

Chrysalis— Because Gender Identity Matters



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Winter 2018

Update from the CEO

What a year! Yes it really has been twelve months since my first newsletter. It is one thing to have great plans, it is quite another to see how they come about. I cannot express how fantastic this year has been for Chrysalis. The dedication and passion of the volunteers has driven us forward. Come along to our Annual General Meeting on 26th January 2019 in Warsash we have so much to tell you and even better we have some incredible raffle prizes with tickets only available on the day. The AGM is open to all, with priority given to members as space is limited. Contact the office to register

September saw the launch of Chrysalis on social media and this newsletter



took a backseat as I got used to writing a weekly blog, if you like your charity updates real time then follow me @AndiMaratos. Fans of Tiny Car in particular get to follow our travels around the county and beyond. Tiny Car is indeed mighty and can even cross the Dorset landscape with barely a murmur and has done over 3000 miles since we became a partnership earlier this year.

#FlytheTransFlag was our first ever campaign and a resounding success. See pg 3 for more details.

The world is most definitely turning and this year has shown me how many trans allies there are. So many of you have been working hard as individuals and as organizations making spaces and policies inclusive and promoting acceptance and understanding. I would like to give you all the opportunity to shout about what you have done. Check out the Conference page on our website to find out how. Speaker slots are filling up fast.

#TransInclusivity
Tuesday 9th April 2019
Solent University

Do you have boobs?

For trans+ people that is a loaded question. Chrysalis has been training health professionals and they have asked us to tell you that “love ‘em or hate ‘em if you’ve got ‘em then you should be checking for lumps”. All individuals aged 50—70

who are registered as female are automatically invited to breast screening every three years. If you are not registered as female with your surgery then did you know you can simply ask them to make a note that you should still be invited?



The same applies to those who have a prostate and everyone with a bowel. Make sure your surgery is inviting you to the screenings you need. Have a quick word with your GP or send the office a message if you want more information.

What's On

- *Trans+ Wellbeing Drop In*
 - *Portsmouth 2nd Thursday*
 - *Southampton 4th Thursday*
- *Trans and Questioning Support Groups 1st and 3rd Friday*
- *Significant Other Support Groups monthly*
 - *Fareham and Southampton Parents support 2nd Friday*
 - *B'mth (all) 1st Monday*
 - *Fareham & Southampton Partners support 4th Friday*
- *External training 2nd Thursday*
- *Internal meetings and training 3rd Thursday*
- *Annual General Meeting 26th Jan*
- *Chrysalis book launch 31st March*
- *Chrysalis 2nd conference 9th April*

Inside this issue:

<i>6 months in review</i>	2
<i>Internal Survey</i>	2
<i>Top Tips</i>	2
<i>Transgender Day of Remembrance</i>	3
<i>Get involved</i>	3
<i>Next steps</i>	3
<i>Chrysalis Training</i>	4

Transgender Day of Remembrance

It is such an honour and privilege to lead Chrysalis and at no time is that more evident than when we remember those who we have lost. Trans+ people have had a pretty awful time of it this last year. Inaccurate birth certificates have long been a thorn in the side of trans people since April Ashley lost her landmark divorce case back in 1971. In 2004 the government sought to provide binary trans people with the means to change their legal name and gender through the Gender Recognition Act. The process was expensive, challenging and cumbersome but at last trans people could be legally recognized in their affirmed gender. As with all acts of parliament the act needed reviewing,

not as many trans people as expected were obtaining Gender Recognition



Certificates and the government wanted to improve the system, launching a consultation in the

summer. Little could they have known what anti-trans bigotry this would stir up. Full page adverts in newspapers, challenges across all aspects of the media not just to trans people's rights to obtain legal documentation but actually their validity and rights to safe lives. Chrysalis wanted to demonstrate to trans people that there are allies everywhere and so we launched our first campaign #FlytheTransFlag where allies could make a small donation to fund our work and receive a flag to fly publicly on the 20th Nov. Wow! What a campaign, what an impact! Over £700 raised, appearances for Andi and Devin on the evening news and flags flying across the country.

Get involved with Chrysalis

The heart of Chrysalis is our meetings. The support groups and the wellbeing drop ins that provide trans and questioning people and their significant others with safe, confidential and non-judgemental spaces to meet with others of similar life experiences, receive counselling and participate in facilitated group work where individuals can process the

challenges and opportunities impacting on their lives. Our group facilitators are the heart and soul of this service, without the dedication they offer to our charity our groups could not run. With our expansion into Portsmouth and Bournemouth and the increase in services at Basingstoke, Southampton and Fareham we are looking to



develop our fantastic team, if you think you've got what it takes and have some experience in working empathically with diverse groups then email your CV to info@chrysalis-gii.org Donate to help fund our work www.justgiving.com/chrysalis-jg

Next steps

Hello! I'm Dawn and I work in the Chrysalis Head Office, but from January I'll also be facilitating the new SOS Parents Group in Southampton.

I've facilitated the Fareham group when Nina has been on holiday, and felt that I'd like to use my experience within Chrysalis to help other parents who may be struggling with the transition of their child.

We wanted to open a Southampton SOS group so I jumped at the chance

to volunteer!

So, from January 2019, Chrysalis is able to offer five SOS (Significant Other Support) Groups.



Each group runs once per month on different days, and we have SOS Partners in East Dorset, Southampton and Fareham, and SOS Parents in Fareham and Southampton.

These groups offer support to anyone whose life is impacted by the gender diversity of a loved one. Please contact the office on 01489 589111 or info@chrysalis-gii.org for further information

Chrysalis

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We're on the web
www.chrysalis-gii.org

Gender Identity Matters
Registered charity 1116321



Chrysalis Training

Chrysalis has supported gender diverse individuals and their significant others since 2005.

Keeping up to date with the latest research, policy and social change for transgender people, Chrysalis offers expert training and consultancy 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/Portsmouth/Basingstoke. Sessions are three hours, with a break in the middle, tea and coffee are provided. Contact info@chrysalis-gii.org for more information and 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.



Attendees on the Working With courses must also attend the Transgender Awareness course, or have significant understanding of issues affecting transgender people. A discount is available for those

Chrysalis is the South's leading charity supporting transgender and questioning people and their significant others

Chrysalis offers live saving support at confidential, safe groups in Hampshire and Dorset as well as advocacy, advice, networking, peer support, training and consultancy from our central office

Chrysalis has been supporting trans+ people and their families since 2005, and have supported over 600 people, most of whom stayed with us for 6 months to 2 years and many of whom have returned to volunteer for us. We currently have over 100 beneficiaries.

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 enquiries. The office team work Tuesday to Friday 9:30am to 3pm and look forward to speaking with you. If they are not there leave a message. All enquiries should receive a response within two working days.

attending both courses

Chrysalis Training contributes to the funding of the charity.

Thursday training sessions:

£40 per person per session

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

Toolbox talks

A 20-30 minute introduction to gender awareness and the support Chrysalis offers to transgender people and their significant others delivered at your place of work

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.