, never gave up talking to people, asking for support, never gave up on our goal, never gave up on the women of St Helens who need our support and encouragement and we never, never, never gave up hope. I will close this year's Annual Report with the words of Nelson Mandela

*"It always seems impossible until it is done"*

Sue Clarke MBACP METF  
Centre Manager