



kyra women's project

Annual Review 2021/22



LOVE
SISTERHOOD
HOPE
SAFE PLACE



Foreword From our Patron



Looking back at this past year, I have one wonderful and abiding memory as Patron of Kyra Women's Project. In June 2022, I was delighted and privileged to join the members, volunteers and staff of Kyra as they celebrated the Platinum Jubilee of Her Late Majesty The Queen.

Every time I go to Kyra, I am struck afresh by the courage and resilience of these women who have overcome many forms of trauma and difficulty and moved on in positive ways. It was lovely to meet again some members whom I had met before and see how they were continuing to grow and thrive. And it was a real pleasure to meet the young women's group and hear their stories; and to see the art and crafts created by members. We celebrated – with plenty of cake and tea – not only the extraordinary life of service and dedication of The Queen, but also the strength, determination and staying power of women in the face of some of life's greatest challenges. At the end of the visit, I was able to unveil the beautiful 'Tree of Life' wall hanging which members had made for the Jubilee and which will be a permanent reminder of every woman's strength.

I am so grateful to have been able to visit Kyra for the first time in three years to pass on my admiration and support for their work. I shall certainly be back next year to help celebrate Kyra's 10th anniversary.

Dame Penelope Wilton

INTRODUCTION FROM OUR CHAIR

The last twelve months have been a time to build on our Covid recovery as a charity. The winter of 2021/22 saw all of our services operating face-to-face again with stringent precautions in place and limitations on numbers to try to keep members as safe as possible. Auditing numbers attending, we were very pleased to find that nearly 200 women had benefited from Kyra's support in person during one month, demonstrating a robust return to more usual ways of working. At the same time, we have continued to offer some online support and groups for those who need it.

The Board has been carefully monitoring the return towards financial normality, which is taking longer to achieve. Fundraised income remains below 2019 levels and we are all committed to improving this in the coming year.

One major change this year was the retirement of Natalie McMillan as Chair of Kyra, at the end of her term of office. Nat was a wonderful chair, leading the charity and the Board at a critical time and we are all very grateful to her for everything she has contributed. I have stepped in as Interim Chair while we recruit a new person for the longer-term role.

Finally I would like to thank the Kyra team for all of their hard work and dedication this year, supporting women as they make positive changes in their lives.

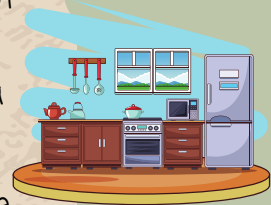
Lisa Winward QPM



Review of the Year



One of the undoubted highlights of this last year came in October, when, thanks to funding from the Feoffees of Spurriergate and Persimmon Homes, Kyra was able to install a new kitchen in our premises. Or to be precise, our lovely new facility was installed for us, pro bono, by the amazing fitters Gary and Jennie from North Yorkshire Home Improvements. We are so grateful for the funding and for the immense effort and time that the fitters put in. We now have much more storage space for all the tea and coffee - we make around 200 cups a week for members - and a wonderful, working cooker for our food and nutrition courses.



Another highlight came in June when our Patron, Dame Penelope Wilton, was able to visit us for the first time since the start of the pandemic. Dame Penelope spent the day talking to members and volunteers, and looking at the work of the art group and the ROSE young women's group in detail. She unveiled our Jubilee wall hanging, made by our members to celebrate the Platinum Jubilee, during a celebratory Jubilee tea. Many thanks to The Arts Council for the funding for this creative project.

In July, we enjoyed a baking hot day on the banks of the River Ouse, cheering on our Dragon Boat race team. Dressed this year in 1980s' fitness gear, they were unmistakable on the water, even if they did not prove unbeatable. They were true champions in fundraising, however, raising over £3000 for Kyra.



THE FUTURE OF VOLUNTEERING AT KYRA

From the volunteering strategy review.

- RECRUITMENT
- RETENTION
- REWARD

We undertook several important projects this year. One was a review of our volunteering strategy, aimed at ensuring that we can recruit and deploy enough volunteers to keep all of our activities running for members. Volunteers are the heart, soul and backbone of the charity, and without them, women would not get the vital support that they so need and value. A working group of volunteers, staff and trustees looked at issues around recruitment, retention and reward for volunteers, and made a series of changes to our practices to improve each of these.

We also reviewed the organisation of our very busy counselling service, working in partnership with other counselling services in York. Introducing a self-referral form to find out a bit more about a woman's need has enabled us to manage the waiting list better and make sure women are aware of other Kyra activities that can help them while they wait for counselling.

At the same time, we have been running a Member and Stakeholder Engagement programme to gather views on Kyra's work and ambitions and test them against the thoughts of key people including volunteers, members, partner organisations and the public. This work will complete at the end of the year.

Finally, we have been privileged this year to partner with The Rank Foundation on their Time to Shine leadership programme, by employing a potential voluntary sector leader to work with us for a year while undertaking a national leadership programme. You can read more about this on page 11. The Rank Foundation also kindly gave Kyra one of its 50th anniversary Golden Awards, to run a project called The Stories You Want To Tell. Members are busy creating a multi-media performance of their own stories in a project that will come to fruition in time for our 10th anniversary celebrations next year.

Rosemary Cook CBE



Members' Year

22

Different activities/courses per week

170

Average attendances per week

Active volunteers

46

SPOTLIGHT ON COUNSELLING

This year, 180 women have either received a course of counselling (114) or been signposted to the appropriate support (66) resulting in a total of 1080 hours of counselling given to members. Circa 47% of our counselling has been funded by kind donations/funding and 53% is pro bono. Around £29,000 worth of counselling has been given voluntarily by the team.

Our counselling measures reflect the values of Kyra, especially building confidence and self-esteem: average scores increase from 3.8 to 6.9 and 3.6 to 6.8, respectively. The counselling team remains strong with eleven therapists including three placement students. Sadly, we said goodbye to Sarah Oehlschlager who has retired after being with us since 2017. We were delighted to welcome student Caroline Kitching. Congratulations to Lis Barton, Fleur Lee-Green and Susannah Moody who completed their student placements and have all decided to stay with us.

ANN PINSENT, HEAD COUNSELLOR

THE ROSE GROUP (WOMEN AGED 18-25)

This year, we covered topics such as how the brain responds to stress, Body image, Support around us, self confidence and ways to relax. We also had sensory making sessions such as Playdough, slime and stress balls. 21 women attended the afternoon sessions and 20 attended the evening sessions (8 of these attended both). Rose Group members can access 1-1 sessions during the session and via phone calls and zooms. This opportunity has been accessed by 9 members totaling in 22 1-1's (12 face to face, 8 phone calls and 2 zooms).

Both afternoon and evening sessions were involved in a consultation with North Yorkshire Police, Fire and Crime Unit around views on the police.

This was a national consultation for Independent Office for Police Conduct and views have been gathered in a published report to provide impetus for further action planning on the part of police forces and related agencies.

The evening sessions included activities such as Halloween baking, autumnal wreaths, pamper sessions, sleep hygiene, making lavender bags, 3 year celebration party, and 3 attended the Kyra jubilee party and met with Kyra's Patron Dame Penelope Wilton.

4 members were invited to participate in a podcast for Yormind (a Project run by York Mind). This also led to 4 members taping individual podcasts for the Project discussing their journey with mental health issues.

11 members also gave feedback on Adult Services and Support for Mental Health Support as part of Health Watch Consultation.

Both sessions continue to run successfully and effectively. The Rose Group is member-led and it is a consistent, supportive and safe space for the members to have social interactions with other young women.

SHERRIE WOOD,
ROSE GROUP LEADER



Tree decorated by members

OUR VOLUNTEERS

This year, we reviewed every aspect of our volunteering, and came up with improvements to how we recruit, retain and recognise our fantastic volunteer workforce.

What our volunteers say:

"Volunteering at Kyra has given me a cohort of lifelong friends" - Ann

"I JUST LOVE BEING PART OF THE TEAM, BEING WITH FRIENDS AND LIKEMINDED PEOPLE" - CAROLINE

"Volunteers have to come first, and the rest will follow" - Ann

"There is so much to get involved with from gardening to cooking groups to running drama classes" - Becky

Walking Group

The Walking Group has had a great year, enjoying the positive improvement to mental health.

Thanks to funding from The Arnold Clark Group, we were able to travel further afield for new walks this year. We were also able to have some refreshments along the way!

"Thank you to all the Walk Leaders." - Walking Group Members

- Elaine Hirst and Sue Collins,
Walk Leader volunteers

78 HOURS OF VOLUNTEERING PER WEEK

4000

HOURS OF VOLUNTEERING PER YEAR

£43,500

EQUIVALENT TIME DONATED FOR FREE

To volunteer with Kyra, go to our website and complete the application form. You will gain so much from the experience!

OUR PROJECTS



Ambassadors Programme

The Ambassadors Project worked to embed Ambassadors in workplaces across York to signpost female colleagues, clients and customers to the services and activities available at Kyra. We created a range of online resources to train all team members in signposting and engaged with many different types of businesses including garages, make-up artists, dentists, audiologists, veterinary practices, retailers, accountants and business networking organisations. All enrolled organisations received a plaque to display in their premises and/or online.

Clare Cutler Casey, Project Lead for Kyra Ambassadors Programme



Helping Hand

This project aimed to integrate women who have been in touch with the justice system, or are at risk of offending, into Kyra to help them make positive changes in their lives. Although limited by Covid restrictions at the time, we visited HMP Askham Grange, our local women's prison, and enrolled a set of new members who will be able to attend Kyra on release. This work has led us to join the Women in Prisons project and we plan to take Kyra sessions into the prison in future.



LEAP (June 2021 to May 2022)

A project that supported unemployed or economically inactive women to take the next steps into further education or employment. By working closely with members in both 1-2-1 support and group sessions, members developed their CVs, cover letters, interview techniques and built confidence. Each member was encouraged to travel at their own pace and was supported at each stage of the process, to achieve THEIR goals in THEIR own time.

The project supported a total of 17 members; 2 who progressed into education and 6 into employment.

BECKY LENNON,
LEAP PROJECT MENTOR



MEMBER AND STAKEHOLDER ENGAGEMENT

THIS YEAR WE HAVE STARTED OUR BIGGEST EVER CONSULTATION EXERCISE, TO FIND OUT WHAT OUR MEMBERS AND OTHER STAKEHOLDERS FEEL ABOUT KYRA'S WORK AND WHAT WE SHOULD DO IN FUTURE. COMBINING FOCUS GROUPS, SURVEYS AND A SERIES OF PUBLIC INTERVIEWS, THIS PROJECT WILL HELP THE TRUSTEES REVIEW AND REFRESH OUR 5 YEAR STRATEGY.



Route to Recovery

Our Route to Recovery (R2R) project has worked with 96 women to create a bespoke pathway through the support we offer at Kyra. Working towards shared goals, members are supported to access courses and activities that will help them recover after experiencing domestic abuse or poor mental health. We've held 19 quiet drop-ins for R2R members, designed new workshops on topics like 'Boundaries and Self-care' and 'Positive Thinking' to better meet their needs, and so far, we've seen average scores for members increase by 32% on self-esteem, 24% on loneliness, and 23% on positive thinking.

In one member's words: "I knew I needed help but not what I needed. I'd recommend it to anyone. I'd reached a point where I saw patterns but couldn't break that loop. I had been suicidal and if I didn't have this safe space, I don't know what would have happened."

Anna Perrett, Route to Recovery project manager



OUR PROJECTS



Action Toward Inclusion (ATI)

We are now halfway through our third extension with the European Social Fund and the National Lottery Community Fund. Action Towards Inclusion (ATI) reaches out to those furthest away from obtaining work, education or both. We work closely with our participants setting goals, offering courses to increase their mental health resilience and overall wellbeing, re-establishing their sense of self, giving them the tools to help to improve their employability. We have established a healthy working relationship with York Job Centre, holding one to one meetings with potential participants, and running coffee mornings to encourage women to meet the team and sign onto the ATI initiative. Our numbers are healthy, and we are on the way to meeting our targets and our participants are inspiring.



The Stories You Want to Tell

'THE STORIES YOU WANT TO TELL' (TSYWTT) IS A COLLABORATION BETWEEN KYRA WOMEN'S PROJECT, YORK THEATRE ROYAL AND THINK-IT THEATRE, FUNDED BY A GOLDEN AWARD FROM THE RANK FOUNDATION. TSYWTT PROVIDES A SAFE CREATIVE SPACE FOR WOMEN TO CELEBRATE POSITIVE CHANGE AND THE STEPS THEY HAVE TAKEN TO GET WHERE THEY ARE NOW. IT INVOLVES DRAMA, POETRY, CRAFT MAKING, WRITING AND GARDENING - SOMETHING FOR EVERYONE! ALL WOMEN WHO ENGAGE WITH THE PROJECT WILL HELP TO CREATE A FILM THAT CAPTURES THEIR JOURNEY AND ACHIEVEMENTS, CURATED BY A LOCAL PLAYWRIGHT.

Becky Lennon, Jules Risingham,

Think It Theatre



Partners & Collaborators

POSITIVE BELIEF LTD

Jules WYMAN 

Confidence coach Jules Wyman has delivered free coaching sessions to Kyra members on 'Motivational Mondays' for many years.

"I have been partnering with Kyra for 5 years and am in awe of what the charity offers and provides for it's members. As a volunteer coach, I have the honour of working with some amazing women. My ambition with them is to simply help see beyond their unhelpful thinking and see factual evidence so they can inspire themselves to go for the life they want. It's such a pleasure to watch the transformation they go through. I leave Motivational Mondays with a spring in my step being inspired by them!"

Peasholme Charity

PEASHOLME DELIVERS THEIR 'MY MONEY, MY LIFE' PROJECT IN PARTNER VENUES INCLUDING KYRA, PROVIDING 1-1 EXPERT ADVICE ON MONEY MATTERS TO OUR MEMBERS

"We are very proud of our long-standing working relationship with Kyra. As a small charity working to tackle poverty and homelessness, we value partnerships with organisations that help us fulfil our mission of reaching those in need in the community: Kyra allows us to work with vulnerable women in a space they already value and feel safe within"



CROMBIE WILKINSON SOLICITORS



We are delighted that Crombie Wilkinson solicitors have continued to provide free initial consultations for our members on matters of family law.

"We continue to be passionate about and enjoy supporting the great work that Kyra does in our community. To be able to help anyone who comes to Kyra looking for the right legal advice for their circumstances means a lot to us and we will continue to do our best for those who need us."



York

YORK MIND RUNS THE SPARTACUS MENTAL HEALTH AND WELL-BEING ACTIVITIES PROGRAMME THROUGH WHICH WE HAVE BEEN ABLE THIS YEAR TO PROVIDE A NEW, TAILORED COURSE FOR WOMEN OVER 50 CALLED 'TIME OF OUR LIVES'.

"KYRA ARE ONE OF OUR LONGSTANDING, TRUSTED PARTNERS. THEY PROVIDE FANTASTIC SUPPORT FOR WOMEN AND SUPPLY ACCURATE AND MEANINGFUL REPORTING TO YORK MIND. WE VERY MUCH HOPE THIS PARTNERSHIP CAN CONTINUE"

IDAS (Independent Domestic Abuse Services)



- THIS CHARITY WORKS WITH US TO PROVIDE THE VERY VALUABLE MOVING ON FROM DOMESTIC ABUSE COURSE FOR OUR MEMBERS.

"WORKING IN PARTNERSHIP WITH KYRA MEANS THAT WOMEN AND GIRLS CAN ACCESS THE SPECIALIST SUPPORT THEY NEED, WHILST ATTENDING GROUPS AND ACTIVITIES THAT HELP TO BUILD ON STRENGTHS AND RESILIENCE TO REDUCE RE-VICTIMISATION"

TIME TO SHINE



This year, Kyra secured a place on the Rank Foundation's Time to Shine Programme. The Time to Shine Programme is an opportunity for someone to begin a career in the charity sector, funded by the Rank Foundation, they work for a charity for one year as a Time to Shine Leader. The Time to Shine Leader completes the Rank Foundation's leadership programme, attending leadership days and conferences throughout the year, whilst working on a project for their organisation. The Time to Shine Leader, and their manager, also receive a generous bursary to spend on their development.



Kyra employed Isabel in January 2022 as the Volunteering and Programmes Coordinator and Time to Shine Leader. Isabel has been working on a project for Kyra to streamline processes that link Kyra's members, volunteers and programmes. A large part of this has been to introduce a new online booking system to Kyra.

"Working for Kyra and the Time to Shine Leadership Programme has given me the best start to a career in the charity sector. I am proud of what I have achieved and the skills I have developed this year. It has opened lots of doors and I am excited to see what the future has in store!"



New Partners



York Rugby League Football Club

"Here's to strong women, may we know them, may we be them and may we raise them."

York RLFC are no strangers to strong women both on and off the field, and our 2022 partnership with Kyra Women's Project allowed us to commemorate this!

Dedicating Sunday 5th June 2022 as our first ever Women's Day, York RLFC hosted a double header fixture with the Valkyrie and the Knights taking on opponents Leeds Rhinos and London Broncos, respectively.

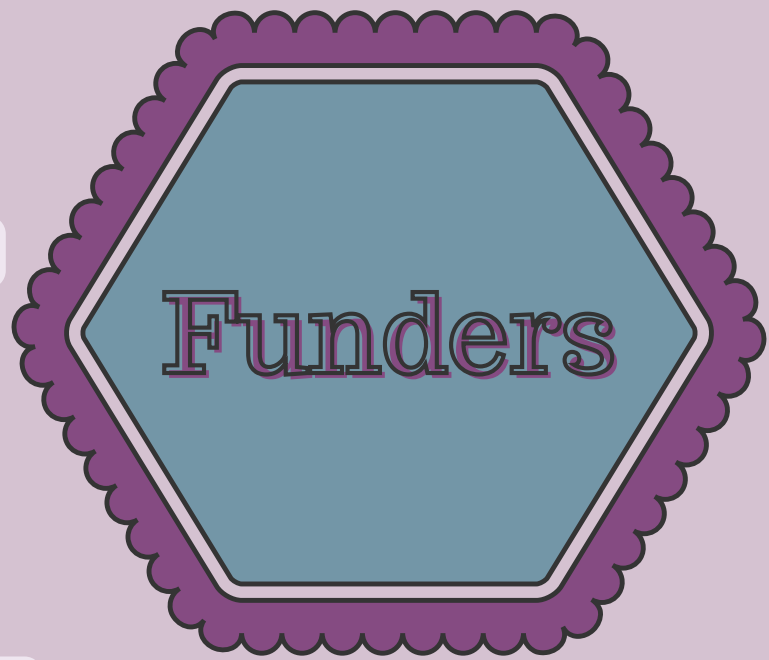
We invited a number of Yorkshire Businesswomen into the hospitality areas for the matches, giving us an opportunity to introduce them to the great work that Kyra Women's Project does as well as celebrating their success.

With both teams enjoying a win that day, and a donation made to Kyra Women's Project from the club, we are delighted to continue to be involved with Kyra Women's Project, and look forward to how we can work with them in years to come.



**Jenny Bullock,
York City Knights RLFC**





- ARNOLD CLARK COMMUNITY FUND
- ASDA FOUNDATION
- AVIVA PLC
- AWARDS FOR ALL (NATIONAL LOTTERY)
- BENENDEN HEALTH
- BETTER CONNECT
- BETTY'S AND TAYLOR'S OF HARROGATE
- CG5 EUROPEAN SOCIAL FUND 2021
- CHARLES HAYWARD FOUNDATION
- COMIC RELIEF
- COVID 19 EMERGENCY FUNDING
- FEOFFEEES OF ST MICHAEL'S SPURRIERGATE
- GARFIELD WESTON FOUNDATION
- GUILDHALL WARD
- HILLARDS CHARITABLE TRUST
- JOSEPH ROWNTREE FOUNDATION
- LEEDS BUILDING SOCIETY
- MICHELLE STEWART
- MIND
- MINISTRY OF JUSTICE
- NIMBUSCARE COMMUNITY FUND
- NORMAN COLLINSON CHARITABLE TRUST

*Thank
You*

- PERSIMMON PLC
- PERSULA (NOW THE FAIRNESS FOUNDATION)
- POLICE, FIRE AND CRIME COMMISSIONER
- PUREY CUST TRUST
- TESCO GROUNDWORK COOK AND SHARE
- THE CHARLIE AND ELSIE SYKES TRUST
- THE EMERGENCE FOUNDATION
- THE NATIONAL LOTTERY
- THE RANK FOUNDATION
- THE WITHRAM FAMILY TRUST
- TORQUE LAW LLP
- TWO RIDINGS COMMUNITY FOUNDATION
- WAYS TO WELLBEING
- YORK CVS
- YORK ROTARY

People Supporting Kyra

Thank you to Gary and Jennie from North Yorkshire Home Improvements for fitting a fantastic new kitchen free of charge at Kyra! Funded by the Feoffees of St Michael's Spurriergate and Persimmon PLC, this kitchen has produced lots of cups of tea and several cookery courses for our members this year.



We were delighted to be offered a free stand at the Sleeper Artisan Craft Fair this year, to sell some of the wonderful crafts made by our members.



Hunters estate agency in Haxby, York, donated £250 to support our work with women in the area and Samantha Dunlop from Hunters presented the giant cheque. Sam had learned about Kyra from a friend who volunteers for the charity and who told her about the various courses and activities provided to help women make positive changes in their lives.



We had a wonderful International Women's Day, held in person again this year after being online last year due to the pandemic. Thanks to all the many local charities and businesses who supported us with stands and shared the cakes!



Art and Craft Group

OVER THE LAST YEAR, THE KYRA ART AND CRAFT GROUP WAS INVITED BY THE YORK ART GALLERY TO TAKE PART IN TWO PROJECTS.

THE FIRST WORKSHOP CALLED 'COMMUNITY OBJECTS', LED BY THE WONDERFUL ARTISTS SARAH YATES AND LYDIA CAPRANI, WAS A COMMUNITY PROJECT EXPLORING THE BLOOMSBURY GROUP. MEMBERS WORKED ALONGSIDE THE ARTISTS PRODUCING DECORATIVE OBJECTS IN THE STYLE OF THE OMEGA WORKSHOP, PAINTING TILES, PLATES, BOXES, FANS AND A DECORATIVE FIREPLACE.

THE MEMBERS ENJOYED THE AMAZING EXPERIENCE AND THE ATMOSPHERE. THEY FELT PROUD WHEN THEY SAW THEIR WORK DISPLAYED IN THE EXHIBITION IN MARCH. FOR SOME OF THEM IT WAS THEIR FIRST TIME AT THE YORK ART GALLERY!

THE SECOND PROJECT WAS TITLED 'CLAY TEXTURE WALKS AND BAREFOOT PRACTISE'. THIS CLAY WORKSHOP EXPLORED WELL-BEING AND GAINSBOROUGH'S FASCINATION WITH NATURE. MEMBERS TRIED AND EXPLORED TEXTURES OUTDOORS, FORMING PHYSICAL IMPRESSIONS AND TRACES IN THE CLAY USING DIFFERENT NATURAL AND MANMADE OBJECTS; BEFORE PROGRESSING TO BAREFOOT IMPRESSIONS IN THE CLAY. THIS TIME OUR MEMBERS WORKED WITH THE ARTISTS FRANCESCA KING AND SARAH YATES.

ONCE AGAIN, THE FEEDBACK FROM THE MEMBERS WAS WONDERFUL, THEY FOUND IT BRILLIANT AND TOTALLY NEW. WE ARE VERY GRATEFUL TO YORK ART GALLERY FOR MAKING THIS ACCESSIBLE TO OUR WOMEN.

Claudia Ovando, Art and Craft Group Facilitator



#DO IT FOR KYRA

Vanessa Quarmby,
Kyra volunteer, ran
a coffee morning to
raise funds for
Kyra:

"I HAVE SEEN FIRST HAND HOW IMPACTFUL AND EMPOWERING THE FREEDOM PROGRAMME IS FOR WOMEN WHO HAVE SUFFERED DOMESTIC ABUSE. RAISING MONEY AT A COFFEE & CAKE DAY (YES, ALL DAY, CAKE FOR BREAKFAST/& LUNCH!) WAS MY WAY OF HELPING KYRA CONTINUE TO DELIVER THIS INCREDIBLY VALUABLE COURSE. KYRA HELPS WOMEN WHEN THEY NEED IT MOST, WHAT COULD BE BETTER THAN CELEBRATING THIS OVER COFFEE & CAKE?! WE HAD OVER 50 LOVELY LADIES ATTEND, A HUGE NUMBER OF DELICIOUS BAKED TREATS DONATED AND GALLONS OF COFFEE WAS CONSUMED. KYRA WAS TALKED ABOUT BY MANY AND HOW ESSENTIAL THEIR WORK IS, LONG MAY THAT CONTINUE."

Caroline Kitching, another Kyra
volunteer, ambassador and trainee
counsellor, also raised funds:

"I HELD A 'POP UP' COFFEE MORNING AND FUNDRAISER LAST NOVEMBER (2021), IN MY VILLAGE HALL. AS I AM ON THE COMMITTEE IT WAS EASY TO SECURE THE VENUE FOR FREE, BUT I AM SURE MOST VILLAGE HALLS WOULD DO THE SAME. IT WAS A 2-HOUR EVENT AND WE SERVED COFFEE/TEA AND CAKES AND BISCUITS ON-PREMISES AND AS A TAKEAWAY (AS WE WERE STILL UNDER CERTAIN COVID RESTRICTIONS).

I ARRANGED A PRIZE DRAW WITH PRIZES INCLUDING A MEAL VOUCHER FROM 2 LOCAL PUBS. KARATE LESSONS, CHRISTMAS WREATH VOUCHER, ASDA HAMPER, NESTLE HAMPERS PLUS LOTS OF LOVELY DONATIONS FROM INDIVIDUALS. I MANAGED TO SELL OVER £200 OF TICKETS BEFORE THE COFFEE MORNING AND DREW THE RAFFLE TOWARDS THE END (AND MADE MORE ON THE DAY!). ALL IN ALL, I RAISED £1096.

I AM PASSIONATE ABOUT SPREADING THE WORD ABOUT KYRA AS PART OF MY AMBASSADOR'S ROLE, SO IT WAS THE IDEAL OPPORTUNITY TO REACH OUT TO MORE WOMEN IN THE RURAL AREA, PLUS RAISE FUNDS FOR KYRA."

York St John's University cheerleaders rounded off their year's support to Kyra with a spectacular demonstration of dance and cheerleading. Over the year they raised over £1400 for us, with a variety of events from quizzes to cake bakes to film nights. And of course, cheerleading!



A TEAM OF KYRA COLLEAGUES INCLUDING TRUSTEES, STAFF AND VOLUNTEERS, RAN THE YORKSHIRE MARATHON IN TWO RELAY TEAMS IN OCTOBER TO RAISE FUNDS FOR KYRA. THEY DID AMAZINGLY WELL, FINISHING 1ST AND 2ND OF THE WOMEN'S RELAY TEAMS! IN THE PROCESS THEY RAISED £2020.



Our Dragon Boat racing team hit the water wearing 1980s' fitness gear and put up a good showing in a strong field of 32 boats. In temperatures of over 30 degrees, they competed in three heats but missed out on the final. They were though hugely successful in fundraising over £3000, two thirds of which came directly to Kyra.



Recognition for Kyra



YVONNE COPLEY MBE

In January 2022, Kyra's founder and first CEO, Yvonne Copley, was recognised in the New Year's Honours list with the award of an MBE. Afterwards, Yvonne said:

"I was very surprised and very excited (to hear the news), and also very humbled by it. The role I was doing was one I very much wanted to do, and to be acknowledged for it is absolutely amazing.

"It was very difficult (not telling anybody) as it's something you want to tell the world about and thank all your volunteers by saying 'this is all part of you'.

"It gives charities like Kyra a bit of a higher profile and if it helps to get the word out about what we do then that's wonderful. There are so many charities in York doing amazing work, and for us to get this accolade it's just wonderful."



CHIEF CONSTABLE LISA WINWARD QPM

LISA TOOK OVER AS CHAIR OF KYRA IN MAY 2022 AND IN JUNE WE WERE DELIGHTED TO HEAR THAT LISA HAD BEEN AWARDED THE QUEEN'S POLICE MEDAL FOR DISTINGUISHED SERVICE IN THE QUEEN'S BIRTHDAY HONOURS. LISA SAID:

"It is a privilege to be the Chief Constable of North Yorkshire Police and to serve our communities. Receiving the Queen's Police Medal in this special Jubilee year was an honour and is with thanks to the inspirational people who have supported me throughout my career in public service".

BIG THANKS

IN MAY, KYRA WAS HONOURED TO BE RECOGNISED BY THE CITY OF YORK WITH A 'BIG THANKS' CERTIFICATE FOR ITS 'KINDNESS, GENEROSITY AND PRACTICAL HELP DURING THE COVID 19 PANDEMIC'. CEO ROSEMARY COOK RECEIVED THE FRAMED CERTIFICATE ON BEHALF OF THE WHOLE KYRA TEAM AT A DINNER HOSTED BY THE LORD MAYOR OF YORK IN THE NEWLY-REFURBISHED GUILDHALL.



Golden Award

As a member of RankNet, the professional network of The Rank Foundation, Kyra was able to apply for a Golden Award – 50 awards marking the 50th anniversary of the death of Lord Rank. And in 2022, we were successful! The award is funding our project The Stories You Want To Tell, in which our members share their experiences of growth and positive change in their lives. They are creating a performance which will be filmed and premiered next year so that many more members can be encouraged and inspired by what can be achieved with support, resilience and courage..



Our Board of Trustees

As of 30 September 2022, our Trustees, who are also Directors of the Company, were:

- **Lisa Winward QPM** – Chair – Lisa is Chief Constable of North Yorkshire Police and is passionate about keeping our communities safe and making them feel safe.
- **Liz Kaplan** – Treasurer – 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.
- **Annabel Jelley** – Annabel has a background in public funding and specialises in the skills people need to succeed in work and life. She is a consultant working on strategy development, impact assessment, evaluation and research projects.
- **Victoria Remington-Smith** – Victoria is an Executive Assistant in the NHS, where she enjoys helping others, supporting them and helping them develop themselves to be the best they can be.
- **Helen Bradley** – Helen is a Corporate and Foundation Philanthropy Manager at The University of York. Helen supports the Faculty of Social Sciences to generate philanthropic income for ground breaking research and projects that makes a difference to the lives of people across the world.
- **Nicola Winter** – Nicola works for Experian as an IT Risk and Controls Manager and outside of work she volunteers as the IT support for the City of York Hockey Club, as well as being Ladies 4s Captain and Ladies Club Coach.

Retiring Trustees

The Board was sorry to say goodbye to Natalie McMillan, who had been Chair of the charity for three years. She was thanked for her fantastic work with the charity at the AGM in May.

The Board also said goodbye and thank you to Rebecca Biggins, whose term of office ended this year.



New Trustees 2021/22

Nicola Shepherd – Nicola has worked in Marketing for over 20 years across both the private and the not-for-profit sectors in addition to volunteering as a Mentor to young Marketeers and running her own business as a Family Celebrant.

She feels it is incredibly important that women are able to access the support and intervention they require, when they require it to help them to fulfil their potential.

Jenny Dinning – Jenny works as head of external relations in the education sector and has many years of experience in marketing, communications and media management.

PLANS FOR 2022/23

THE BOARD OF TRUSTEES WAS PLEASED TO HAVE ACHIEVED THE ACTIONS PLANNED FOR 2021/22 BY THE END OF THE YEAR, INCLUDING:

- CREATING A NEW FUNDRAISING STRATEGY TO ENSURE CONTINUITY OF PROVISION OF OUR SERVICES
- REVIEWING OUR VOLUNTEERING STRATEGY TO INCREASE THE DIVERSITY AND FLEXIBILITY OF THIS IMPORTANT WORKFORCE
- CONSULTING WITH MEMBERS AND OTHER STAKEHOLDERS ABOUT THE FUTURE OF KYRA
- LAUNCHING A NEW WORKPLACE AMBASSADOR PROGRAMME TO SPREAD THE WORD ABOUT KYRA'S SUPPORT FOR WOMEN.

IN THE COMING YEAR, THE BOARD PLANS TO:

- OVERSEE A PROGRAMME OF FUNDRAISING LINKED TO OUR 10TH ANNIVERSARY TO RESTORE INCOME TO PRE-PANDEMIC LEVELS
- CREATE A FINANCIAL STRATEGY TO TAKE THE ORGANISATION FORWARD INTO THE NEXT 10 YEARS
- RECRUIT A NEW CHAIR TO ENSURE CONTINUITY OF LEADERSHIP FOR THE CHARITY
- REVIEW THE CURRENT STRATEGY AND DAY-TO-DAY OPERATIONS IN LIGHT OF EXTERNAL CIRCUMSTANCES AND THE FINDINGS OF THE MEMBER AND STAKEHOLDER CONSULTATION EXERCISE



FINANCIAL ACCOUNTS

Statement of Financial Activities (incorporating Income and Expenditure accounts) for the year ended 30th September 2022

| | Unrestricted Funds £ | Restricted Funds £ | Total 2022 £ | Total 2021 £ |
|--|----------------------------|--------------------------|--------------------|--------------------|
| Income | | | | |
| Donations and Legacies | 30,340 | 236,756 | 267,096 | 268,966 |
| Activities for generating funds | 2,753 | - | 2,753 | 5,248 |
| Investment income | - | - | - | - |
| Income from charitable activities | 4,373 | 3 45 | 4,718 | 2,706 |
| Other incoming resources | - | - | - | - |
| Total incoming resources | 37,466 | 237,101 | 2 74,567 | 2 76,919 |
| Expenditure | | | | |
| Cost of raising funds | - | - | - | - |
| Cost of generating voluntary income | - | - | - | - |
| Fundraising trading costs | 1,727 - | 1 48 | 1,875 | 1,636 |
| Investment management costs | 85,199 | - | - | - |
| Charitable activities | 4 33 | 172,406 - | 257,604 | 232,780 |
| Governance costs | - | - | 433 | 390 |
| Other resources expended | 87,359 | 172,553 | - | - |
| Total resources expended | | | 2 59,912 | 2 34,806 |
| Net Income/(expenditure) before other recognised gains/(losses) | (49,893) | 64,548 | 1 4,655 | 4 2,113 |
| 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 | 50,570 | (50,570) | - | - |
| Net movement in funds | 6 77 | 13,978 | 14,655 | 42,113 |
| Total funds brought forward | 71,132 | 83,216 | 154,348 | 112,235 |
| Total funds carried forward | 71,809 | 97,194 | 1 69,003 | 1 54,348 |



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