



Kyra Women's Project Impact report 2023-2024



kyra

women's
project

supporting women to make change

Overview

Kyra exists to help local women make positive and lasting improvements to their lives.

From October 2023- September 2024 we created many opportunities for women to gather and talk together; to be cared for, to heal and to encourage growth, with love and laughter and a big cup of tea!



KYRA

Membership Growth Report

283

NEW MEMBERS

23

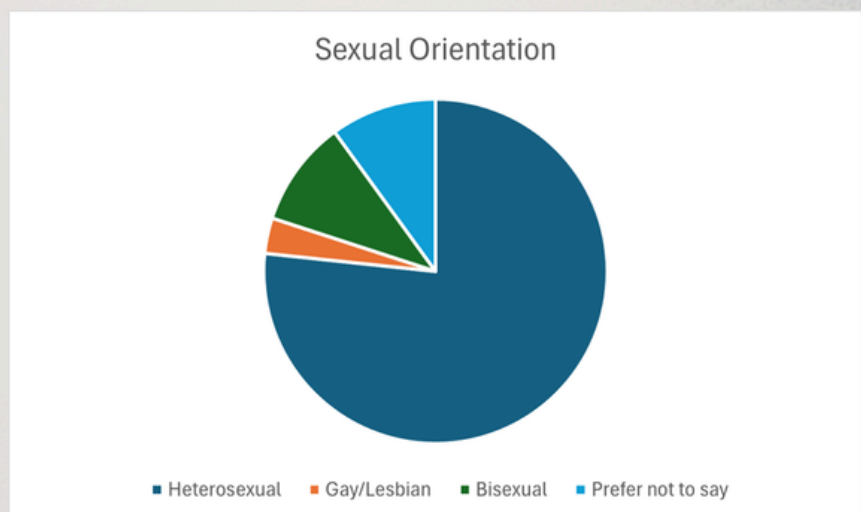
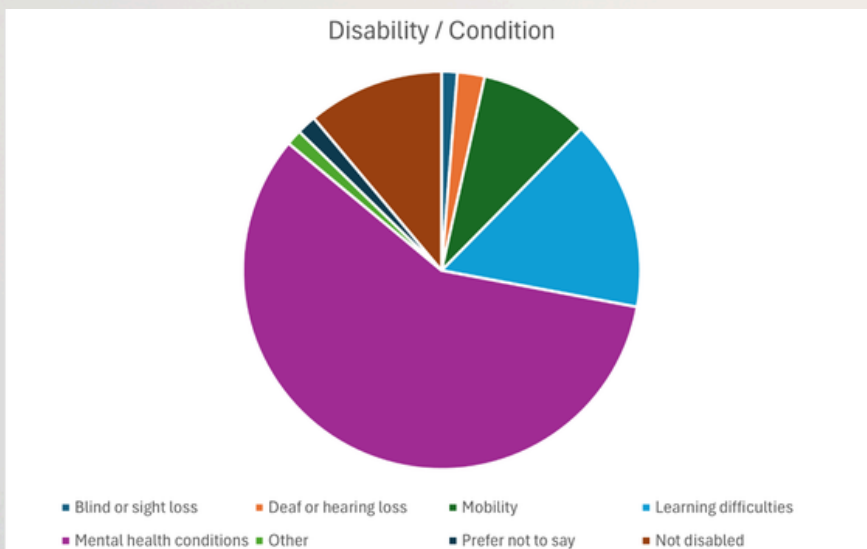
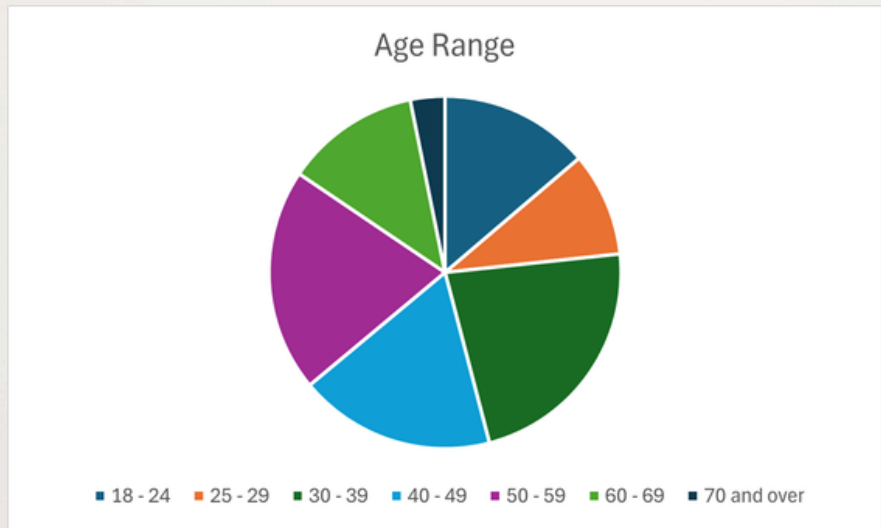
Members per Month



Growing stronger together! 🌱

Our members

When members enrol with us they give us some core information about themselves. The charts below show some of these characteristics:



KYRA

Learning & Development Opportunities

24

Different Types of Workshops

9

Different Courses



Supporting and empowering our members 🍌

Some of our workshops and courses

- **ESTA** – self-esteem course. Takes place over 10 weeks
- **SOFIA** – a 4 part solutions focussed interventions for women with anxiety
- **Loss** workshop – the introduction to a 4 week loss course
- **Route to Recovery** – one-to-one support to help members get started with activities at Kyra if they have been struggling with their mental health. Creating an action plan for making positive change.
- **Rise to Thrive** – support towards employment for women who have been economically inactive
- **Freedom programme** – a domestic violence course which provides information and learning, not therapy.
- **Rose project** – wellbeing group for young women to get together online and in person.
- **Rose +** – A social drop-in group with crafts and chat for women aged 26-30.
- **Stand in your Space** – a 6 week journey to build a better relationship with yourself.
- **MODA** – Moving on from Domestic Abuse, for women after they have left their abusive relationship.
- **Wellbeing Wednesdays** – writing, sound meditation, craft taster and drama sessions
- **Neurodiversity Group** – workshops online, and fortnightly information and social sessions.
- **Motivational Mondays** – one-to-one coaching sessions with the aim to keep you and your life moving confidently in the direction you want.
- **Positive thinking** workshops – sharing tips and tools on positivity and responding well to challenges.
- **My money, my life** – help with financial issues.
- **ICT with Anita** – support with one-to-one IT training sessions.
- **Walking group** – walking and chatting in a small group.
- **Kyra voices** – fortnightly singing sessions.
- **Cookery** – individual cookery demonstrations.
- **Mindfulness course** – techniques to live in the present that help with mental and physical health.
- **Poetry** – a fortnightly online group that share new poems with each other.
- **Solicitor advice** – a free initial appointment with local solicitors on family law matters.
- **Gardening club** – monthly group activities in the courtyard garden.

KYRA

Volunteer Impact Report

71

ACTIVE VOLUNTEERS

18

Joined During the Year



Dedicated women making a difference! ❤️

Volunteers at Kyra

We Couldn't Do It Without Them

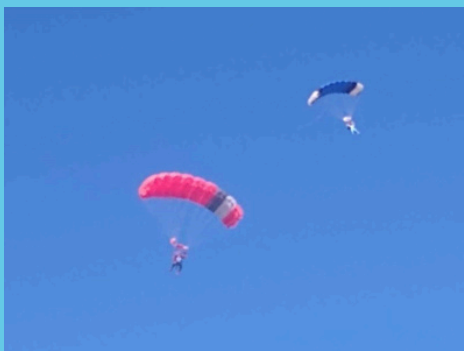
Volunteers are the beating heart of Kyra. They come from all walks of life: they may have been members previously, or worked as counsellors in their professional career, we have students starting out on their caring careers, and women with specific talents that they want to share with others, to spread some happiness in the community.

Volunteers run many of our courses and workshops. We couldn't provide the rich and varied opportunities that we do without them.

Our trustees are also volunteers, they keep us on track and share their professional knowledge, to help Kyra operate smoothly and well.

Our counsellors are often volunteers too, providing their counselling skills on a pro bono basis, for members who desperately need their services.

Our regular volunteers at drop-ins share their warmth and life experience with members, creating a welcoming atmosphere for all. It is a vital part of the healing that happens at Kyra.



Going above and beyond!

Maisie - an intrepid volunteer - undertook a charity skydive for us!

Maisie went on to become a staff member and created the LGBTQ+ Group



Counselling @ Kyra

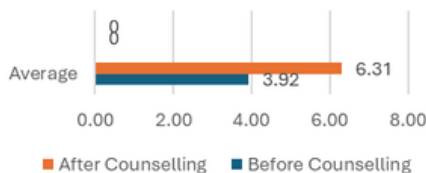
Counselling



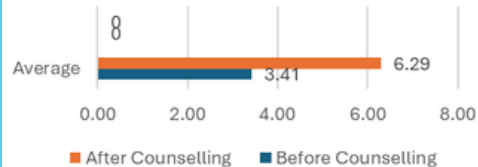
- Counselling at Kyra is free to members - this is a very rare and precious resource for the women of York
- This vital service was supported by generous, far-sighted funders
- When the funding is low, our committed team of counsellors keep going by providing counselling without charging a fee.
- This year 50% of the counselling hours provided were not charged for. A truly wonderful level of support.

Key indicators of improvement

Average Everyday Tasks

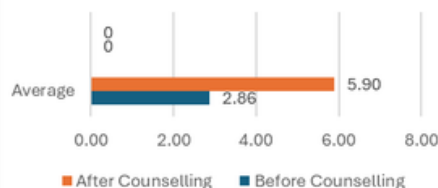


Average Mood

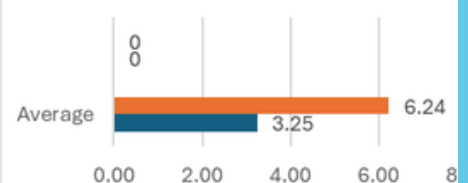


Visible results

Average Self-Esteem



Average Confidence



An exemplary service



Overall satisfaction with the counselling service was rated as **9.6 out of 10.**

But more than numbers it is all about how counselling makes people feel:

"I got more out of counselling with you than was ever expected. I have learnt about myself in the way I believe in myself and to stop self-doubting myself. I've made a huge leap forward and done things in these last few weeks that I've not done in over 10 years. I've learnt to believe in me, the person I was before and the person I want to be again moving forward. I feel very proud of myself. A big thank you."

"You've been brilliant! It's been really beneficial and far more so than other counselling I have had."

"Thank you for allowing me to go through the counselling programme. I feel like it has helped me completely move on from what was holding me back, and feel brighter in mood and more happy about looking forward to my future in life."

"I felt very understood in my neurodivergence, that I hadn't had with counsellors before."

"When I started sessions with my counsellor, I felt I was in great need of help. My counsellor has helped me realise I am strong and resilient and kind, and a far better person than I thought I was. This has given me so much encouragement to be who and how I want to be. She's amazing."

New initiatives

This year saw three new, major initiatives start up at Kyra to add to our usual provision:

- **The Neurodiversity Group** - This is a space for neurodiverse members (diagnosed and self-diagnosed) to come together and learn more about their neurodiversity. Sessions consist of a lunch, information session and then social or reflective time.
- **Rose +** is a group for 26-30 year olds who feel the need for some support to maintain a social life and to move towards using our mainstream offerings.
- **Rise2Thrive** - an empowering programme to support women in York who are currently economically inactive and facing barriers to work or training.

Neurodiversity

The Neurodiversity Group started online with group training. 32 members attended during this year, both online and in person, as the group developed.

'The content was amazing and covered so much. I now have a better understanding of how growing up undiagnosed caused trauma and what to do to address it.'

'I feel much more optimistic about my life'

There was also training for our staff and volunteers

'Thoroughly enjoyed the training delivered by Alison, found it to be fascinating and her totalling engaging. THANK YOU!'

Kyra Counsellor

'It was extremely helpful to me to be able to support members - very informative. Thank you.' Kyra volunteer

Rose+ Group



The ROSE+ group started as a result of members requesting it and a need being identified. Sessions alternated between Kyra and York Explore Library. 16 members attended in this inaugural year.

'Without Rose+ life would be duller. I would be in my flat with nothing to do and no reason to go out and feel more depressed than usual'

'Rose+ has been really influential to my mental health - its a very accessible session, with quiet areas for anxious members, and we have quickly made friends. Its really good to have an accessible social group mid-week as I work from home and its easy for me to to go several days without social interaction/leaving the house, to feel lonely and isolated.'

'Its very calm, accessible, friendly and accepting'

'Without ROSE+ I would have less social activity, would be more lonely and isolated. I wouldn't have a safe non-judgemental place to talk.'

Rise2Thrive



Through 1-1 mentoring, wellbeing support, and practical employability guidance, we help women build confidence, nurture new skills, and move closer to opportunities that feel right for them – whether that's training, volunteering, or stepping back into work.

'I began the course a long way from my goals, struggling with mental health challenges, undiagnosed neurodiversity and suffering with chronic burnout. My keyworker offered non-judgemental kindness from the start, making me feel immediately at ease and welcome. From that safe space, we began carving out my path, creating small achievable steps towards my emerging goals.'

Some highlights in pictures



In January we welcomed our new CEO - Ira . She has over twenty years of experience in senior roles across: health and wellbeing; care and support; people and organisational development; and, housing. Coming from war-torn Sarajevo as a young woman, Ira has had to deal with many difficulties in her own life which brings a depth of understanding to her role in Kyra.



Kyra hosted its first professional conference 'Making Positive Changes'. It was attended by 20 professionals from various organisations in York. Such a great day showcasing the amazing work of Kyra and the incredible journeys our member go on with us.



In response to the cost of living crisis - for the first time ever - Kyra ran a free pantry for members. It was a very welcome innovation at a difficult time for many.

We celebrated 10 years of KYRA!!



And 5 years of ROSE!!



Kyra in the Community



Our members
decorated a tree
for the York
Minister
Christmas Tree
Festival



We won a prize for
best dressed crew
at the York Dragon
Boat Race



We raised funds, in a
healthy way, at the Aviva
sports tournament. We
were honoured to be
chosen as one of the two
York charities to benefit
from this wonderful
event.



Rose group got a highly commended prize in the Two Ridings Photography Competition. The image is used on the front cover of this report.



The walking group gathered steam with their largest group ever, on a walk that included York station. Attendance in the group rose an incredible 400% in the last year!



We hosted a celebration of International Women's Day. It was attended by York MP Rachael Maskell, and Claire Douglas, the first female leader of York City Council. There were stalls and taster sessions from many of the Kyra programmes.



In May we had a bike maintenance course and a wellbeing ride led by friendly, female, bike professionals.



Our new video was produced with help from student volunteers from the University of York. It shows the enrolment process and our offices, so that new members know what to expect when they visit us.



Kyra voices sang at the launch of the York Community Fund. “The singing group were absolutely amazing. Joyous! Inspiring! A truly wonderful start to the launch.”