



# ANNUAL REVIEW

## 2019 – 2020



# Foreword from Patron

**“ We all need a Kyra in our lives sometimes. ”**

These were words from one of Kyra's members who had come to us for help and support, and found it. They encapsulate a really key point: none of us knows what life holds for us and every one of us will have times when we need support to cope, recover and thrive.

The year 2020 was a good example of this. The coronavirus pandemic changed everything. Lives, jobs, family contact, social activities, health, fitness and mental wellbeing – all were changed and challenged by the isolation of lockdown, the fear and sometimes experience of this new disease, and the impact on society. Kyra's members were particularly hard hit: not only did the lockdown exacerbate the risk for those enduring domestic abuse, mental illness, lack of employment or loss of confidence, but the option to attend Kyra's groups and courses was abruptly removed.

But Kyra did not disappear. Within weeks of the lockdown in March, Kyra's amazing volunteers had moved all of their support online and women were once again able to reach out for help and support. Throughout the year, this new form of support – and telephone, email and text support – has grown and grown. By November, Kyra volunteers were supporting more than 330 women every week by one-to-one phone calls, online counselling and online group activities. I am so proud to be Patron of this resilient and responsive charity.



There was another big change for Kyra Women's Project in 2020, when the founder and CEO Yvonne Copley retired in September. I have had the pleasure of working with Yvonne for many years and I know how much Kyra reflects her passion, commitment and determination. I was always struck by Yvonne's compassion for the ladies who have met her through Kyra. She will be greatly missed as Kyra moves into a new phase of its existence, helping women in and around York to make positive changes in their lives, whatever happens in the world.

*Dame Penelope Wilton DBE*

Patron



# Introduction from the Chair

As I reflect on our last year at Kyra and our achievements it is right that I begin with an enormous thank you to all of those who together make up the team. It is an understatement to say that 2020 was a challenging year as it was so much more than this heralding a pandemic and a situation that none of us have ever experienced before. I looked on with great pride as our staff, volunteers, trustees and members all pulled together to find innovative ways to continue our work and support to vulnerable women in our community. You are all an inspiration to me.

This Annual Review illustrates the extraordinary work that continued throughout 2020 and emphasises the commitment and efforts I have referenced. The evaluation from our members during this period demonstrates the positive impact in terms of improving mental health and reducing loneliness. The diverse range of services and support that Kyra offers continues to inspire me. At the same time, the demand continues to grow and 2020 has seen us focus on sustainable funding to help us to be able to support as many women as possible.

2020 has seen Kyra's founder, Yvonne Copley, retire. As Chair of the Board of Trustees I am passionate that we continue what Yvonne started and ensure a fitting legacy. Yvonne was always extremely modest about her achievements yet Kyra wouldn't be what it is without her and I wish to take the opportunity to formally thank her for all her hard work, dedication and unwavering commitment. She truly is an inspiration and it has been a pleasure to work alongside her.

In turn, this has led to a change in our leadership team and we were delighted to welcome Rosemary Cook in September



Natalie McMillan, Chair

as our Interim CEO. Rosemary has embraced everything that Kyra stands for and has demonstrated her positive impact from the outset. I am looking forward to our ongoing working relationship. I would like to extend a personal welcome to our new staff members and volunteers who have joined us during this time. I can promise you that we will never take for granted what you do and will continue to appreciate your contributions.

As we look ahead to 2021, there are still a number of unknowns especially in terms of the Coronavirus pandemic. However, I can say with certainty that Kyra will continue to be a valuable resource and place for vulnerable women to access support with the wonderful team of staff and volunteers that we have.

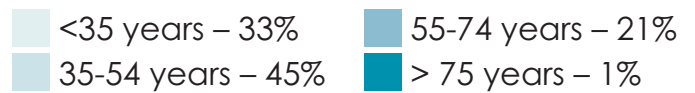
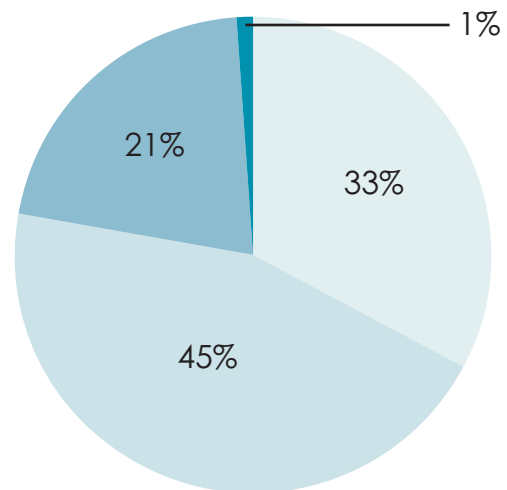
*Natalie McMillan*  
Chair

# Our Members

**K**yra now has more than 1300 members who have received help and support to make positive changes in their lives.

Although the number of members joining in 2020 was affected by the closure of the premises during lockdown, once we re-opened, there were clear signs of a revival in new member numbers.

Four and a half per cent of our members come from black and minority ethnic backgrounds, compared to 6% in the local York population. Members come from all age groups:



## Members in Lockdown

When Kyra's premises were forced to close at the end of March 2020, everything changed. Not only were Kyra's usual groups and drop-in sessions suddenly unavailable to members; some members were now trapped at home in situations that could be lonely, isolating, unsupportive or even dangerous.

Then Kyra volunteers stepped in. Almost all the sessions usually run on the premises were transferred within weeks to online rooms. Weekly drop-ins were replaced by weekly support phone

calls: by the height of the pandemic, volunteers were supporting more than 140 members each week in this way. By the autumn, there were also:

- **50** members being supported through weekly counselling sessions
- **19** online sessions taking place each week
- **158** members attending online sessions
- In total, **22** weekly support systems supporting **346** women.

When we surveyed members to see how effective these new forms of support were, we found that:

**56%** said Kyra's support had **helped their recovery** overall

**56%** said they were **less lonely**

**67%** said their mental health had **improved**

**50%** had learned **new skills**

# Our Activities

## Action Towards Inclusion

**K**yra Women's Project has been a delivery partner on the Action Towards Inclusion (ATI) programme since it began in March 2017 and has secured an extension until September 2022 with the bonus of also offering a counselling service. ATI is part of the national Building Better Opportunities programme funded by the European Social Fund and National Lottery Community Fund. This programme supports those furthest away from the labour market to progress closer to or into employment.

Our Key Workers are working with some of the most disadvantaged women in York and the surrounding areas. Often these are women who have suffered from domestic abuse and had to flee their homes and start a new life in an area where they have no friends, family or support. Or they are recovering from drug or alcohol addiction and working hard through intervention to overcome their situation. Others have raised a family and have not worked for many years; or they may not have worked due to mental health problems. All are isolated and want to move on but just need support to identify barriers, and help in setting their own goals to achieve employment. Through ATI these women can really start to blossom and believe that they can achieve and they have a lot to offer.

This year has been particularly challenging for ATI and our participants during lockdown. Many were already suffering from isolation and a real sense of helplessness. We identified a need to continue to support them through counselling, regular support phone calls, and more holistic activities which concentrated on wellbeing being offered through online groups. As most of our participants did not own a computer, we supplied every participant who needed one with a computer so they could join in with the activities on offer.

Coming out of lockdown still presents its challenges and we are once again addressing job search and employment in an ever-precarious market: we are confident our participants will rise to this challenge.

*Glynis Wernally*

ATI Key Worker



# Counselling

Since November 2019 we have seen and/or assessed 71 women and we have 35 women currently in counselling. We have a team of eight qualified counsellors and two students in advanced training. As soon as Covid lockdown prevented us seeing clients face-to-face, every qualified counsellor on the team switched to remote working with clients via online meetings or telephone. Kyra's counselling was one of very few services in York which continued to operate throughout the lockdown period.

The service remains popular as we do not charge for counselling and encourage donations, making our service accessible to all. Our clients come to us following recommendations from GPs, Social Workers, Support Workers and other agencies.

Two Ridings Community Foundation and the Sir George Martin Trust have kindly funded emergency counselling during the difficult period since lockdown which prevented many women accessing counselling. The team also continued to work with clients on a voluntary basis to ensure we could see as many women as possible.

All our counsellors complete an initial and final evaluation with clients which helps to ensure we are delivering a quality service. Overall satisfaction with the counselling received scored highly, with 88% of clients scoring it the maximum of 10.

## What members say about counselling:

“ I've found it really beneficial to talk to someone about the things that trouble me over lockdown. I've found it inspiring, I've done lots of artwork ... I'm starting to feel better in my mental health ... I feel a lot stronger. ”

“ Working over the phone has helped during lockdown. I was struggling at the beginning and having the connection with ... has helped me to deal with everyday life. I'm back working now and life is more or less back to normal. ”

“ Thank you very much – you've put my life back on track. If I'd not seen you at the time I did, I would probably have ended my life by now. Now I have my life back and I'm not just living, not just waiting to die – I'm enjoying my life. ”



# Domestic Abuse

## A Freedom from Domestic Abuse

**W**e have continued to run regular Freedom Programme courses, which helps women understand and spot the warning signs for domestic abuse. However, our second course this year had to be cut short due to the Covid lockdown. We were very keen to continue with the programme but we needed to understand how such an important and sensitive course could be adapted to on-line delivery.

Thanks to funding from Police, Fire and Crime Commissioner, we were able to obtain an unlimited licence for an online meeting platform, and the tutors began work adapting the content for this form of delivery. The first on-line pilot was a huge success and we now intend to run future programmes remotely, as the inadvertent gift has been that we are now able to reach out to women in remote areas or with disabilities who would otherwise be unable to attend.

The funding has also enabled us to purchase the books which accompany the programme and these books are a great benefit not only to the Freedom course attendees, but also to any Kyra member who is suffering or has suffered domestic abuse.

This quote from one of the women who joined our pilot online Freedom programme sums up the positive impact of Freedom on the many amazing women we are fortunate enough to meet.

“ It is a very special thing to give your time and kindness to improve the lives of so many women. The Freedom Programme completely changed my life and I am so grateful. ”

*Ann Pinsent*

Freedom Programme Leader



# Coaching

Coaching provides a different perspective to counselling and I have been offering this voluntarily within Kyra for over three years. It enables members to look from where they are now into the future, set goals or face challenges, so they can start moving forward.

Working online was not new to me, therefore it was a joy to be able to continue to support Kyra members even during the lockdown.

2020 has exacerbated fears for many of the members for various reasons, and their goals had seemed delayed or now unattainable. But through some coaching questions, sharing of tools and insights, and looking from various angles minds open up and so do opportunities.

Members have created plans for themselves such as 'project outside' to make sure she didn't become a recluse. Or 'organise me', where another knew facing her hoarding would help her after lockdown. They put the steps in place and we check in the following month to celebrate and continue to plan forward.

*Jules Wyman*

Confidence Coach & Speaker

## What members say about coaching:

“ This is fun and amazing! ”

“ I love these sessions, I can see what's possible and the way to do things. ”

“ I've been out nearly everyday this week! ”





# The ROSE Project

## The ROSE Project - Young Women's Project for 18-25's

In January 2020 the ROSE Project was flourishing. There was a six week course Be Safe which focused on safety and we had guest visits from the police to talk about safety in the home, community and online. Workers from Changing Lives came to talk about drugs and alcohol and we also looked at the Rights of a Woman. Other sessions were focused on Wellbeing. We looked at resilience, positive role models, body image and the media and made vision boards.

Another successful activity was painting 'Positive Pebbles' which was repeated as an activity at the Kyra Women's Day Event which was very well received. The pebbles were then left around the city centre to be found and hopefully be a positive part of someone's day.

The Young Women at the weekly evening sessions were beginning to bond and form a good rapport showing support and acceptance to each other. We hit a record number of 12 in attendance and 14 members on the ROSE register and couldn't fit any more bodies in the room then ... LOCKDOWN.

The focus became the welfare of the young women. Welfare emails and phone calls replaced the group sessions and then by the beginning of April we had set up ROSE Zoom sessions.

At the end of each session we find things we are grateful for and they have gone into a 'Gratitude Jar' which we will open together when we are finally reunited in the same room (aiming for January!). Our current sessions are now 'craft and zoom sessions' We are aiming to engage more young women into Kyra and to enable all

young women to make a positive change in their lives.

“ The Rose Project gave me a space to be slightly weird and cackly while also discussing really important things. The fact that I didn't need to hide my mental health issues made me feel so much more comfortable. ”

“ Going to the Rose Project was the first time I was able to leave the house and go into York town centre without having a panic attack in a long time. I learnt a lot about self esteem at the Rose Project in a way that I hadn't understood before. ”

*Sherrie Wood*

ROSE group leader



# Kyra Voices

The Kyra Voices choir meets every Wednesday at Kyra throughout the year to share the joy of singing, a little optional dancing, home-made cake at break, being together, witnessing the magic that group singing brings and having FUN!

My background is being a professional singer and running my own bands, playing swing, jazz, rock, pop and ballads. I also taught Recovery sings at Changing lives in York for four years. I am supported at Kyra by Janet and Pat who have worked with vulnerable people for many years and love singing. We encourage our singers to choose what they would like to sing so our song book is wide and varied!

During the Covid 19 lockdown one of our singers, Shona, set up an online singing group which we all attend. I ring each member who would like a little private sing or chat each week. This has proved useful if our women need support from Kyra,

who can then signpost them. They have reported back the benefits of this, with many thanks.

During our three and a half years as Kyra Voices we have performed for International Women's days in the Centenary Chapel, for our Patron Dame Penelope Wilton when she visited us last year, for Carols at Christmas and Women's centenary suffrage celebration in St Helen's Square York, and Kyra Christmas parties. We are all longing for the day when we can return to Kyra, where we will sing our hearts out!

*Carol Addy*

Kyra Voices singing teacher



# Spanish Classes

I started the new Spanish class in March which ran to the end of May and owing to Covid 19 was taught online. After the course I continued sessions with some members who wished to maintain their practice. In September I started my new formal classes for the Beginners and Improving Beginners. These are still running online.

I can see that the members have a lot of enthusiasm for and put a lot of energy into the course. The courses have provided a valuable link to other women who are also enduring lockdown so that they do not feel so alone, and has contributed to their well-being in these difficult times. They have been very responsible women, have supported each other, have interacted confidently in class with each other and have prepared for class doing the voluntary tasks which I sent.

## Ana Maria Varas

The Thursday Spanish class grew out of a need to support a larger number of members during these uncertain Covid-19 times. The three month long courses consist of a one and a half hour class per week and are accompanied by an organised program of topics and tailor made written resources.

There are a lot of reasons to learn a new language, and this year has been an excellent time to do it. During these unprecedented times it has helped the members to gain structure and focus on something positive. Learning Spanish has allowed connection with other students, and friendships to be made; it has given them a different perspective on their

own culture. Most of all we have fun and the lessons give members a sense of achievement and build up their self-esteem.

## Claudia Ovando



## Some of the member's feedback:

“ These sessions were inspirational as well as sociable. Always positive. Encouragement was paramount to people's confidence and progress. Always professional, but not afraid to make us laugh or have an excuse for making us sing and dance, learning upbeat songs in Spanish. ”

“ I was worried about my mental health during Lockdown, and it was tested at times, but I knew that keeping links with Kyra was essential to maintaining my wellbeing. ”

# Craft Sessions

**M**aking things and being creative is good for us. When you do, you feel much better afterwards: more satisfied, calmer and happier.

Kyra gave me the opportunity to run this table every Tuesday afternoon and share one of my passions with other women who feel the same. The numbers of participants depends on the day but usually there are 10 ladies per sitting rotating in and out, over the 3 hour sessions.

## What do members get from this craft table?

- Distraction. Whilst they are concentrating on what they are doing, for a while the outside world fades away and there is just them, their tools, and their work.
- The opportunity to be creative and express themselves in a fun and easy going environment, where all opinions and ideas are encouraged and welcomed. A highlight has been when some of our members have brought in ideas and are empowered through teaching the others how to do them.
- New skills and encourage their talents by working with new materials.
- A sense of confidence.
- Inspiration to become involved in creative pursuits regardless of their previous experience or abilities.

Also, the drop in craft table is a fantastic environment for meeting and interacting with new people.

One of the ways to improve our self-esteem is to give ourselves a challenge to try something new. Creative activities provide an outstanding opportunity to do this and completing an entire task, from start to finish, gives us a great sense of accomplishment.

During 2019 we explored the world of origami and paper folding, and we learnt how to make different types of flowers, ornaments and boxes, to name a few. Towards the end of the year, we created Christmas cards and the angels for Kyra's traditional Angel Tree. It was a pleasure to see the creations on sale at the Christmas Fair, thereby in some way giving something back to Kyra.

*Claudia Ovando*



# Collaborative Working

## Mental Health and Well-Being Activities Programme with York Mind

Kyra has been a key partner for York Mind, in the delivery of the Mental Health and Well-Being Activities programme (Spartacus). The programme which is funded by City of York Council provides meaning guided learning, wellbeing and social activities to support the mental health and wellbeing of York residents.

Kyra has been a partner on the programme for the past 3 years and have delivered Pause for the Menopause groups and more recently a Coping with Loss group specifically helping women in York to manage loss-including bereavement, relationship, job loss, etc.

We are very pleased to have Kyra involved in the partnership. The specialist knowledge they bring to the project in supporting the needs of women and the bespoke projects they facilitate to help women, is invaluable. We have a strong relationship with Kyra and hope this can grow and develop over the years.

*Jamie Edwards*

York Mind



## Working with Independent Domestic Abuse Services (IDAS)

Our close working relationship with Kyra has gone from strength to strength.

The development of the Women's Services Network has helped facilitate this and meant that partners in York are working together to meet the needs of women who have suffered abuse and trauma. Kyra's counselling service is vital for many of IDAS' clients in helping them on the road to recovery. Their social activities and groups such as "My Money, My Life" are also crucial in helping women to re-build their lives.

In partnership we are stronger and we have worked together on important campaigns, such as International Women's Day and 16 Days of Action. We look forward to our continued partnership into 2021.

*Ernie Duarte*

IDAS



# Our Partners

## Crombie Wilkinson Solicitors

For the last four years I have been offering free legal advice to Kyra members and volunteers through a combination of a regular drop-in clinic on the first Thursday of each month. During lockdown in 2020 we have remained very much open to Kyra members by working remotely to provide our legal service despite the difficult circumstances. I have continued to offer Kyra members and volunteers a free initial advice appointment, up to 1 hour, over the telephone or video conference so they can access our legal help and advice whilst the Kyra rooms were closed.

I have worked for Crombie Wilkinson here in York for over 15 years. I qualified as a Chartered Legal Executive in 2011 and became an Associate in the firm in 2020. My specialism and area of expertise is Family Law, including separation/divorce, financial settlements, child arrangements and support for domestic abuse sufferers. I have colleagues in many other areas of law to

whom I can signpost enquiries to for advice on other legal matters as the need arises.

I really enjoy my time meeting some of you, advising those of you who need my help and supporting the organisation as a whole with attendance at your events and helping you with fundraising. I was very pleased to see Kyra chosen as our York office charity of the year in 2019/2020 and along with my colleagues, taking part in a variety of activities, we raised £282.62 which I am pleased to say has been handed over in a donation cheque to Kyra. I look forward to our continued working relationship and sharing your journeys.

*Juliette Kilkenny*

Crombie Wilkinson Solicitors



## Peasholme Charity

Peasholme Charity are extremely proud partners of Kyra, alongside the sharing of resources, expertise and support both charities have benefited from a strong working relationship.

Peasholme Charity delivers 'My Money. My Life...' in Kyra - fulfilling both charities aims of supporting the most vulnerable in the City of York.

Kyra has developed an approach to supporting vulnerable women that is extremely effective in creating a safe

community that empowers positive change in women's lives - we are proud to be a part of it and look forward to many more years of working together

*Yvonne Morrissey*

Peasholme Charity



# Our Volunteers

Everything Kyra does relies on our volunteers. They lead sessions and take care of members while on our premises; they listen and signpost; they give emotional and practical support to women who need us. They also fundraise and promote Kyra, living its values and demonstrating its enormous importance in York and surrounding areas. As a member once said: "We all need a Kyra in our lives sometimes"; and Kyra could not be there without volunteers.

But during the pandemic and lockdown, some volunteers had to take a step back to protect themselves and their families. Some found they could not resume their contribution to Kyra. We want to thank every one of them for giving so much to Kyra, in some cases, since the day it opened in 2013.

During the year we have been recruiting new volunteers and we are very grateful to the many people who came forward to help us. After training and induction, they will be ready to be the next generation of essential supporters for women who want to make positive changes in their lives.

**“ We all need a Kyra in our lives sometimes. ”**

## Why do volunteers do what they do and give so much?

Carol, leader of Kyra Voices (Singing Group) -

“ I feel as though I have come home by being a volunteer at Kyra. ”

Pauline, Counsellor -

“ I love when I see the transformation in the facial expression of a member once they realised how Kyra would help (without making them speak through their trauma in depth). ”

Claudia, Spanish Teacher -

“ Seeing a quiet member want to help and give back in Spanish lessons by helping to teach English! Then it's all worth it. ”

Cath, welcomes new members to the drop-in -

“ Seeing members creating own friendships/networks. ”

Deanna, trainer on the self-esteem programme -

“ I find the positivity of members in the face of trial/hardship inspirational. ”

Lis Barton



Lis Barton, who supports the Mindfulness group at Kyra, says of her experience:

“ I have been a volunteer with Kyra since 2015. During the last year I have been supporting the mindfulness groups and I would like to share my experience with you.

When we decided to start mindfulness training, I had no previous experience and little idea of what it was all about. I thought it was worth finding out about it, before making up my mind, and I am extremely glad that I did.

We have a wonderful mindfulness teacher, Alison Gear, who has developed the provision at Kyra since it began, and it has been her commitment that has allowed us to continue to provide mindfulness over the years and also during lockdown.

It seems to me that the power of mindfulness at Kyra is held within the groups that form, either to learn or practice it, and this is held together by the teacher. This year we have been doing mainly the practice group, which was set up to help those who have done the 8-week training to continue to develop their skills and this is definitely the best way for me to continue to practice. I look forward to this opportunity, which is now twice a month online, and to meeting with the members who have been with me on this amazing journey of self-awareness and discovery about my relationship with my own mental process.

I have found in mindfulness practice an ability to become the observer of my own emotions and feelings, and this allows me to have some space between the my thoughts and my emotions which allows me time to have decide how I am going to react, how I am going to feel about the challenges that I face in life and to find the courage to face them. This has been invaluable for me in managing my chronic pain.

I have had such a lot of benefit from mindfulness and I have seen the same process happening for our members which makes me really happy. I want to thank Kyra for giving me this opportunity and to say how much I enjoy being the volunteer providing ongoing support for the course. ”



# Our Funders

**K**yra could not survive without the generous support of many trusts and foundations who support our work through project funding and core cost grants. In 2019/20, we were particularly grateful for the swift release of many Covid-specific funds, allowing us to bridge the very difficult transition to providing services virtually rather than

face-to-face. These funds provided IT equipment and training for members; supported volunteers to make the move online; supported extra staff time to support volunteers and recruit new volunteers; and contributed to overheads when normal fundraised income and donations fell away.

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## Our funders during this year were:

Awards for All - The National Lottery  
Community Fund

Benenden Health

Charles Hayward Foundation

City of York Council

City of York Council Guildhall Ward

City of York Council Tang Hall  
& Guildhall Ward

City of York Council Heworth Ward

Comic Relief Community Fund  
(England) Groundwork UK

Cottingham Community Trust

Feoffees of St Michael's Spurriergate

Garfield Weston Foundation

George A Moore Foundation

Hillards Charitable Trust

Joseph Rowntree Foundation

Minster Lions Club of York

National Lottery Coronavirus  
Community Support Fund

Norman Collinson Charitable Trust

North Yorkshire Police, Fire  
& Crime Commissioner

North Yorkshire Sport

The Persula Foundation

Persimmon Homes Yorkshire  
(Persimmon Community Champions)

Rotary Club of York

Sir George Martin Trust

Talent Innovations York

The Brelms Trust

The Charity of Jane Wright

The Conservation Volunteers

The George A Moore Foundation

The Purey Cust Trust

The Woodward Charitable Trust

Two Ridings Community Foundation

York Common Good Trust

York MIND

## Your Consortium Ltd provided the following funding:-

Action Towards Inclusion

ESF Community Grants

Humber Learning Consortium

Tees Esk & Wear Valley

NHS Foundation Trust

Many thanks to all of these organisations, whose generosity is the bedrock for our services.

We are also very grateful to all the individuals, too numerous to mention, who support us through personal donations. Some are Friends of Kyra, and others donate through fundraising events, 'give as you shop' schemes and our fundraising page.

Like most charities, our fundraised income and income from events was affected by the coronavirus pandemic. We will be working through our volunteers in 2020 to re-invigorate our fundraising efforts to start to redress this funding shortfall and ensure we can continue to help women in York and the surrounding area.



**MONEY**  
GIVING

# Our Board of Trustees

## During 2019/20, Kyra's Board of Trustees, who are also Directors of the Company, were:

### **Natalie McMillan – Chair**

Natalie had worked across health and social care for 15 years prior to setting up her own business providing HR services alongside events that empower and support women into leadership roles.

### **Claire McNamara – Secretary to the Board**

Claire spent her career in administrative roles in the public sector, first in the NHS and then at the University of York.

### **Susan Brook – Treasurer**

Susan has 25 years' experience as a Chartered Management accountant, working as Finance Director for a variety of companies.

### **Susan Brench**

Susan has over 30 years' expertise in strategic commercial management, stakeholder engagement, marketing and international business development, working with clients across the globe.

### **Rebecca Biggins**

Rebecca is Director of Marketing and External Engagement and a Senior Lecturer in Marketing and Tourism at York Business School, York St John University, and is passionate about education, learning, development

### **Lisa Winward**

Lisa is Chief Constable of North Yorkshire Police and is passionate about keeping our communities safe and making them feel safe.

### **Liz Kaplan**

Liz is a CIMA-qualified Finance Director who has held senior and board-level finance and operational roles, primarily in start-up and fast growth companies, for 15 years.

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At the end of the year, the Board will say goodbye to Claire McNamara, Secretary, and Susan Brook, Treasurer, who have each completed their term of office as a Trustee. Kyra would like to thank them both for their fantastic service to the charity and wish them well for the future. Liz Kaplan was elected new Treasurer of Kyra with effect from January 2021.

A process of recruitment for new Trustees to replace Claire and Susan is underway, following a skills audit of Board members.

Lisa Winward was elected Vice Chair of the Board during the year.

# Board Business

During the year, the Board dealt with a number of challenges including:

- The impact of the coronavirus pandemic
- A reduction in income from fundraising
- The retirement of the founder CEO of Kyra, Yvonne Copley, in September.

Chair of Trustees Natalie McMillan said:

“ Yvonne Copley created Kyra and her influence on it has been immense. With her team of dedicated volunteers and project leaders, she has built up the services and membership of the charity to achieve the great success it now enjoys. She has also created the good reputation of Kyra not only amongst members, but amongst many other local charities and organisations. The Board would like to thank her for all her hard work and dedication over the seven years that she has led the organisation.

We were delighted to appoint Rosemary Cook CBE as Interim CEO from September 2020 and look forward to working with her to build on these great foundations and develop Kyra in the year ahead. ”

## Plans for 2020/21

The Board has identified the following as priorities for next year:

- Completing the recruitment of new Trustees
- Implementing a new five year strategy for Kyra
- Recruiting a permanent Chief Executive Officer
- Overseeing the re-start of services on the premises once coronavirus restrictions ease.



Yvonne Copley,  
founder and former CEO of Kyra

# Our Accounts

## Statement of Financial Activities (incorporating Income and Expenditure accounts) for the year ended 30th September 2020

	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
Income	£	£	£	£
Donations and Legacies	26,138	154,517	180,655	124,487
Activities for generating funds	8,596	-	8,596	11,548
Investment income	-	-	-	-
Income from charitable activities	1,104	-	1,104	3,792
Other incoming resources	-	-	-	-
<b>Total incoming resources</b>	<b>35,838</b>	<b>154,517</b>	<b>190,355</b>	<b>139,827</b>
<b>Expenditure</b>				
Cost of raising funds				
Cost of generating voluntary income	-	-	-	-
Fundraising trading costs	635	-	635	2,005
Investment management costs	-	-	-	-
Charitable activities	29,584	136,623	166,207	118,363
Governance costs	360	-	360	360
Other resources expended	-	-	-	-
<b>Total resources expended</b>	<b>30,579</b>	<b>136,623</b>	<b>167,202</b>	<b>120,728</b>
<b>Net Income/(expenditure) before other recognised gains/(losses)</b>	<b>5,259</b>	<b>17,894</b>	<b>23,153</b>	<b>19,099</b>
Other recognised gains/(losses)	-	-	-	-
Gains and losses on revaluation of fixed assets for the charity's own use	-	-	-	-
Gains and losses on investment assets	-	-	-	-
Gross transfers between funds	-	-	-	-
<b>Net movement in funds</b>	<b>5,259</b>	<b>17,894</b>	<b>23,153</b>	<b>19,099</b>
Total funds brought forward	47,237	39,447	86,684	67,585
<b>Total funds carried forward</b>	<b>52,496</b>	<b>57,341</b>	<b>109,837</b>	<b>86,684</b>

Note: these are unexamined accounts for 2019/20.  
The final examined accounts will appear on the Kyra website.



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