



Kyra Women's Project

AWOC

August 2023

Mission Statement

To support women in York and the surrounding area to change their lives for the better, by providing a holistic, non-medical approach, to support and empower women to make positive change in a safe woman only environment

About Kyra...

- ▶ We offer women-led services,
- ▶ We call women who use our service 'members',
- ▶ c1000 women on member database at peak
- ▶ Currently supporting up to 200 members weekly
- ▶ Our work creates wellbeing, resilience and self-confidence through courses, programmes and other activities.
- ▶ We offer a pathway to other helping organisations in York and routes back to engaging in community life



More about Kyra

- Approach not referral – but professionals are welcome to signpost and accompany
- POOR access – stairs to premises but some downstairs activities
- No children facilities/training/insurance = no children on premises
- Recovery service, not crisis service

Who's Who in Kyra



Dame Penelope Wilton,
Patron



Nicola Winter, Chair



Yvonne Copley MBE,
Founder

Why do women come to us?



Research with members shows:

- ▶ 49% wanted to increase self-esteem
- ▶ 41% wanted to reduce isolation
- ▶ 35% wanted to develop new skills
- ▶ 45% wanted to improve wellbeing
- ▶ 49% wanted to feel better emotionally

How we help

Reducing isolation

- Drop-ins
- Phone calls
- Craft group
- Walking group
- Cookery

Addressing specific issues

- Recovery from domestic abuse
- Self-esteem
- Anxiety
- Counselling
- Money advice
- Legal advice
- Bereavement and loss

Expressing/exploring feelings

- Singing
- Poetry
- Art
- Drama
- Therapeutic writing
- Mindfulness
- Meditation

Building confidence

- Coaching
- Preparation for employment
- Assertiveness
- Self-defence
- Young women's group

And projects

- ▶ Route to Recovery (R2R)
- ▶ Reducing Inequalities, Supporting Employment (RISE)
- ▶ Ambassadors
- ▶ Pathways
- ▶ Reaching Out, Supporting, Empowering (ROSE)

What do women get from us?

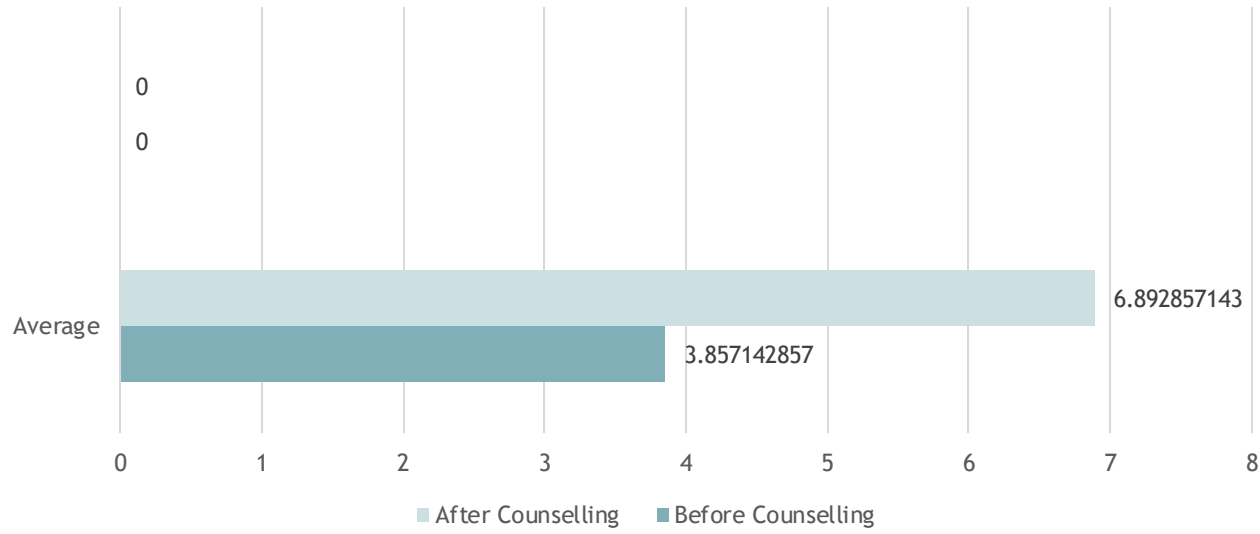
- ▶ "I can see a huge difference in my mental health. Now I don't feel sad, I feel happier. I try to enjoy the little things too, doesn't matter if good things are big or small, I'm enjoying everything again."
- ▶ "Before Kyra I had been housebound, I had no self-confidence I felt like I struggled with communication. I now am no longer housebound ... they have helped me myself but also helped myself and my boys as a unit."
- ▶ "Kyra is absolutely awesome. I was very lonely when I first started coming here. I like being part of something and being able to socialise. Gives me a reason to get out of bed ... It's improved my self-confidence, made me more open-minded, taught me awesome skills... If it wasn't for Kyra I would be depressed, lonely and would feel abandoned."

KYRA COUNSELLING

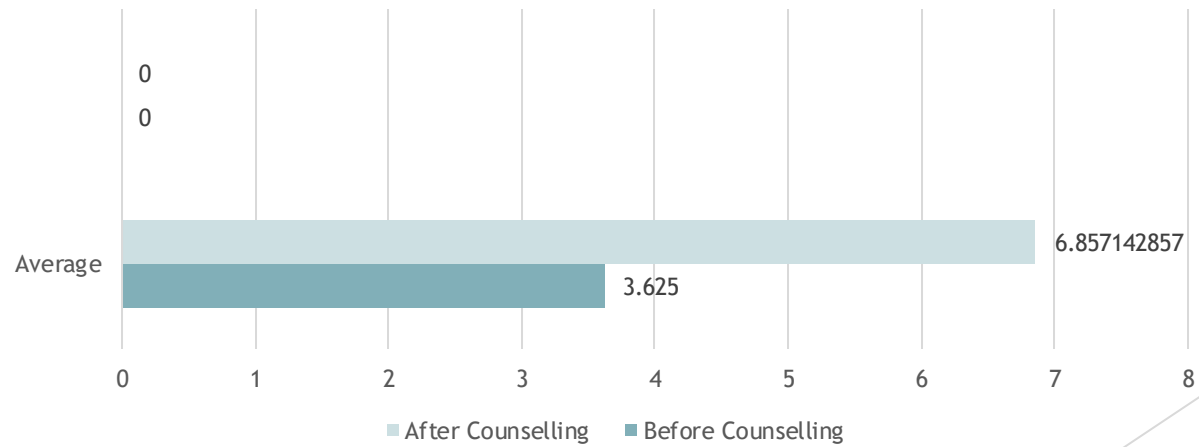
Our counselling service

- 10 counsellors, 3 in advanced training
- c180 women/year
- 1080 hrs of counselling
- £29k worth of professional counselling FREE

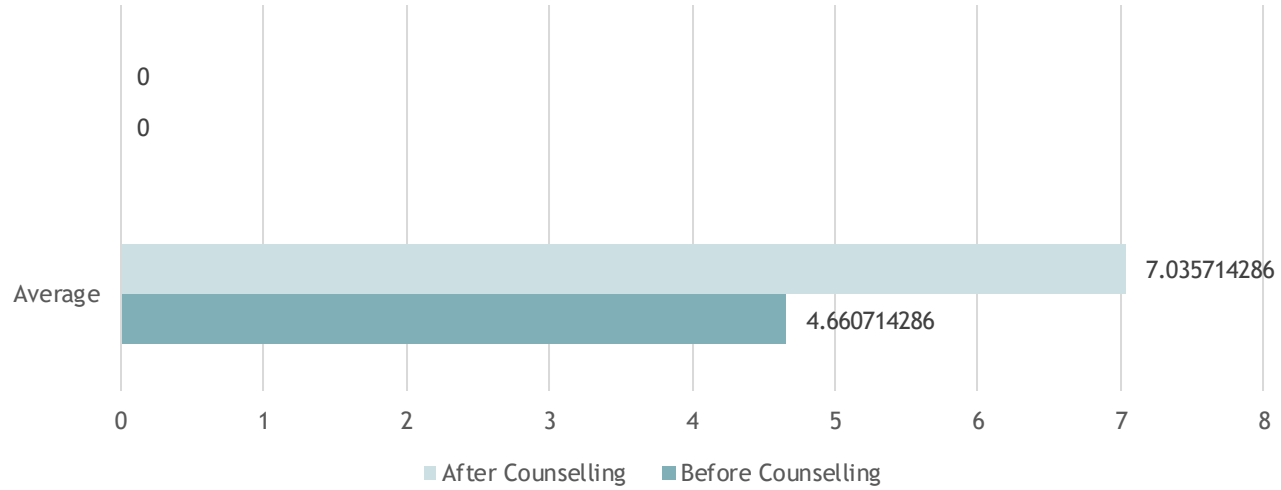
Average Confidence



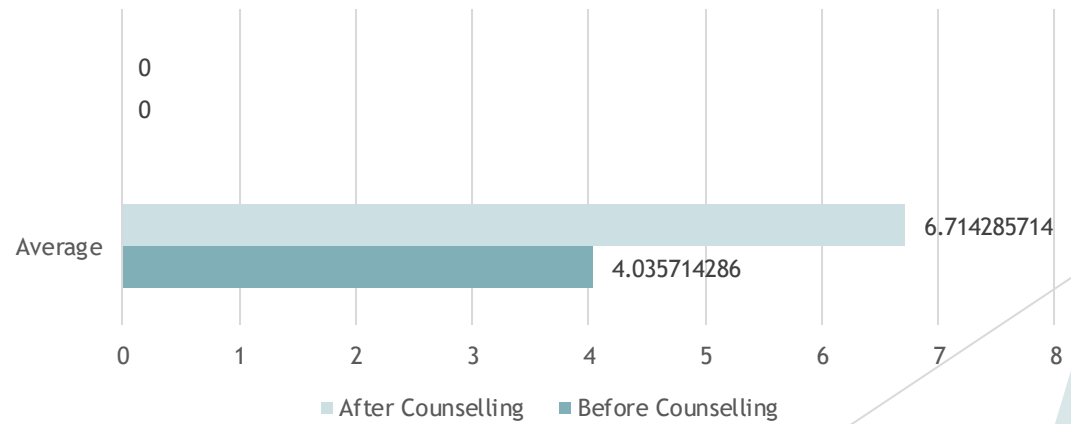
Average Self-Esteem



Average Everyday Tasks



Average Mood





**ROSE group
(Reaching Out,
Supporting,
Empowering)**

- for women aged 18-25 running
- 100+ sessions/yr
- 20 young women at crucial stage of life
- issues: anxiety, isolation, abuse, eating disorders, neurodiversity

"I have never felt like I fit in anywhere and always felt like an outcast but Rose is a place where I feel safe and have made so many friends from it thanks to you! I really cannot thank you enough and myself and my family are so grateful that it is a continuous place I can go to get support when I feel lost or just need a chat."



Time of Our Life (over 50s) programme

- for women aged 50+ (not currently running)
- 8-week course aimed at reducing isolation and improving wellbeing
- included: creativity, nutrition, exercise, wellbeing and self-care

When asked what did you enjoy most about the Time of Our Life programme:

“Learning to care for myself
Listening to my body
Putting myself at Top of list”



How does all this happen?



Some of our funders



Community Mental Health Transformation Grant
For York's Voluntary, Community and Social Enterprise (VCSE) Sector

Garfield Weston
FOUNDATION



**North Yorkshire
Police, Fire & Crime
Commissioner**



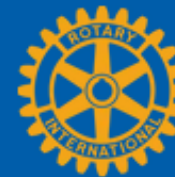
Crombie Wilkinson
SOLICITORS



HM Government

In partnership with

**THE NATIONAL LOTTERY
COMMUNITY FUND**



York Rotary



Friends:

- ▶ give regularly
- ▶ receive more information
- ▶ are invited to events
- ▶ get discounts on paid events/activities





www.kyra.org.uk

Volunteers!

Our volunteers

- ▶ C45 active volunteers
- ▶ Supported by Volunteer Co-ordinator for training, induction, deployment and development (and fun!)
- ▶ Give 78 hours of volunteering in an average week = over 4,000 hours/year.
- ▶ If they were paid at the Real Living Wage, that would be over £43,500 worth of work which they provide free to Kyra!

Recent developments

- ▶ New Chair and Vice Chair
- ▶ 10th anniversary programme of events/fundraising
- ▶ New RISE project re help into employment



The CMC St Saviourgate York YO1 8NQ

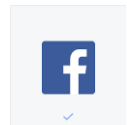
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@KyraWomen



Kyrawomen

