



## Southampton Wellbeing Centre

The users of the Wellbeing Centre are people who are, or have been, attending Chrysalis Meeting Centres and are now ready to move forward into a group that combines support with a social focus.

This is a User-led Group so those running the meetings have become Chrysalis Volunteers, after participating in Meeting Centre Activities.

**The two appointed Chrysalis Social Co-ordinators try to organise the activities to maximise the participation of as many users as possible.**

The Wellbeing Centre also encourages membership from those who have transitioned without the support of Chrysalis. There are also 'Guests' who are personal supporters, family or Chrysalis Volunteers. They make up a welcome potential knowledge source for ongoing development.

**There are regular social meetings at the Wellbeing Centre.**

These include **Café groups** where you can meet for a Coffee or Tea and talk in a safe, comfortable, social setting.

The **Chrysalis Gender Advisor** regularly has an 'open clinic' at the centre.

Individuals are encouraged to share their skills with others, these include a:

**Poetry Group,  
Reading Group  
Craft Group  
Art Group**

**Other activities on request, such as knitting and crochet skills,  
Sewing and dress alterations**

If you need it, and Chrysalis can provide it – we will.

**Other activities include:**

**Picnics  
Events  
Bar-B-Q's**

The Wellbeing Centre will have Workshops and Speakers on agreed subjects at the invitation of users. These may include:

**Personal styling  
Personal presentation advice  
Organised shopping trips  
Personal make-up sessions**



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If you need it, ask the Co-ordinators about availability. The Co-ordinators work with the Chrysalis Office Team to provide, if possible, the Wellbeing Workshops that the users ask for.

The group is user led in this area and Chrysalis would do its best to provide relevant enabling tools for those attending. Organised workshops are pre-arranged and a maximum of once a month with a 'hands-on' workshop when requested.

### **Confidentiality**

As with all Chrysalis meetings, the venue and details of the Wellbeing Centre should be kept confidential. This will enhance security and enable all who attend to feel safe.

The LAGLO will be invited to attend some meetings to talk to the users and enable them to talk in confidence about issues around prejudice. However, group users are encouraged to be more open with networking opportunities and links with other groups.

### **Linking to other Chrysalis resources:**

Those attending the Wellbeing Centre will have access to **the Chrysalis library, booklets and research.**

**The Significant Others Support Group** is available to anyone who is supporting or has supported you on your journey.

**For more information**  
**Telephone: 01489 589111 (Office)**  
**Or e-mail [info@chrysalis-gii.co.uk](mailto:info@chrysalis-gii.co.uk)**  
**or see our Website at**  
**[www.chrysalis-gii.co.uk](http://www.chrysalis-gii.co.uk)**