

2022-2023

Kyra Annual Review



Supporting Women to Make Change



*Supporting
Women to Make
Change*

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Patron

This year – 2023 – marks the 10th anniversary of Kyra Women’s Project, and I have been so thrilled to hear about all the celebrations and fundraising that have taken place to mark this milestone.

In the many years that I have been involved with Kyra, I have been so impressed by the hard work and dedication of the volunteers and staff. They do so much for so many women in York – and then they have done even more this year to mark the anniversary. I was delighted to find out that Kyra was going to be a major beneficiary of the York Rotary Dragon Boat race – Kyra always has a lovely team of volunteers paddling in the race, but this year was special because the race will make so much money to keep Kyra’s services open to women.

Congratulations to Yvonne Copley MBE, whose brainchild Kyra was, on the charity reaching this wonderful milestone and I wish everyone all the very best for the next 10 years!

Dame Penelope Wilton



Chair of Trustees

Another year of amazing services provided by our Chief Executive, Rosemary Cook and the Kyra team of volunteers and staff supporting women as they make positive changes in their lives, I thank each and everyone one of you.

Lisa Winward completed her term as Interim Chair of Kyra, stepping down in May 2023. Lisa was a wonderful Interim chair, and we are all very grateful to her for everything she has contributed. I have taken on the role as Chair and Nicola Shepherd as Vice Chair to ensure strong governance of Kyra remains in place.

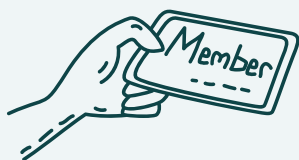
The focus for next year is Marketing and Fundraising to ensure Kyra services have long term funding plans allowing everyone to concentrate on Kyra’s mission, supporting women in York and the surrounding area to change their lives for the better.

Nicola Winter





Year in Numbers



337

members joined between
1 Oct 22 and 30 Sept 23,
average 28/month



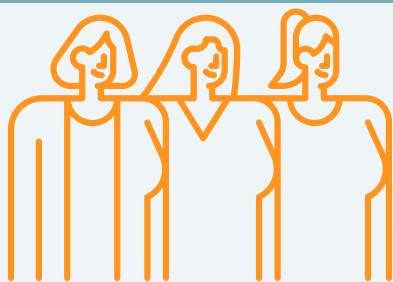
24

different
courses/activities
available each week



966

hours of counselling
provided free to
members

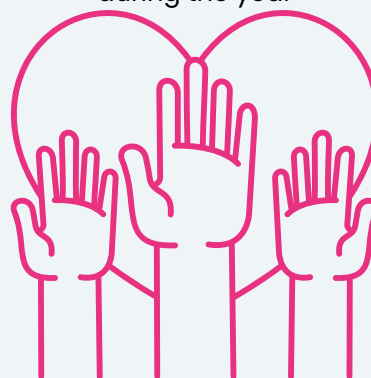


150-200

members attend each week

4000

hours of volunteering offered
during the year

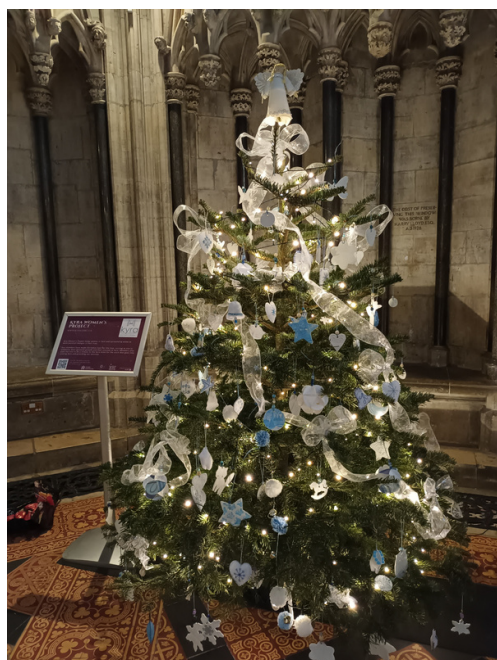


£43,500

of core work undertaken by
volunteers



Runner Up- York Minster Christmas Tree Festival



As part of the **York Minster Christmas Tree Festival** members attending our Drop Ins and Arts and Craft group collaborated to make various decorations for our Kyra tree which was on display Dec 22- Jan 23. **Kyra claimed Runner Up.**



The Stories You Want To Tell Premiere at YTR

Our February highlight was the red carpet premiere of TSYWTT, a film performed and created by Kyra members in collaboration with **York Theatre Royal, Think It Theatre** and funded by **The Rank Foundation.**



Jubilee Wall Hanging at the Castle Museum

Our members crafted this special **Diamond Jubilee Wall Hanging** over four workshops. It was an honour to see it **displayed at the Castle Museum** through December for visitors to enjoy.

York Museums Trust – Fossil Hunting Trip

As part of the York Museums Trust **'Mary Manning Rocks'** exhibit, members of Kyra visited Robin Hood's Bay and found some incredible fossils which were displayed at the museum.



ROSE Group Photo 'Highly Commended'

Our ROSE group members showed off their photography skills in the **Two Ridings photography competition** under the category 'Our People'. The photo, while not shortlisted, was highly commended by the judges and shown at the **Photography Exhibition & Showcase**.



Craft Group Create '10 Years' Wall Hanging

Our **Craft group members** worked on their patchwork skills to create our beautiful geometric wall hanging which is proudly hung at Kyra. **Craft leader Cheryl** designed the wall hanging and provided all the finishing touches.



Volunteer Coordinator

This year Kyra was awarded funds from the **Postcode Neighbourhood Trust**, supported by players of the **People's Postcode Lottery**, to hire a Volunteer Coordinator to help recruit, train and support our volunteers. We have been delighted to have **Briony** join our team.

"Thank you for the relaxing atmosphere, and the laughs to help us forget our worries for a while."
Kyra Member

We currently have **50 active volunteers** who provide a range of activities and services to our members including counselling, walking groups, crafts, workshops, drop-ins, self-esteem courses and more.



"The volunteers have been amazing. They have supported me through the worst times of my life. I've been rock bottom and their kindness has picked me up."
Kyra Member

Volunteer Award



During Volunteering Week in June our wonderful volunteer Izzy was awarded the **Community Cohesion award at the University of York** volunteering awards ceremony. We're so grateful for Izzy's dedication and support to Kyra, and for embodying our mission to help women make meaningful and lasting changes in their lives. Well Done Izzy.

"Thank you for creating an environment where we all feel welcome."
Kyra Member

"The volunteers are really lovely and kind, they're very passionate about supporting members."
Kyra Member

Courtyard Refurbishment thanks to Aviva and Benenden Health

Volunteers from **Aviva** and **Benenden Health**, organised by **York Cares**, transformed a courtyard over two days for members to enjoy. The space inspired a creative writing group with its new vibrancy.



GoodGym Office Update

Volunteers from **GoodGym** combined a jog in the city with helping us **move our office furniture** into a bigger room to create a more welcoming space for members, allow for a volunteers space and accommodate our growing staff.





Ambassadors

We have **12 Kyra Ambassador** organisations which **signpost** colleagues, clients or customers **to Kyra for support**. Funded by **Awards for All**.



Indigo Greens Estate Agents



The Hearing Place



Rawcliffe Manor Yorkcare Homes



Nourish Inside Out



Dandelion Arts



Tower Veterinary Group

Angie Taylor

Angie Taylor Family Learning Tutor



Sonia Schofield



MPWR Business Club



The Happy Healing Hut



Equilibrium Accounting



Dunnington Motor Care



Hunters Estate Agents Easingwold Branch

Route to Recovery

82 women have joined the project this year. We introduced Pathways to help participants choose which activities will help them reach their goals, plus a series of workshops which we've run 28 times with 202 attendees. R2R participants report an average **86% increase in their self-esteem** and they're **56% less lonely**.

Anna Perrett, Project Manager

Pathways

This offers all new members **help to choose courses and activities** that will best meet their needs. We'll offer **ten Pathways** to help members with topics like 'Managing Emotions,' 'Confidence,' 'Better Mental Health,' 'Making connections,' and 'Positive Relationships.'

Anna Perrett, Project Leader

ROSE

This year, the ROSE Project has supported **35 young women** over the 2 weekly sessions. We secured **2 years funding from the Community Mental Health Transformation Fund**, part of Connecting our City, which has enabled lots of fabulous things to happen include a relaxing sound bath, making a podcast, cuddles with Lucy the support dog, a photography project and a BBQ . Members have been also been rowing in the Dragon Boat Race, making crafts, a film and volunteering on the stall for Kyra's International Women's Day Event, organising a games night fundraiser - 'Kyra-stal Maze' , and recording a podcast for YorMind. Members have also participated in a **research project for University of York exploring Emotional Support**.

Sherrie Wood, ROSE Project Lead

RISE

A **one-year collaboration** with **Better Connect Ltd** reaching out to Economically Inactive or Work Limited Participants. **Working 1-to-1 with a dedicated Key Worker**, setting goals to achieve their full potential to apply for work, gain employment and sustain employment through education, Maths, English, IT. Supporting Mental Health, reducing anxiety, offering Counselling and workshops to help feel more positive and less anxious. Helping gain Benefits where needed. CV writing and Interview techniques. Support through early stages of Employment. To date for our target figures we have achieved **73% of participants enrolments, 100% into employment**, with healthy targets achieved for all the above categories.

Glynis Werndly, RISE Key Worker



Visit from Queen Camilla

Kyra CEO **Rosemary Cook CBE** was invited to speak to the **Queen Consort** about Kyra's work when their Majesties visited York Minster in **November 2022** at the unveiling of Queen Elizabeth II's statue.

Photo credit: (creative commons)
"Statue of Elizabeth II York Minster 02" by Malcolm5 is licensed under CC BY-SA 4.0.
"Queen Camilla (cropped)" by Senedd Cymru / Welsh Parliament from Wales is licensed under CC BY 2.0.



International Women's Day



The **Lord Mayor** opened our annual International Women's Day event on March 8th which featured **members leading activities**.

In April, ROSE hosted a Crystal Maze themed games night to celebrate both the 10th Anniversary and **4 years of ROSE**.

Kyra-stal Maze Games Night



AGM



The special **10th Anniversary AGM** combined this year was attended by Kyra Ambassadors, trustees, staff, volunteers, old friends and **Kyra founder Yvonne Copley OBE**.



York Rotary Dragon Boat Race

Kyra was honoured to be among the **key beneficiaries** of the Dragon Boat Race in July. Our team of 'Superheroes' and 35 others shared an amazing day paddling along the Ouse.

In August, our team of **7 runners** took on the challenge of the York 10K and **raised over £850!**

York 10K



Members' Week

From the 21st-25th August we celebrated Members' Week which included treat bags, pop-up activities and gave members the opportunity to **lead their own session with our support.**



Kyra Conference 'Making Positive Changes'



Our first professional conference 'Making Positive Changes' was kicked off with a fantastic **Keynote speech from Prof Lynne Gabriel OBE** followed by 8 presentations, a segment from 3 ROSE members and participation via videos and voice-recordings from other members.



In 22/23, Kyra has been incredibly grateful for the support shown through **fundraising efforts**. When volunteers #DoitForKyra, they play a crucial role in helping all our members achieve their goals of making positive changes in their lives. Thank you for being a part of our community and **making a difference with Kyra**.

Here are some of the fantastic fundraising events ran in support of Kyra:

10 Miles a day for 10 Days Bike Ride Thank You Caroline



£5 could pay for hot drinks and biscuits for a group of woman receiving support.

£20 could pay for materials for an arts and craft session.



Games at YRLF Women's Day Match Thank You York YRLF and the University of York East Heslington Women's Rugby Team

Yorkshire 3 Peaks Challenge Thank You Jules



£40 could pay for a session of mindfulness or meditation for a group of women recovering from trauma.



#DoitForKyra

Fundraising

York Marathon

Thank You Ann, Emma, Isabel, Lisa and Nicola



£50 could pay for a session of counselling or a session of the young women's support group.



£100 could pay for two sessions of a trained facilitator running the Freedom Course for survivors of domestic abuse.

Christmas Market Chalet
Thank You York Minster and our Crafters

Friend of Kyra

Our **'Friends'** provide **regular donations** to Kyra and enable us to continue providing support to any woman who needs it. We could not be more grateful to the generous Friends we have, their support is helping to change lives.

Kyra **relies solely on grants and fundraising** to offer essential services at no cost and to create a welcoming environment in York for every woman.

Could you be our next 'Friend'? Even a small donation will make a difference and allow us to support women in need. **Click 'DONATE' on our website** and join our 'Become and Friend of Kyra' campaign to establish a monthly donation .



Partners

Collaboration

Peasholme Charity



"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."

Crombie Wilkinson



"I have had the pleasure of continuing my working relationship with Kyra and their members over the last 12 months, providing **initial free legal advice** to help them **navigate difficult periods of their lives**. It has been wonderful to see Kyra grow from strength to strength, helping more and more women in the last year and I look forward to continuing being a part of that over the next 12 months"

Juliette – Crombie Wilkinson Solicitors



Positive Belief

"As another year with Kyra comes to a close I have the opportunity to reflect on the members that I have had the honour to coach this year. Each come with **their own ambitions, needs and stories**. Working with them is often like seeing a curled up flower unfurl. Their heads come up during **coaching conversations**, eye contact is made and smiles appear. They start to see themselves and life in a different way."

Jules, Positive Belief



Kyra greatly appreciates the financial and service support provided by **numerous organisations and individual donors**, without which its survival would not be possible. Kyra is thrilled to have received funding from the listed organizations, along with many more.

- ✧ ***Arnold Clark Community Fund***
- ✧ ***Better Connect***
- ✧ ***Charles Hayward Foundation***
- ✧ ***City of York Council***
- ✧ ***Community Mental Health Transformation Grant***
- ✧ ***Garfield Weston Foundation***
- ✧ ***North Yorkshire Police, Fire & Crime Commissioner***
- ✧ ***Persula Foundation***
- ✧ ***Postcode Neighbourhood Trust (The National Lottery)***
- ✧ ***The National Lottery***
- ✧ ***UK Government Levelling Up Fund***
- ✧ ***Ward Committee***





Current Board

At 30 September 2023, our Trustees, who are also Directors of the Company, were:

Nicola Winter,

Chair of the Board and Chair of Finance Committee

Nicola Shepherd,

Vice Chair

Helen Bradley,

Chair of Marketing and Fundraising Committee

Victoria Remington-Smith

Nicola Walker

Nicola Clemmit

Jo Simister

Katherine Baxter



Retiring Trustees

During the year, we were sorry to say goodbye to Lisa Winward QPM, who had been Chair of Kyra since May 2022 and a Trustee since 2020. Lisa was thanked for her huge contribution to Kyra at the AGM in 2023. We also said goodbye to Liz Kaplan and Annabel Jelley, whose terms of office had ended; and to Jenny Dinning, who resigned in October 2022.

New Trustees in 2022/23

Nicola Walker, Nicola Clemmit, Jo Simister and Katherine Baxter were all appointed to the Board during the year. They bring a variety of skills and experience and we are delighted to welcome them to Kyra.



Achievements of 22/23

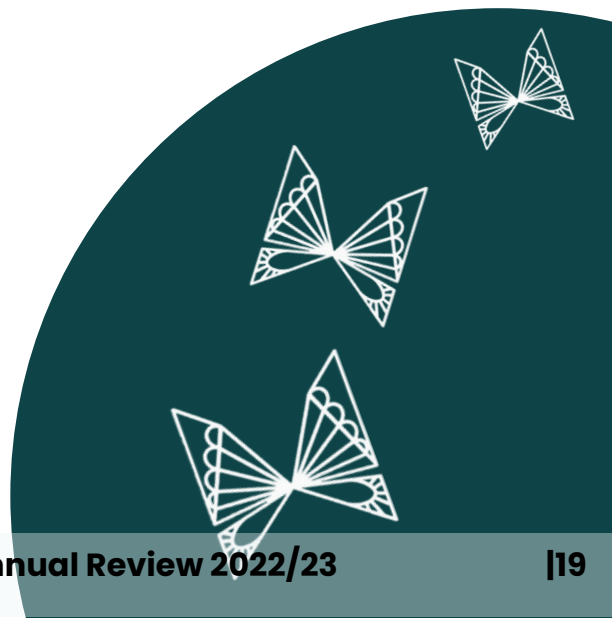
The Trustees were pleased to have achieved the plans set out last year to:

- ✦ Oversee a programme of fundraising for our 10th anniversary year
- ✦ Create a financial strategy for the years ahead
- ✦ Appoint a new Chair to take the charity forward
- ✦ Apply the findings of the Member and Stakeholder Engagement project to strategy and day-to-day operations.

Plans for 23/24

In the coming year, the Board plans to:

- ✦ Recruit a new CEO to replace Rosemary Cook who is retiring in December
- ✦ Implement lead roles for Trustees to provide additional support and guidance for the Kyra team
- ✦ Review the Kyra Values to ensure they are still relevant for the years ahead
- ✦ Monitor the new fundraising plan to increase income and ensure financial stability.





**Statement of Financial Activities
(incorporating Income and Expenditure accounts)
for the year ended 30th September 2023**

	Unrestricted	Restricted	Total	Total
	Funds	Funds	2023	2022
Income	£	£	£	£
Donations and Legacies	35,435	228,041	263,476	267,096
Activities for generating funds	4,797	91	4,888	2,753
Investment income	-	-	-	-
Income from charitable activities	990	-	990	4,718
Other incoming resources	-	-	-	-
Total incoming resources	41,222	228,132	269,354	274,567
Expenditure				
Cost of raising funds				
Cost of generating voluntary income	-	13,031	13,031	-
Fundraising trading costs	700	-	700	1,875
Investment management costs	-	-	-	-
Charitable activities	49,877	191,500	241,377	257,604
Governance costs	445	-	445	433
Other resources expended	-	-	-	-
Total resources expended	51,022	204,531	255,553	259,912
Net income/(expenditure) before other recognised gains/(losses)	(9,800)	23,601	13,801	14,655
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	12,662	(12,662)	-	-
Net movement in funds	2,862	10,939	13,801	14,655
Total funds brought forward	71,809	97,195	169,004	154,348
Total funds carried forward	74,671	108,134	182,805	169,004



*Supporting
Women to Make
Change*

2022-2023

Kyra Annual Review

Kyra Women's Project

CMC

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Company Number 08707011

Registered Charity No 1154290



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project
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The Power of 10 = 2013-2023