



### Overview

**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. Our professional, caring service has been established as a Registered Charity since 2007 empowering, supporting and inspiring women to make positive changes.

### 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 and non-stigmatised place for women to interact and learn from other women, 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 a Professional Counselling Service, Confidence & Assertion Courses, Stress & Anxiety Management Courses, a Positive Me Programme (a CBT-led course to help alleviate the symptoms of depression), a Journey Through Grief Programme to support women who have lost a significant adult a Domestic Abuse Support Service and Therapeutic Art & Craft Sessions



### 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 Big 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 handcrafted items, poetry books, cards and bookmarks.

### Governance

**CCC** adopted a Constitution on October 13, 2006. **CCC** currently has 4 Executive Committee members. Bi-Monthly meetings are held unless an issue arises that requires urgent attention. There are several static items on the agenda including Finance and Funding, Service Update and Service User Update.

### Partnerships

CCC currently has a Contract with St. Helens CCG/St. Helens Council. We have strong links with many organisations including GPs, Mindsmatter, St Helens Carers' Centre, Recovery Team, 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.

### Contact details

**Address:** 1<sup>st</sup> Floor, The Beacon Building, 25 College Street, St Helens, Merseyside WA10 2EQ

**Phone:** 01744 451309

**Text:** 07786 207743

**Email:** [chrysaliscentreforchange@gmail.com](mailto:chrysaliscentreforchange@gmail.com)

**Web:** [www.chrysaliscentreforchange.co.uk](http://www.chrysaliscentreforchange.co.uk)

**Twitter:** @CCCStHelens

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