



Chrysalis Centre for Change

Supporting Positive Mental Health

Registered Charity 1117557



Annual Report 2018



NHS
Halton and St Helens



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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.

Mission

We exist to support, empower and inspire women to reach their full potential.

Aims

Chrysalis Centre for Change (CCC) aims to:

1. Participate in and support the improvement and development of women's mental health
2. Improve the lives of women through self-empowerment and self-belief
3. 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.
4. To develop positive relationships with other relevant local organisations in order to offer an holistic package of care to service users.
5. To improve the overall wellbeing of women with mild to moderate mental health issues
6. To provide therapeutic support within a safe environment for women experiencing historical or current domestic abuse.
7. To raise our profile in order to reach as many women as possible.
8. To ensure the mental and emotional wellbeing of team members
9. 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 mild to moderate mental health problems and domestic abuse.
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.

Organisational Structure Chart 2018

Trustees

Helen Sinnott
Chairperson

Rita Williams
Service User
Representative

**Cllr Terry
Shields**

**Cllr Lisa
Preston**

**Cllr Pat
Jackson**

Staff

**Siân
Thomas-Knight**
Manager

Julie Roby
Counsellor /
Facilitator

Tracy Costello
Counsellor /
Facilitator

Lindsay Vint
Outreach &
Engagement
Support Worker

Volunteers

Sue Middleton
Counsellor

Karen Dyer
Counsellor

Cara Burke
Counsellor

Elaine Rothwell
Volunteer
Support Worker

Sharon Price
Volunteer
Support Worker

Mary Green
Volunteer
Support Worker

Tracey Haskayne
Volunteer
Support Worker

Lulu Walsh
Volunteer
Support Worker

Michelle Dean
Volunteer
Support Worker

Sheila Finney
Creative Craft
Lead

Sue King
Volunteer Administrator /
Fundraiser

Students

Tanya Boyce
Student
Counsellor

Cara Burke
Student
Counsellor

Jen Keeble
Student
Counsellor

Jane Ball
Student
Counsellor

Azzita Darani
Student
Counsellor

Katie Harper
Student
Counsellor

Moira Pilkington
Student
Counsellor

Jo Davidson
Student CBT
Therapist

All staff, volunteers and student counsellors are responsible to Siân Thomas-Knight. Manager.
Siân is responsible to the Board of Trustees.

New developments and significant changes



CCC was delighted to welcome a new Manager – Siân Thomas-Knight for the first time since the organisation began. Siân has an Honours Degree in Information Management, a Diploma with Distinction in Philosophy and 4 Diplomas in a range of holistic therapies including Professional Relaxation Therapy. Siân has completed the Level 2 Award in Counselling Concepts and has a keen interest in Personal Development. Siân successfully achieved a Certificate in Principles of Team Leading and progressed onto Diplomas in Leadership and Strategic

Management and Women's Empowerment and Leadership Development. As well as overseeing the services, staff and volunteers at **CCC**, Siân is responsible for statistics, finance and funding.

Siân is passionate about **CCC** having first attended as a service user in 2004, she went on to become a Volunteer for a number of years before becoming a paid Administration & Finance Officer. In 2013, Siân was promoted to Assistant Manager and then to the position of Manager in August 2018.

Under the new management **CCC** has implemented a number of positive changes including:

- Expanded services and became a 5-day provision, opening on Fridays, for the first time since the start of the organisation
- the development of a new Wellbeing & Risk Scale to use with service users to monitor their progress,
- implemented a training matrix and increased the training opportunities significantly for the team
- introduced weekly Mindful Yoga sessions for the team,
- took a number of steps to address the waiting lists for courses and counselling,
- implemented a new Service User Contract,
- created a number of new positive networks,
- developed the student placement system creating a more inclusive and informative placement experience for student counsellors and
- introduced a new Team Contract based on the principles of honesty, unity, equality, congruence, respect, support and celebration of each other's successes.
- Ensured that CCC is now working alongside Halton & St Helens VCA to change our legal status from the current unincorporated association to a Charitable Incorporated Organisation (CIO)
- Worked with staff to redefine the Vision, Mission, Aims and Objectives of the organisation to better reflect its current ethos.

Growth & Development: Progress & Achievements

Pride of St Helens Awards

We were delighted to be nominated and shortlisted for the Pride of St Helens Award. We were nominated by service users and the staff attended the award ceremony. The final award went to James Roby however we received a miniature version of the POSH statue for being highly commended which we are very proud of. We are grateful to all our wonderful service users.



CCC
Pride of St Helens
Award

Service Expansion

We were delighted to be able to expand our services and become a 5-day provision, opening on Fridays, for the first time since the start of the organisation. We hope this makes our services accessible to more women and enables us to provide more support.

STAR Standard

CCC has begun working towards achieving the Star Standard Foundation Award with the aim of achieving this in 2019. The Award was created and developed by Halton & St Helens VCA as a quality marker designed specifically for the voluntary sector, and will demonstrate our commitment to maintaining and delivering a high quality and professional service.

Legal Status

CCC is now working with Halton & St Helens VCA to change its legal status from an unincorporated association to a Charitable Incorporated Organisation. This is an important move forward for the Charity and we hope it will help to attract new Trustees.

New Policies

CCC added some new policies including Annual & Personal Leave Policy, Anti-Harassment & Bullying Policy, Employee Pay Policy, Flexible Working Policy, Sickness Absence Policy, Supporting Team Members with Disabilities Policy, Trustee Policy, Whistleblowing Policy and developed a Suicide Pathway. We also updated the Data Protection Policy to incorporate the new GDPR regulations.

Training

ASIST (Applied Suicide Intervention Skills Training)

All staff completed a 2-day suicide prevention course with Papyrus and are now all fully qualified ASIST Practitioners

Bereavement Awareness provided by Cruse Bereavement

Suicide-ASK training provided by the Healthy Living Team

Equality & Diversity and Mindfulness provided by St Helens Council Adult & Community Learning.

A staff member completed their Level 3 Certificate in Education & Training in order to qualify to deliver the personal development courses at CCC alongside our current Tutor.

In addition to the above in-house training a number of team members undertook Level 2 distance courses at Warrington & Vale Royal College including Certificates in:

- Mental Health Awareness
- Understanding Behaviour that Challenges
- Autism Awareness
- Principles of Team Leading
- Health & Nutrition

Volunteer Achievements

Volunteers between them gave CCC over 1200 hours of their time in 2018

Our Volunteer Administrator/Fundraiser, a Chartered Librarian, transformed our Information Hub, securing boxes from Ikea to keep all information flyers for easy access. She has also been busy organising all our archived information. In addition, she managed to secure a large number of excellent prizes for our Christmas raffle from a wide range of stores and shops.

All volunteers were supportive in our fundraising efforts throughout the year, helping all day at the Christmas Craft Fayre, serving mince pies and hot and cold drinks, and taking turns manning the various stalls we hosted to raise money for CCC. They also helped with the 5 Store Collections arranged by our Volunteer Fundraiser.

Growth & Development:

Significant Statistics

<i>2018 Referrals to Individual Services</i>	
Counselling	291
Drop-in	182
Confidence & Assertion Courses	183
CBT Group	211
Stress Management Course	185
Domestic Abuse Support	116
Assessment Appointments	246
Mindful Yoga	36
Totals	1450
A total of <u>1450 Referrals</u> to individual services in 2018	

<i>2018 Referrals by Sector</i>	
GPs	119
Other Health Sector	146
Social Sector	108
Voluntary Sector	32
Other	117
Totals	522

Total of 522 individual women referred in 2018

<i>Numbers of service users 2018</i>		
Service	Individuals Attended	Total Number of Visits
Counselling	147	608
Supported Drop-in	173	1190
Domestic Abuse Service	116	514
Mindful Yoga	32	176
Positive Me Programme	54	
Confidence & Assertion Course	39	
Just A Better Way to Manage Stress & Anxiety	49	

Referrals came from:

Health Sector	
Atherleigh Park NHS	GP: Dr Lawson, Garswood Surgery
Assistant Nurse Practitioner, Intrahealth	GP: Dr McCrae, Kenneth McCrae MC
Assistant Nurse Practitioner, Mill St MC	GP: Dr Mooney, Rainbow MC
Assessment Team Knowsley	GP: Dr Morgan, Rainford HC
Assessment Team St Helens	GP: Dr Murphy, Haydock MC
Bridgewater NHS Community Link Worker	GP: Dr Mustafa, Lime Grove Surgery
Clinical Psychologist, Whiston MHLT	GP: Dr Patula, Halefield HC
Crisis Team	GP: Dr Parr, Garswood Surgery
Family Nurse, NWB NHS Trust	GP: Dr Pennington, Mill Street MC
GP (Central Surgery)	GP: Dr Picken, Lime Grove Surgery
GP: Halefield MC	GP: Dr Pye, Lingholme HC
GP: Mill Street MC	GP: Dr Razzak, Central Surgery
GP: Ormskirk House Surgery	GP: Dr Sachdev, Halefield MC
GP: Newton MC	GP: Dr Sanden, Ormskirk Hse Surgery
GP: Orrell Surgery	GP: Dr Skelland, Mill Street MC
GP: Rainbow MC	GP: Dr Smith, Berrymead MC
GP: Spinney MC	GP: Dr Stewart, Four Acre Surgery
GP The Plaza Centre, Widnes	GP: Dr Sutton, Fingerpost HC
GP: Dr Abhari, Lime Grove Surgery	GP: Dr Sword, Ormskirk House Surgery
GP: Dr Breech, Dr Breech & Partners	GP: Dr Syed, Rainbow MC
GP: Dr Burrows, Holly Bank Surgery	GP: Dr Talukder, Patterdale Lodge
GP: Dr Burrows, Rainbow MC	GP: Dr Topping, Holly Bank Surgery
GP: Dr Chana, Crossroads Surgery	GP: Dr Tree, Longton MC
GP: Dr Chappell, Eccleston MC	GP: Dr Van Dessell, Spinney MC
GP: Dr Chen, Ormskirk House Surgery	GP: Dr Wass, Rainhill Surgery
GP: Dr Coleman, Park House Surgery	GP: Dr Whittaker, Rainbow MC
GP: Dr Deb, Patterdale Lodge	GP: Dr Young, Phoenix MC
GP: Dr Emmott, Bethany MC	GP: Dr Zia, Mill Street MC
GP: Dr Filletti, Ormskirk House	Grasmere Ward
GP: Dr Fletcher, Spinney MC	Health Assessment
GP: Dr Ford, Ormskirk House Surgery	Healthy Living Team
GP: Dr Fu, Patterdale Lodge	Health Trainer (via GP)
GP: Dr Griffiths, Spinney MC	Health Visitor, NWB NHS Trust
GP: Dr Gupta, Sandfield MC	Healthwatch
GP: Dr Hargreaves, Mill Street MC	Home Treatment Team
GP: Dr Ioni, Cornerways, Huyton	Iris Ward / Peasley Cross Hospital
GP: Dr Johnson, Patterdale Lodge	Later Life Disability & Mental Health Team
GP: D Kosher, Rainbow MC	Mental Health Liaison NHS

Mental Health Nurse, Whiston	Helena Extra Outreach Service
Mental Health Team	Helena Partnership
Midwife	Helena Refuge
MIND	Holy Cross RC School Safeguarding Officer
Minds Matter	Home Start
Neuro-Psychologist, Walton Hospital	Households Into Work
Newton Community Hospital	Housing Officer
NHS Counsellor	Housing Options
Nurse at Ormskirk Surgery	IDVA Service
Nurse, St Helens At Home Team	Jobcentre
Occupational Therapist	Learn Direct Job Coach
Practice Nurse, Spinney MC	Learning Mentor, Willow Tree Primary School
Psychiatric Liaison Team	Newton-Le-Willows School Safeguarding Officer
Psychiatric Nurse, Whiston	Pause
Psychiatrist, Recovery Team	Probation Service
Psychiatrist, Whiston Hospital	Remploy
Psychological Assessment	Riverside Employment Support Officer
Recovery Team / RMN	Safe2Speak Helena, Risk Identification Officer
Resource Centre, Whiston	Safeguarding Manager, Alternative Provision
RMN, Liverpool Community Alcohol Services	Selina Cooper House
Senior Nurse Practitioner	Senior Early Years Practitioner
St Helens Hospital	SHAP Support Worker
Support Worker	Social Services
Wellbeing Clinic	Social Worker, People's Services
Wellbeing Nurse at GP surgery	St Helens Children's Services
Wellbeing Team	Talent Match Service
Whiston Hospital	Torus DV Services
Social Sector	Victim Support Officer
	Ways To Work
Change Grow Live	West Lancs Women's Refuge
Children's Social Worker, Children's Services	Women's Aid
Council Assessor, St Helens Council	Work Coach
CYPS Social Worker	YMCA
CYPS Student Social Worker	3rd Sector / Other
Early Help Team	
Early Intervention Team	Advertising
Family Intervention Worker, People's Services	Barnardos
Family Nurse, Moss Bank Children's Centre	Carers Centre
Family Support Worker, Children's Services	Citizens Advice Bureau
Family Support Worker, People's Services	Grange Valley Primary School
Freedom Programme	Internet Search

Little Harvards Nursery	St Helens First Magazine
Previous Service User	Stroke Association
RASASC	Teardrops
Returning Service Users	Word of mouth
Self	Young Carers Centre
St Helens Advocacy Hub	

Service User Comments from 2018

"The service at CCC was impeccable."

"All staff are amazing I think CCC should be entitled to more funding for all the brilliant work they do"

"At last I have found a place and people who understand mental health! This deserves more funding to help others."

"CCC is an incredible support mechanism. It is down to earth and practical and supportive to all. Commendable, deserves funding."

"This is a really worthwhile service and deserves additional funding and acclaim."

"Before I started at the CCC I was suicidal. The CCC has literally saved my life :) Thank you so much."

"I would thoroughly recommend CCC to other people struggling like I was."

"I feel I've moved forward in a very powerful way."

"The counselling was well structured, perceptive, encouraging and dynamic."

"Absolutely everything is fantastic, such wonderful people."

"It feels to me a place of safety where I feel happy to share knowing that it's all confidential."

"Amazing place I have come so far. This place helps more than my medication!!!"

"This service is quite simply life changing. Learning how to cope and manage stress can literally save lives."

"The service has been a lifeline for me. Very grateful to all the team."

"I am very grateful to the staff and volunteers at CCC. They literally save lives and change them for the better."

"I was at my lowest point I think, on anti-depressants, the lot. Now, I don't feel like I need them, and for the first time in a long time, I can finally smile about events in my life."

Counsellor was exceptional, caring, compassionate, yet sensible and down to earth and direct in her approach. She was life giving and gave me the opportunity to realise and come to terms with my problems."

"When I came I felt like there was no hope now I feel so happy in myself. I am so grateful for the CCC group and everyone on the course."

"It has empowered me to live a better life."

"Just to say thank you so much again. I feel like you've saved me."

"Vital support through a tough time."

"Being able to come to this group and offload my anxieties has been a godsend to my mental health."

"All the staff are warm, friendly and very professional."

"Most definitely recommend it, it saved my life. Couldn't have coped without it, made my life more liveable."

"The tutors are brilliant."

"I feel a great weight has been lifted through this service being available to me. I feel back to "myself" and I didn't think I'd ever get there, certainly not on my own."

"My counsellor has been superb, warm, lovely, non-judgemental but genuinely made me feel ok about the mistakes I've made in life. I can't thank her enough."

"Coming here has been beneficial for my mental health. I'm very grateful to have CCC as a resource."

"It will leave a big gap in my life when I leave this place."

"Everyone has been brilliant, you deserve an award."

"The CCC is excellent and has improved my life in a short time. Thank you so much."

"It's a valuable service for women."

"Words can't express how coming here has improved my life. Thank you so much."

"CCC is an amazing service with various courses to help become a better me! I am happy I took the step to contact CCC."

"All staff have been very professional, their knowledge and skill set is 1st class. All are a value to the Chrysalis and local community in St. Helens. The course was delivered by Julie an exceptional lady."

"It has totally changed the way I feel about myself and my life"

"If there was no CCC there's no me, they saved my life as well as my sanity"

"This is an excellent service for local women, for some a lifeline. It offers help and support just when you need it. Thank you"

"I would like to say a very big thank you. I was housebound until I found a safe environment"

"Long may it continue to provide support"

Networking

Throughout the year, we networked with a wide range of organisations including:

Apex Trust	Jobcentre
Arts Service	Later Life Team at St Helens Council
Assessment Team	Minds Matter
CAB	Papyrus
Carers Centre	Pause
CGL	Recovery Team
Criminal Justice Service	Riverside College
Footsteps	Safe to Speak
Healthwatch	SHAP
Heart of Glass	Smoking Cessation
Home Improvement Service	Social Services
Home Start	St Helens Education and Prevention Coordinator
Hope Centre	Ways to Work
Integrated Access Team	YMCA
Various GPs	

We gave 250 information flyers to be given out at an Autism and Disability and information was given out at an event for Care Leavers by the Permanence Team, St. Helens Council.

We linked with Adult & Community Learning who provided women who completed our Stress Management Course with their 3-week Mindfulness course in Peter Street Centre.

One of our volunteers who arranges Store Collections and bag packs met two Soroptomists during a collection in Tesco, they came to the centre to speak to us and invited the volunteer to give a talk at their monthly meeting which was very well received.

We attended:

- Salvation Army Wellbeing Event
- The launch of Helena's Safe2Speak service
- Healthwatch St Helens event
- Hope & Recovery Event at Peasley Cross Hospital
- Pause Celebrating Success event

We had visits from:

- Glynis of Safe2Speak
- Tony from the NCDV (National Centre for Domestic Violence)
- Our new Project Officer from the Big Lottery's Reaching Communities Fund
- Warrington Collegiate who approved our centre as an excellent place for their students, as have Salford University.
- Two CID Officers came to the DA Support Group to ask the women about their experience of reporting domestic abuse incidents and offer feedback about what the police can do differently in the future.

Finance & Funding

In 2018 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
Rainford Trust	General Running Costs
Providence Hospital Endowment Fund	General Running Costs
Ravensdale Trust	General Running Costs
Coop Rainhill	Contribution towards the cost of the Annual Christmas Fayre



Annual Christmas Craft Fayre

Our Annual Christmas Fayre was held on Sunday 4th November 2018 at Rainford Village Hall.

We were overwhelmed to be able to advertise over 100 prizes donated for our Grand Raffle so a huge thank you to the following for their kindness and generosity. We raised a total of £765 to support the centre and the work we do.

Knowsley Safari Park	B&M Bargains, Prescot	Asda St Helens
CafeZinho, Hardshaw Centre	Coop on Chain Lane	Tesco, Prescot
Hair by Sarah Armstrong	Hairzone, Chain Lane Shopping Precinct	M&S, Prescot
Megan Williams Hairdressing	St Mary's Rugs & Gifts	Victoria Brow Bar
CCC Service users	CCC Volunteers	

Fundraising

Our Volunteer Fundraiser – Sue – has been busy all year arranging Charity Collections in various supermarkets. Sue successfully arranged 5 collections at:

Date	Store	
27 th January	Marks & Spencer, Prescot	£163.39
17 th February	Tesco, Prescot	£295.51
8 th June	Morrisons, Boundary Road	£121.03
20 th July	Asda, St Helens	£121.03
4 th August	Tesco, St Helens	£176.70
	TOTAL	£893.72



Sue at Asda, St Helens



Sue at Tesco, Prescot

Sue also managed to secure some much-needed shelving for our over-crowded archive cupboard. B&Q St Helens generously donated shelves and some drawers. Our archives are now organised and accessible thanks to this new equipment.

Sue with Keith from B&Q



Asda Green Token Scheme

We were delighted and grateful to be entered into – and then win – one of Asda St Helen's Green Token Schemes. Here is Julie below with Gaynor, Asda St Helens's Community Champion And the fantastic cheque for £200



Merseyside Women's Fund

We took part in a promotional video for the Merseyside Women's Fund.

From the Community Foundation for Merseyside:

A fund created by women to support women. The Community Foundation for Merseyside Women's Fund vision is simple: To create a fund to support women in Merseyside. To address key issues and eliminate the barriers that affect girls and women in our community. Together we can help women feel safe, empowered and confident when confronted by abuse, isolation, discrimination or lack of opportunities and support. We work in partnership with the leaders of local charities and grass roots community groups who deal with issues that undermine the quality of life and futures of women. Our community research has highlighted a number of key issues faced by women in Merseyside, our aim is for the fund to address four core themes:

**CONFIDENCE, ASPIRATION, SELF-BELIEF AND RESILIENCE,
DOMESTIC VIOLENCE AND ABUSE
MENTAL HEALTH & WELLBEING,
SOCIAL ISOLATION**

Responding to the difficult times when women's support services are under financial pressure The Community Foundation for Merseyside is making a long-term commitment by seeking to significantly grow the fund so that we can help more women to achieve their potential now and in the future. Women's even greater impact in addressing the many challenges facing women today. Anyone and any organisation can donate any amount to the fund. Together we can make a difference to the lives of women in Merseyside

To donate or for more information: <http://www.cfmerseyside.org.uk/womens-fund>

Rainford High

Ten teenagers from Rainford High as part of their Social Action Project of the National Citizen Service chose Chrysalis Centre for Change to raise funds for. They undertook a bag pack, a bake sale and a sponsored walk and we received a total of £1445.41 as a result of their hard work. We also received a donation of £100 from Rainford High School AND 50 Easter eggs to raffle off!



Rainford High students with donating the Cheque for £100 and the 50 Easter eggs



Rainford High students:

Emily Ball
Megan Edzes
Natalia Alonso
Freya Robertson
Megan Crosby
Josh Fowler
Nicole Knowles-Howard
Nathan Westhead
Amy Bennett
Rachael Cloney



Serving cakes at the bake sale then receiving certificates of achievement.

Services:

CCC offers a wide range of services for women with mild to moderate mental health issues and/or women who are affected by domestic abuse, current or historic.

Referrals

We receive over 100 referrals every quarter from the health, social and voluntary sectors. A full list of referring organisations can be found in our Annual Reports and our Approved Referral List is available as a separate document. Copies are kept in all rooms at **CCC**. Referrals for all services can be made by GPs, other support agencies and organisations or women can refer themselves.

All new referrals must attend a one-to-one Assessment Appointment before they access services to ensure we are able to help and support them.

Professional Counselling Service

Appointments are available throughout the week between 9 am and 4pm

The Counselling service at **CCC** is a well-established and respected, professional service. Counsellors are qualified in various modalities including Person-Centred, Integrative and CBT. We receive a large number of referrals from the health, social and voluntary sectors and currently have a significant waiting list for appointments. All qualified counsellors are Registered Members of the BACP and we ask all students to be student members. **CCC** is in the process of applying for organisational membership to further develop our commitment to the Ethical Framework of the BACP.

Journey Through Grief

Fridays 1 – 3.30 pm

A Journey Through Grief is our most recent addition to services, starting March 2019, written and developed by in-house Counsellors. This 8-week programme is for women experiencing bereavement and will offer a welcoming, safe and confidential space, offering emotional support and psychoeducation to help women find their path through grief and recovery. Each week will look at a different aspect of the grieving journey such as physical re-learning your place in the world, coping with anniversaries and other significant events, exploring the multitude of emotions experienced.



LOTTERY FUNDED

GET A LIFE PROGRAMME:

FUNDED BY THE BIG LOTTERY REACHING COMMUNITIES FUND

Domestic Abuse Support Group

Thursdays 1 – 3.30pm

The domestic abuse support service was borne out of a significant increase in referrals of women experiencing domestic abuse after St Helens Women's Aid closed in the town. The service offers emotional support as part of a weekly support group. We utilise our close links with Helena Partnerships and the Safe2Speak Service to support women with practical needs such as housing and legal issues.

Confidence & Assertion Course

Mondays 9.30 – 12.30

The Confidence & Assertion course is our longest running course at **CCC**. The course runs continuously throughout the year for 10 weeks and looks types of behaviour including confidence, assertion, aggression and passive-aggressiveness. The course draws on Transactional Analysis, Maslow's Hierarchy of Needs and Roger's Conditions for Growth. Students will look at their beliefs, thoughts and values, personal needs, negative and positive self-talk, types of assertion, saying no, giving and receiving compliments and criticism, put-downs, dealing with conflict, CV building and interview techniques, hopes and fears and future planning.

Stress & Anxiety Management Course

Tuesdays 1 – 3.30pm

The Stress and Anxiety Management Course runs continuously through the year for 8 weeks at a time and looks at the difference between stress and anxiety and the impact they have on our lives both physical and emotional. Students identify negative ways of coping with stress and thoughts and behaviours that contribute to stress, then learn positive ways to cope with stress. The course teaches students how to manage anxiety and panic attacks and helps them to look at external stressors and individual triggers, how to manage stress effectively through diet, exercise, balance, time management, mindfulness, relaxation, interests and activities, communication, setting boundaries and self-care. Every session ends with a guided relaxation which students have the option as to whether or not to participate in.

Positive Me Programme

Thursdays 9.30 - 12

The Positive Me Programme is a CBT-led 8-week course aimed at enabling participants to develop ways of making positive changes to manage the symptom of depression. The objectives are for students to understand how the CBT model works, understand cognitive distortions and how they influence feelings and behaviour, identify negative behaviours and thought patterns, identify how beliefs affect mood and behaviour, how to incorporate positive inner vocabulary, understand how the brain stores and uses information, construct ways of dealing with overwhelming feelings and emotions, cope better with difficult situations, deal more confidently with problems and set personal goals and action plans.

Therapeutic Art & Craft Sessions

Wednesdays 1.30 – 3.30pm

These sessions will be open to **CCC** service users who have an interest in using arts and crafts to improve their well-being. Research shows that people who participate in arts and crafts feel happier, calmer, and more energetic. There is also evidence to show that being creative can improve brain function, alleviate depression, and improve self-esteem.

Looking Forward:

CCC services continue to empower and support women into achieving the lifestyle they want

New Trustees

A number of our trustees have now had to resign due to poor health. We are grateful to the service they have provided to us over the years and we wish Helen Sinnott, Cllr Terry Shields, Cllr Lisa Preston and Cllr Pat Jackson all the best in the future.

We are however delighted to be welcoming a number of new trustees in 2019:

Andy Vint

Andy is a dynamic, creative and adventurous manager, leader and developer with a desire to create a culture of leadership and engagement through aspects of morals and beliefs intrinsically linked to the statutory frameworks and standards. Andy has extensive experience in a range of areas that benefit CCC including of management, training, personal development and business planning and development. His natural enthusiasm, energy and motivational style of working

Gemma Roby

Gemma is a full-time carer with a deep understanding of mental health issues and domestic abuse. She is currently on the Committee of the Autism & Asperger Society which has given Gemma the skills and knowledge of working on a Board, particularly in relation to planning and fundraising. Gemma has the knowledge and understanding required to enable an organisation to progress and retain financial stability.

Gail Aspinall

Gail has worked in the voluntary sector for over 20 years and has worked closely with CCC throughout her career, developing a good understanding and excellent relationship with the organisation. Gail has a sound knowledge of women's mental health issues. She was a school Governor for 8 years during which time she came to understand the complexities of governance, the importance of providing high standards of care, transparent responsibility and accountability


New Premises

CCC services and referrals continue to grow at such a rate that we are in the process of searching for larger premises. We currently have one training room, 3 counselling rooms and a small office. Ideally, we require at least 2 training rooms and with our 6-month counselling waiting list we require double the amount of counselling rooms. We also need a bigger office to accommodate a bigger team.

New Services


We continuously review services and talk to service users about their needs, as well as looking at the bigger picture of women's mental health in St Helens and surrounding areas to identify gaps in provision. We have a number of service users and new referrals who have identified the need for

additional bereavement support. As such we have developed a new 8-week programme called, A Journey Through Grief, which is a mix of support and psychoeducation to help women find their way through their own feelings of grief.



Chrysalis Centre for Change

Supporting Positive Mental Health



Bereavement Programme

A JOURNEY THROUGH GRIEF

**A new 8-week programme for women experiencing bereavement
facilitated by qualified, experienced Counsellors.**

**A welcoming, safe and confidential group offering emotional support and psychoeducation
to help you find your path through grief and reconnect with yourself.**

**The programme will run on Fridays 1 - 3.30 pm
and will be open to CCC service users who have lost an adult (partner, adult child, parent).**
*Suitability will be discussed in initial assessment appointment and
referrals can be made to other specialised bereavement services*

Peter Street Community Centre, Peter Street, St Helens, WA10 2EQ
Tel: 01744 451309
Email: chrysaliscentreforchange@gmail.com Web: www.chrysaliscentreforchange.co.uk

Long-Term

We look forward to the future with hope and a vision of supporting more women. This vision for the longer-term includes:

- longer hours to include evenings and weekends
- childcare support for women
- increased services
- larger premises
- more staff

We have an enthusiastic, dynamic team who believe wholeheartedly in the work we do at the Chrysalis Centre for Change. We have the commitment and passion to work towards reaching more women and transforming more lives, and we look forward to each step of this journey.

Thank you to all who have supported us.

Chrysalis Centre for Change