

Kyra provides support for women of all ages and backgrounds to take an active role in their own development through social, creative and training opportunities.

We give women the opportunity to understand the reasons underpinning their thinking and behaviour. This enables them to identify and explore alternative ways of thinking and being, thus helping them to achieve their full potential as individuals and as members of the larger community.

"Kyra changes peoples lives for the better"

You would be most welcome to visit and see the work of Kyra.

We are always looking for volunteers who are able to commit to a few hours each week or perhaps you would like to get involved with the Blue Butterflies, our fund raising team?

Keep in touch with us



01904 632332



contact@kyra.org.uk



www.kyra.org.uk



KyraWomen



Find us on: facebook.

[@KyraYorkWomensCentre](https://www.facebook.com/KyraYorkWomensCentre)



[@KyraWomen](https://twitter.com/KyraWomen)



Kyra Women's Project

CMC—St. Saviourgate

York, YO1 8N

If you would like to receive our annual report and invites to our events please let us know

Registered Charity No.1154290



kyra

women's project
supporting women
to make change

Be a Friend of Kyra



Be a Friend of Kyra

At Kyra, people are our strength: members, volunteers, trustees and the wider community.



We don't receive any regular funding, but need to meet overheads of c£28k per annum.

Would you sponsor us for a month?

£10 a month would fund the overhead costs for one drop-in session per month

£20 a month would fund learning materials for one month to support women attending self-esteem and assertiveness classes

£30 a month would fund the ingredients for a monthly cookery class

Would you sponsor us for a year?

£50 a year would fund - basic art supplies for a 6 week art course

£100 a year would fund - plants for our edible garden

£200 a year would fund - 10 counselling sessions for a woman in need

"Kyra is incredible. You feel so supported all the time. It's like a comfort blanket in an uncomfortable world"

We need your support – will you help us?

Kyra Women's Project is the only independent charity in York dedicated to women's self-development. It was established in November 2013, and is run on a voluntary basis by women for women. The Project brings together women who are isolated, emotionally vulnerable, or who are looking for help to improve their wellbeing.

"Kyra is fantastic. I don't know where I would be without you, but I know it wouldn't be good"

Would you be able to support us? We are looking for 'friends' to continue the work of Kyra.

Being a Friend of Kyra Women's Project is a rewarding and fulfilling experience; knowing that you are helping to support women with the best possible resources and support during their recovery.

Making a regular donation will help secure the future of Kyra and ensure women have a safe, secure and supportive place to go.

Please complete the following form and send to your bank or, if you prefer, setup a regular payment using your online banking.

We appreciate your support.

Please complete this form

Standing Order Mandate

To: The manager—please add your bank name and address below:

Please pay: Kyra Women's Project
HSBC, Parliament St.,
York. YO1 8RS

Account Number: 84568427

Sort Code: 40-47-31

The sum of: (numbers and words)

£

Commencing the **day of**

In the year **and thereafter every**
month/year* until further notice and debit
my account accordingly

Account name to be debited:

Account number:

Sort Code:

Signature:

Date:

*delete as appropriate