

Chrysalis—supporting those with Gender Identity Issues and their Significant Others since 2005



Volume 12, Issue 2

Winter 2017

Welcome to our new patron

Wow! What a whirlwind these last five months have been. I never thought that this was going to be an easy ride when I took on the role of CEO but who would have thought that we would now be on the brink of so many exciting things.

I am really excited to announce that Ana-Matronic—transhumanist, Scissor Sisters vocalist and Radio 2 DJ has agreed to be our patron.

Ana has long been involved in fighting for inclusion and understanding of diversity and once she heard about our charity she wanted to get involved: to raise our profile, help with our campaigns and attend our events. Keep your eyes

peeled, Ana will be appearing at a Chrysalis event near you very soon!



Ana-Matronic—photo by Suki Dhanda

The Southampton Wellbeing group has now had their third successful meeting. Thanks to Alan and Max for all their hard work, to the Co-Op for their donations of cake for the opening and to Sophie Labelle for her scintillating talk which had such an impact on all of us who attended. We

look forward to welcoming Sophie back at some point in the future.

Fareham and Basingstoke you have not been neglected, plans are underway for your own Wellbeing centres to open this year, if you know

someone interested in volunteering then get them to drop us a line info@chrysalis-gii.co.uk

We have reviewed our counselling and are pleased to announce that counselling is now available at all SOS groups, free of charge

Chrysalis Conference 9th April, Winchester

All the tickets have now gone and we have a stellar line up of speakers. This is our opportunity to put Chrysalis firmly on the map: show where we have come from and where we are going; shifting awareness and understanding of the

issues affecting those who are transgender from tokenism and judgements to role models and understanding.

The conference is looking at Transition from the Inside and Out - building on our 12 years of ex-

perience working with transgender people and their significant others and speakers include: Dr Wendy Peters, Jan from Mermaids, Tara McLachlan, Anna Murray, Dr Sue Ingamells, Mark Broad and Sahra Taylor

What's On

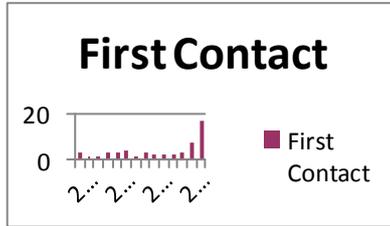
- *Transition Meeting Centres 1st and 3rd Friday*
- *Significant Other Support Groups monthly*
 - *S Hants Parents support 2nd Friday*
 - *B'mth (all) 1st Monday*
 - *Southampton Partners support 2nd Friday*
- *Wellbeing Center for all Trans people 4th Thursday*
- *External training 1st Thursday*
- *Internal meetings and training 3rd Thursday*
- *Conference 9th April*
- *AGM 21st April*

Inside this issue:

<i>Consultation</i>	2
<i>Wellbeing Centre</i>	2
<i>Talking Heads</i>	2
<i>Transgender Day of Remembrance</i>	3
<i>Funding update</i>	3
<i>Letter from Dianne</i>	3
<i>Chrysalis Training</i>	4

What have we been up to?

The last three months in photographs



First contacts, meeting centre attendances and calls handled by the office have all seen a dramatic increase and the Basingstoke group has reopened with a fanfare following the Trans Pamper event at Boots



Celebrating Christmas at the office



Proudly promoting Chrysalis at the Eastleigh Community Showcase

Standing out in Winchester at the Community First AGM



The opening of the Wellbeing Centre, thanks to Co-Op for the cakes

Krystal enjoying the snow, we are so sorry to have to cancel all groups on Friday 16th March but your safety and that of our volunteers is paramount



Being part of the LGBTQ+ network event at Kev Munday's Solent Gallery Takeover (running until 13th April)

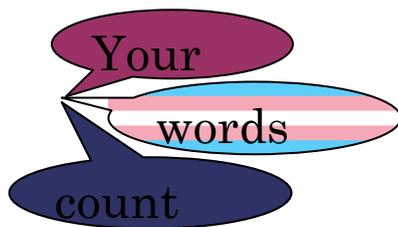


A lovely new meeting space for one of the groups



Your words count

Thank you to everyone who took the time to fill out our survey, elegantly compiled by the talented Hannah who facilitates the Basingstoke Transition Group, we will be publishing the results soon.



Do you believe that Andi's getting too much publicity? They do! Come and help out. We would love for beneficiaries and volunteers to speak about the work Chrysalis does, the impact we have had on your lives and more importantly what it is like to be you. The

Daily Echo feature writer Sally Churchward is looking for trans people and their significant others to feature in the paper. You can be the next Devin Valentine and have your words heard. Email sally.churchward@dailyecho.co.uk

Top tips

Did you know that you can contact the DBS directly to give them your birth name if your new employer requires you to have a DBS check. They have a whole separate department for trans people, so you don't need to worry about having to disclose your trans history.



What's in?

Allies! Chrysalis recommends putting your pronouns on your email signature. Does your company have a standard format for email signatures—can you petition them to change it?

A simple way to signal acceptance and understanding for non-binary, gender non-conforming and other transgender people

What's out?

“Transgenderism” - a word used to attempt to reframe the existence of transgender people as a philosophical discussion. Using this word is tantamount to denying a trans person's existence. The best ally is one who challenges transphobia and lack of understanding, your words really do make a difference. Remember: being transgender is a biological fact

Pride

Hampshire Pride was a great success, What a way to kick off the 2018 Pride season? The brilliant sunshine kept walkers on the parade warm, thick winter coats shed in favour of the colourful variety of flags including our favourite set of stripes.

The photo shows some of your dedicated volunteers promoting Chrysalis, welcoming new beneficiaries, volunteers and funders. They talked so much they were hoarse by the end. Thank you so much to Dawn, Fiona and Max for your help.

The new banners and leaflets are shaping perceptions of Chrysalis and making a clear statement that we are an organization ready for the chal-



lenges ahead.

Sign up with the office to volunteer at Prides and other events over the summer and to let us know if you want to take part in any of the parades, if you don't feel comfortable at your local pride speak to us about getting to another event. We want as many of

our beneficiaries as possible to be able to experience the exhilaration of taking part in Pride.

Not all Pride dates have been released yet, watch this space.

Key dates:

9th June—DIY Southampton

23rd June—Basingstoke All in the Mind Festival

13th July—Bournemouth Pride

21st July—UK Pride on the Isle of Wight

21st July—Trans Pride Brighton

25th August—Southampton Pride

Funding Update

It has been a very busy few months for your Chrysalis office team, we have been writing many funding applications and special thanks go to Ted for getting us through to the second stage of our Tudor Trust application and to Dawn for securing funding from the Police and Crime Commissioner for our counselling team.

Securing Big Lottery Awards for All funding means we can host our conference and make a big splash at Pride

across the county.

Andi and Jon, one of your tireless team of trustees, met with Tudor Trust on Thursday 29th March to go through our second stage application before our sponsor presents it to their board in April.



A chance meeting with John Henderson from the Teddy Bear Foundation has secured us a small grant to go towards our running costs and we have had a most generous anonymous donation of £3000 to support the changes your new CEO is making to ensure the growth of Chrysalis.

Finally Andi's been out and about offering training and consultancy across the country, discovering unknown parts of Hampshire.

Annual General Meeting

All charities have to have an annual general meeting where the members have an opportunity to find out how the charity has performed over the previous year and to vote on important matters for the coming year.

All Chrysalis volunteers are members of the charity and should have received their invitation to the Annual General Meeting on the 21st April. If you haven't received your invitation then contact Andi or the office.

This promises to be an exciting meet-

ing with several talented and passionate people offering their services to Chrysalis as trustees.

Watch your email for more information and see the Summer edition of your favourite newsletter for an update on all the good things.



What's coming your way soon?

Exciting new speakers at the transition groups

Southampton SOS Partners opening April

Fareham and Basingstoke Wellbeing opening Summer 2018

Fareham SOS Partners opening Summer 2018

Volunteer recruitment events coming soon email info@chrysalis-gii.co.uk if you want to join the team

Chrysalis

Office 3, Suite 1, Mitchell House
Brook Avenue
Warsash
SO31 9HP

Phone: 01489 589111
Tues - Fri 9am - 3pm or answerphone
E-mail: info@chrysalis-gii.co.uk

**We're on the
web
[www.chrysalis-
gii.co.uk](http://www.chrysalis-gii.co.uk)**

Gender Identity Issues



Chrysalis Training

Chrysalis has over 12 years experience supporting transgender people and their significant others through exploration of their gender identity and transition.

Keeping up to date with the latest research, policy and social change for transgender people Chrysalis offers expert training on the most current topics.

Regular training sessions for a maximum of 8 people are held on the 2nd Thursday of each month in Southampton. Sessions are three hours, with a break in the middle, tea and coffee are provided. Maximum of 8 people per session.

Contact office@chrysalis-gii.org to book on to an afternoon 2pm to 5pm or evening 6pm to 9pm session.

All attendees will receive brief course materials and a CPD certificate.

Join us for training courses in:

- **Transgender Awareness**
- **Working with transgender clients**
- **Counselling transgender clients**
- **Working with significant others**



Or book a bespoke training course at your place of work for £300 plus expenses for a three hour course for up to 15 people.

Chrysalis Training contributes to the funding of the charity.

Chrysalis offers support, advice, advocacy, training and counselling to anyone with gender identity issues and to their significant others.

Based in Hampshire Chrysalis has been supporting trans people and their families from 2005, and have supported over 500 people, most of whom stayed with us for 6 months to 2 years and many of whom have returned to volunteer for us.

Unique in offering support to both trans people and their significant others in facilitated safe non-judgemental spaces with group work, workshops and free counselling

Contact the office if you need support or have any other enquiries. The office team work Tuesday to Friday 9am to 3pm and look forward to speaking with you. If they are not there then leave a message. All enquiries should receive a response within two working days.

Thursday training sessions:

£40 per person per session

Concessions: £20 per person for voluntary organizations, £10 per person for students and unwaged

New for Spring 2018

Toolbox talks

A 20 minute introduction to gender awareness and the support Chrysalis offers to transgender people and their significant others

Book one of these free events to explore working in partnership with Chrysalis—available to organisations in Hampshire and East Dorset, a small donation to cover expenses may be requested.