



**kyra** women's  
project

supporting women to make change

# **CORPORATE PARTNERSHIP WITH KYRA**

**SUPPORTING WOMEN TO MAKE POSITIVE  
CHANGE IN THEIR LIVES**





*Supporting  
Women to Make  
Change*

# Supporting Kyra Women's Project

Thank you for your interest in supporting Kyra. This booklet tells you how your company or organisation can make a difference to the lives of women in York and the surrounding area.

## Why Support Kyra?

Kyra Women's Project is a special place. Open to all women, we offer unique, women-led support to those aged 18 years and over living in the City of York and its surrounds. We call the women who use our service 'members'.

On average we have up to 24 different activities on offer each week and between 150 and 200 women access these. We currently have 500 active members and over 1500 members on our database. Our members are women aged 18– 92, working in solidarity to become the 'person they were meant to be'.

Our work is split into four categories: reducing isolation, encouraging emotional expression and exploration, tackling specific issues and developing skills. We do this through a variety of activities, courses, workshops and counselling, an example of a few are:

- Self-Esteem Course
- Money Advice with Peasholme
- Drop-Ins
- Craft and Poetry Groups
- Boundaries and Self-care Workshops
- Mindfulness
- Walking Group

We offer a pathway to other helping organisations in York and routes back to engaging in community life.

For more about our work, see [www.kyra.org.uk](http://www.kyra.org.uk)



## Our members' needs

There are a variety of reasons women come to Kyra, from loneliness and isolation to seeking support while dealing with mental ill health or a traumatic experience. The uniting factor is that they want to feel safe and need support to rebuild their lives.

**40%**

**of project users will live in abusive situations, with more in denial**

**60%**

**struggle with loneliness, building friendships, and lack family support**

**75%**

**are referred by NHS and specialist charities, specifically for reasons of mental ill-health**

**61%**

**want help to improve their confidence and self-worth**

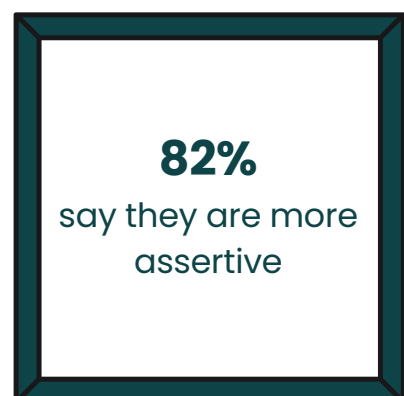
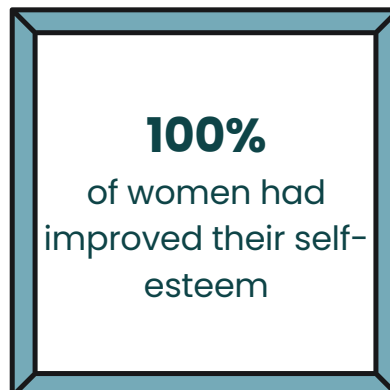
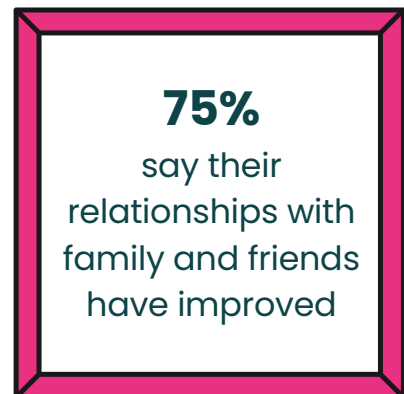
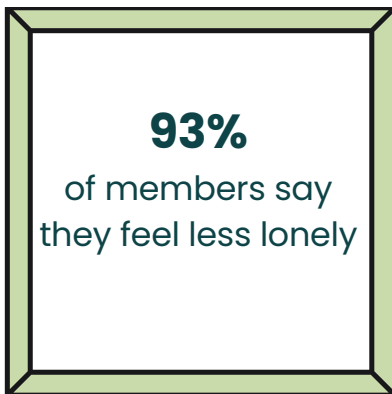


## Our Impact

At any time, we have **500 active** members out of over **1,500** who have signed up for our services since we opened our doors in 2013. Spanning the generations, women aged 18– 92 are working in solidarity to improve the quality of their lives and to become the 'person they were meant to be'.

As around **200 women a week** attend an offering, we have been able to collect data on the impact our service has had on those members, and the numbers speak for themselves.

A recent survey with 145 members found that:



## How Your Support Could Help

Donations are key to Kyra. We have no statutory or regular funding and rely almost exclusively on grants and voluntary donations. We are a small charity, aiming to create a safe, welcoming and non-judgemental space for women in York and your money could help benefit our members in the following ways:

- **£500** – provides a 10-week course of specialist counselling for a woman who may have experienced domestic abuse, loss, anxiety or depression.
- **£1,000** – pays for 20 women to attend a weekly mindfulness course at Kyra. Studies show that mindfulness-based approaches can significantly reduce symptoms of anxiety and depression.
- **£2,500** – supports our monthly accessible drop-in sessions for a year – enabling everybody to access our services
- **£5,000** – provides a course of 1-1 counselling for 10 women. Women accessing our counselling services may have experienced domestic or sexual abuse, loss, anxiety, depression or bereavement.
- **£10,000** – covers our core running costs for a month. Kyra's door is always open for those who need our support, and our space is safe and welcoming.
- **£20,000** – runs our ROSE project for a year. ROSE supports younger women aged 18-25 who are at risk of or are recovering from serious mental illness, delivered through group drop-in sessions, wellbeing courses, socializing activities and counselling.

Numerous courses and activities within our program are facilitated by dedicated volunteers, allowing us to keep costs low. Despite this, we require financial support to address the essential operational expenses associated with these courses. From self-esteem and anxiety courses and IT support sessions to arts and crafts, poetry, walking, cooking, singing, and informal discussions led by trained volunteers—these diverse activities exemplify the economical yet impactful initiatives carried out by our dedicated team of volunteers.

Any support really can make a difference. Thank you.



## And In Return...

You will be making a hugely valuable contribution to the local community in York and surrounding areas: something your board, customers and employees can be very proud of. We will always use your name and logo, acknowledge and thank your organisation publicly, report back to you about the difference your contribution has made, and provide text and photographs for your publications.

If you want a representative to attend your events or speak to your board or employees, we can do this. If you would like to visit us to find out more, we would be happy to arrange this.

And we plan to invite all our supporters to business events where you can meet with like-minded organisations from across York.



## A Final Word

Kyra works closely with national charities that do a brilliant job of supporting women in crisis. However, the importance of long-term support for women locally is often under-appreciated and under-resourced.

Kyra hopes to restore this balance for women in York and the surrounding area but needs your support to contribute to the sustainability of our service.

Kyra has no regular income and no government support. We rely on fundraising, grants and the goodwill of volunteers to provide a vital service for women in your community. By supporting us as a local charity, your results are so visible and significant. Your support will enable women to make positive changes and rebuild their lives. Thank you for your interest in doing this.

**For more information or to discuss a potential contribution or partnership, please contact Ira Laketic-Ljubojevic, CEO, Kyra Women's Project, by emailing [ira@kyra.org.uk](mailto:ira@kyra.org.uk)**





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Kyra Women's Project

CMC

St. Saviourgate

York

YO1 8NQ

01904 632332

[contact@kyra.org.uk](mailto:contact@kyra.org.uk)

Company Number 08707011

Registered Charity No 1154290



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