

I did not know who I was, I was very lost until I came to Chrysalis, but now life is all I want it to be.

Alex

When I first came to Chrysalis I had no idea what my future would be. Now I am happy to be 'me' I have friends, a job and a future. Thank you Chrysalis

Ashlee

This is the only place I can 'be me'

Michelle

Chrysalis saved my life, I was so close to ending it, then I was introduced to Chrysalis. Thank you Chrysalis!

Jamie

No one understood me before I came to Chrysalis

Danielle

Chrysalis has stopped me from feeling isolated and allowed me to make friends with other people who understand my experiences.

Jamie

CHRYSALIS  
has MEETING CENTRES in  
Southampton,  
Bournemouth, Basingstoke  
And Portsmouth  
areas which are open  
on the First and Third  
FRIDAYS  
of each month

An attendance subscription will be made

There are also  
Significant Others Support  
(SOS) Groups in  
North and South Hampshire  
And East Dorset  
one evening a month in each area

For more information  
Telephone:  
01489 589111 (Office)  
Tuesday to Thursday  
Or email [info@chrysalis-gii.co.uk](mailto:info@chrysalis-gii.co.uk)  
Or see our website at  
[www.chrysalis-gii.com](http://www.chrysalis-gii.com)



*Understanding Chrysalis:*

*A guide for the NHS*

Chrysalis is working with Healthwatch  
to Evaluate and Improve the treatment  
of Transgender people within the NHS

**healthwatch**  
Hampshire

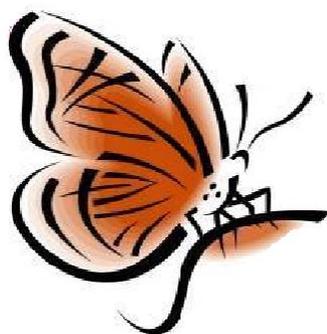
Chrysalis provides support for adults seeking to establish their gender identity and those transitioning from one gender to the other. Their support network is established in Hampshire and east Dorset. Chrysalis is a Hampshire based charity that supports transitioning transgender adults of all ages and those who are supporting them. There are meeting centres throughout Hampshire and East Dorset which provide a programme of life-skills workshops, individual counselling and peer group support.

In each geographical area there is a Significant Others Support Group which meets once a month. These support groups are for relatives and partners of transgender people. Individual counselling is also offered. The support groups are open to anyone supporting someone who is transitioning, the person they are supporting does not have to be a Chrysalis beneficiary.

The Meeting Centre structure has developed since 2005 when Chrysalis opened its first meeting. Each Meeting Centre has a Facilitator, support staff (befrienders) and Counsellors. Chrysalis closely works with the police and where possible a specialist LAGLO (Lesbian And Gay Liaison Officer) is a regular visitor. The LAGLO officers attend the groups at regular intervals to enable our beneficiaries to gain confidence in the

police and encourage them to report incidents of Hate Crime. This has proven to be very successful as they are a regular friendly visitor. They are also able to promote personal safety through the presentation of safety and awareness workshops.

Chrysalis has formed a good working relationship with Healthwatch who are able to visit the Meeting Centres and listen to the concerns of our beneficiaries as they transition through the National Health Service. They also take note of good practice and supportive interventions from some General Practitioners. Their aim is to enable safe practice for those who are following the transitioning process outlined in NHS Guidelines.



Specialist Guest Speakers and Professionals are also invited to present workshops for our beneficiaries. Both information and hands-on Workshops are provided on a great variety of subjects relating to aspects of transitioning, personal presentation and wellbeing.

They are designed to include both male to female and female to male beneficiaries. Speech and vocabulary tutorials are very popular with all the groups,

Specialist gender advisors, for both female-to-male and male-to-female beneficiaries, are also on hand to provide advice and information (often transgender people themselves). As far as we know Chrysalis is the only Charity to support both FtM and MtF through their transitioning journey.

The aim of Chrysalis is to enable the beneficiaries to gain in confidence and to move forward in their individual life plan. Chrysalis also gives transgender people the chance to meet others going through transition; the chance to ask advice of people in a similar situation as themselves and to build a strong support system.

Chrysalis is well established and has experience working with transgender people; as a result we have created a series of leaflets and gathered a lot of useful information to enable easier and informed transition.

Transition isn't always an easy, straightforward process – some people will need more support than others. Chrysalis doesn't have a set timescale, so we'll provide support for as long as it's needed, or wanted.