

# **Kyra Women's Project**

**(A Company Charity limited by guarantee)**

## **Annual Report & Financial Statements for the year ended**

**30th September 2023**

**(Registered Charity Number: 1154290)**

**(Registered Company Number: 08707011)**

# **Kyra Women's Project**

**(A Company Charity limited by guarantee)**

## **Contents**

<b>Index</b>	<b>Page</b>
<b>Directors' (Trustees) Annual Report</b>	<b>3</b>
<b>Independent Examiner's Report</b>	<b>10</b>
<b>Statement of Financial Activities</b>	<b>11</b>
<b>Balance Sheet</b>	<b>12</b>
<b>Notes to the Accounts</b>	<b>13</b>

## Directors' Report (incorporating the Trustees' Annual Report)

**For the year ended: 30th September 2023**

The trustees are pleased to present their annual directors' report together with the consolidated financial statements of the charity for the year ending 30 September 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) effective 1 January 2015.

### Reference and administration details

<b>Charity's full name</b>	Kyra Women's Project
<b>Status</b>	The Company is a Registered Charity and is Limited by Guarantee, not having a share capital.
<b>Registered as a company on</b>	26/09/2013
<b>Registered as a charity on</b>	21/10/2013
<b>Company number</b>	8707011
<b>Charity number</b>	1154290
<b>Registered office</b>	Central Methodist Church St Saviourgate York <b>Postcode</b> YO1 8NQ
<b>Bank</b>	HSBC 13 Parliament Street York <b>Postcode</b> YO1 8XS
<b>Independent examiner</b>	Nigel Everard BA FCA Hunter Gee Holroyd Club Chambers, Museum Street, York <b>Postcode</b> YO1 7DN

## Reference and administration details (continued)

### Names of the directors (trustees) who manage the charity

Director's Name	Office (if any)	Dates acted if not for whole year
Lisa Winward	Chair	Appointed May 2020, resigned May 2023
Elizabeth Kaplan	Treasurer	Appointed May 2020, resigned May 2023
Annabel Jelley		Appointed March 2021, resigned May 2023
Nicola Winter	Chair	Appointed April 2021, elected Chair May 2023
Helen Bradley		Appointed April 2021
Victoria Remington-Smith		Appointed April 2021
Jenny Dinning		Appointed May 2022, resigned October 2022
Nicola Shepherd	Vice Chair	Appointed May 2022, elected Vice Chair May 2023
Nicola Walker		Appointed May 2023
Nicola Clemmit		Appointed May 2023
Jo Simister		Appointed May 2023
Katherine Baxter		Appointed Sept 2023

## Structure, Governance and Management

### Description of the charity's trusts

**Governing document:** Memorandum and Articles of Association

**How the charity is constituted** Company Limited by Guarantee

**Trustee selection methods** Appointed by trustees in-year at meetings and elected at the following AGM

### Recruitment, appointment and induction of trustees

The Board of Trustees has implemented an annual effective review and skills audit. In line with the finding of the audit, the Board identifies gaps in skills and formally agrees to undertake a recruitment process to address these. Vacancies are advertised and a selection process including short listing and formal interview is undertaken. The Board selects suitable candidates who are then formally approved at a Board Meeting and go forward for election at the following AGM.

The induction process for newly appointed trustees comprises an initial meeting with the Chair to brief them on their obligations under charity law as well as on Kyra's policies and procedures. Trustees are provided with an induction handbook detailing relevant aspects of the Charity and their role and given access to the online Trustees' folder with induction documents and forms.



## Structure, Governance and Management (continued)

### **Organisational structure & how decisions are made**

Kyra has a board of trustees/directors which meets at least six times a year and is responsible for the strategic direction and policy of the charity. At the financial year end, the board had eight members from a range of professional backgrounds relevant to the work of the charity. The Board has two sub-committees, the Finance sub-committee and the Marketing and Fundraising sub-committee. The sub-committees, each comprising trustees with relevant experience and/or interest, discuss relevant matters in more depth with the assistance of the CEO and relevant staff, and make recommendations to the Board about key decisions in these areas.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rests with the CEO, who is supported by eight other part-time staff members (c4wte) and a team of c 45 volunteers.

The Chair of trustees is responsible for providing overall leadership to the charity, in close-co-operation with the CEO, in a manner which maximises the contribution of trustees, staff and volunteers alike.

The Finance Committee is responsible for maintaining an overview of the organisation's financial affairs, ensuring the financial viability of the organisation and making sure that proper financial records and procedures are maintained.

### **How the trustees manage the risks facing the charity**

The trustees have examined the major strategic, business and operational risks which the charity faces and confirm that systems have been established to provide trustees with regular reports to ensure all necessary steps are taken to lessen any risks.

## Objectives and activities

### **Summary of the objects of the charity set out in its governing document:**

- To promote equality and inclusion
- To address social isolation and develop sustainable support networks for women
- To improve well-being outcomes for children and families
- To develop partnerships with statutory, voluntary and private sector services to meet the needs of women and the community.

## **Objectives and activities (continued)**

### **Summary of the main activities undertaken for the public benefit in relation to these objects:**

Kyra Women's Project provides a range of courses and activities offered free of charge to members that address specific needs such as counselling, recovery from domestic abuse, building self-esteem and tackling anxiety. There are also activities aimed at expressing feelings and reducing isolation, such as the singing group, gardening projects, cookery classes and informal drop-ins. Skills-based courses to help women move forward in their lives, such as coaching, IT skills and meditation, have also been provided. Kyra runs a major project called RISE aimed at helping women get back into the workplace and a flagship project called Route to Recovery (now in year 3 of 4) to help women recovering from domestic abuse or mental illness to set and achieve goals for growth and recovery.

Kyra is able to evidence the impact of its work by the use of pre- and post-course wellbeing questionnaires and consistently demonstrates an increase in members' resilience, self-esteem and confidence. This has enabled women to make many positive changes in their lives, including making decisions on negative relationships, engaging more with their community, seeking and returning to work.

Almost all of Kyra's activities take place in our city centre premises. Some counselling sessions, a short yoga course and the poetry group have all used online meeting technology to enable members who cannot attend in person to benefit from Kyra's support. Some groups use the technology to enable hybrid sessions with some members attending online. In October 2022, we implemented a new online booking system to enable members to be more autonomous in choosing and booking their own place on courses and activities.

## Achievements and Performance

### Summary of the main achievements of the charity during the year

During the last year, Kyra has offered up to 24 different activities and services to its members each week, with between 150 and 200 women attending each week. We have introduced 'accessible Kyra' events, booking ground floor rooms for courses, drop-ins and workshops, so that women with mobility problems can attend and benefit. Our team of 10 counsellors (including 3 students) has helped 180 women and provided 1080 hours of counselling during the last year. Kyra currently has around 45 active volunteers who help in a wide variety of ways. More new volunteers been recruited and trained during the year.

Kyra continues to have a strong social media presence through Facebook, Twitter, LinkedIn and Instagram. This has enabled us to get our message out to a wider network of businesses, networks and other organisations around York, as well as keeping in touch with members and volunteers. Kyra is also a member of a number of important networks in York including the Multiple and Complex Needs Network and the Providers of Psychological and Emotional Support in York (PEPSY) network. During the year, we collaborated on a bid for resources for this network to map and quantify its contribution to mental health and wellbeing services across the area. Kyra is a member of the Voluntary, Community and Social Enterprise (VCSE) Assembly, coordinated by York Council for Voluntary Services to interact with the Integrated Care System for Yorkshire, Humber and North Lincolnshire.

During this year, we have completed a major stakeholder engagement project, a 'Kyra Calmness' project and 'The Stories You Want To Tell', a creative partnership with York Theatre Royal and Thunk It Theatre during which members created a film about their experiences. The Route to Recovery project entered its third year of operation, and the Action Towards Inclusion employment project evolved into RISE, a similar programme of support to women who are economically inactive, aiming to move them closer to employment. The Ambassador network of workplace ambassadors, created during the year, continues to thrive. A new project called Pathways began in 2022/23, aiming to create structured support pathways for women coming to Kyra which include celebration events to mark their progress. In 2022/23, Kyra hosted a Time to Shine Leader from the Rank Foundations leadership programme for the second year running. 2023 marks Kyra's 10th anniversary year and a programme of celebratory and fundraising events began in January 2023 and will continue into the first quarter of the 2023/24 year. These events, including an International Women's Day celebration and a conference for health professionals, have helped to raise Kyra's profile, and have brought in welcome funds from ticket sales, sponsorship and individual donations.

In December 2020, the Board of Trustees agreed a new five year strategy focused on improving the infrastructure of the growing charity, in order to achieve the provision of more services to more members, outreach to new communities, and advocacy and influence. In 2022/23, the trustees agreed to integrate the findings of the stakeholder engagement project into a review of this strategy. The Board was also successful in recruiting new trustees, and electing a new Chair and Vice Chair. Following a skills audit, they were able to recruit an additional trustee with financial skills and background to complement the other skills on the Board.

### Plans for future Periods

In the next financial year, trustees will be recruiting a new CEO for the charity, following the retirement of the current incumbent. The Board is also implementing lead roles for trustees so that individual trustees can share their expertise with the staff team and be more visible within the charity. The Marketing and Fundraising committee will be leading a review of Kyra's Values, involving volunteers, staff and members, to ensure that the values are fit to support the next 10 years of the charity's work. The Finance Committee will be monitoring a new fundraising plan aimed at increasing the number of regular donors and attracting more corporate donations and sponsorship.



## Financial Review

In this last year the charity received £41,222 in unrestricted income (2022: £37,466) and £228,132 in restricted income (2022: £237,101). £39,134 was received from donations/fundraising (2022: £30,905) and £230,220 from grant funding (2022: £243,662). A list of the new and existing restricted grants received are shown in note 11 to the accounts. The expenses of administering the charity in the year was £255,553 (2022: £259,912).

### Reserves policy

Kyra has a reserves policy which aims to build adequate cash reserves to ensure Kyra can meet its contractual rent payments and continue providing services to our members for at least nine months.

At 30th September 2023 Kyra's unrestricted reserves totalled £74,671. £2,863 of this is only accessible through the disposal of fixed assets.

Kyra's restricted reserves at 30th September 2023 were £108,134, the details of these are given in note 11.2 to the accounts. These funds are not available for general purpose use, however some of the grants include an allowance for rent and other indirect costs. These elements of the grants will be used in proportion to the activity the grant supports.

### Funds materially in deficit

There are no funds that were in deficit at 30 September 2023.

## Trustee responsibilities in relation to financial statements

The charity trustees (who are also the directors for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the directors to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the company and of the income and expenditure of the company for the year. In preparing those financial statements, the directors are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue on that basis.

The directors are responsible for keeping proper accounting records which disclose, with reasonable accuracy at any time, the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. The directors are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities, as well as exercising proper financial controls.

Members of the Board of Trustees, who are Directors for the purpose of company law, and Trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 2.

## Disclosure of information

In accordance with company law, as the company's Directors, each of the Board of Trustees certify that so far as they are aware:

- There is no relevant information of which the Charity's Independent Examiner is unaware;
- As Directors of the company, they have taken the necessary steps to be aware of the information, which would be relevant for independent examination purposes and have communicated them to the Independent Examiner.

## Exemptions

The trustees have taken advantage of the exemption available to small companies, including the audit exemption (as detailed on the balance sheet).

## Declaration

The trustees declare that they have approved the trustees' report above

Signed on behalf of the charity's trustees:

Signature



Full Name

Nicola Winter

Position

Chair of Trustees

Date

11 March 2024

## Independent examiner's report to the Trustees of Kyra Women's Project

I report to the charity trustees on my examination of the accounts of the company for the year ended 30 September 2023, which are set out on pages 11 to 23.

### Responsibilities and basis of report

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

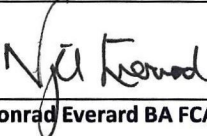
Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 (the '2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

### Independent examiner's report

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- 1) accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
- 2) the accounts do not accord with those accounting records; or
- 3) the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- 4) the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Nigel Conrad Everard BA FCA

25.03.24

Date:

Hunter Gee Holroyd  
Club Chambers, Museum Street, York, YO1 7DN

**Statement of Financial Activities for the year ended:**  
(incorporating Income & Expenditure accounts)

**30th September 2023**

		<b>Unrestricted Funds</b>	<b>Restricted Funds</b>	<b>Total 2023</b>	<b>Total 2022</b>
	<b>Note</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Income</b>					
Donations, legacies and grants		35,435	228,041	263,476	267,096
Income from other trading activities		4,797	91	4,888	2,753
Investment income		-	-	-	-
<b>Income from charitable activities</b>		<b>990</b>	<b>-</b>	<b>990</b>	<b>4,718</b>
<b>Other incoming resources</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total incoming resources</b>	<b>3</b>	<b>41,222</b>	<b>228,132</b>	<b>269,354</b>	<b>274,567</b>
<b>Expenditure</b>					
<b>Cost of raising funds</b>					
Cost of generating voluntary income		-	13,031	13,031	-
Fundraising trading costs		700	-	700	1,875
Investment management costs		-	-	-	-
<b>Charitable activities</b>		<b>49,877</b>	<b>191,500</b>	<b>241,377</b>	<b>257,604</b>
<b>Governance costs</b>		<b>445</b>	<b>-</b>	<b>445</b>	<b>433</b>
<b>Other resources expended</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total resources expended</b>	<b>4</b>	<b>51,022</b>	<b>204,531</b>	<b>255,553</b>	<b>259,912</b>
<b>Net Income/(expenditure) before other recognised gains/(losses)</b>		<b>(9,800)</b>	<b>23,601</b>	<b>13,801</b>	<b>14,655</b>
<b>Other recognised gains/(losses)</b>					
Gains and losses on revaluation of fixed assets for the charity's own use		-	-	-	-
Gains and losses on investment assets		-	-	-	-
<b>Gross transfers between funds</b>	<b>7</b>	<b>12,662</b>	<b>(12,662)</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>		<b>2,862</b>	<b>10,939</b>	<b>13,801</b>	<b>14,655</b>
<b>Total funds brought forward</b>		<b>71,809</b>	<b>97,195</b>	<b>169,004</b>	<b>154,348</b>
<b>Total funds carried forward</b>		<b>74,671</b>	<b>108,134</b>	<b>182,805</b>	<b>169,004</b>



## Kyra Women's Project

### Balance Sheet as at:

30th September 2023

	Note	2023 £	2022 £
<b>Fixed Assets</b>			
Tangible assets	6	4,235	7,572
Investments		-	-
<b>Total Fixed Assets</b>		<b>4,235</b>	<b>7,572</b>
<b>Current Assets</b>			
Cash at bank and in hand	8	152,909	157,041
Debtors & Prepayments	9	30,709	10,204
<b>Total Current Assets</b>		<b>183,618</b>	<b>167,245</b>
<b>Liabilities: amounts falling due within one year</b>			
Creditors and accruals	10	(5,048)	(5,813)
<b>Net Current Assets/(Liabilities)</b>		<b>178,570</b>	<b>161,432</b>
<b>Total Assets less Current Liabilities</b>		<b>182,805</b>	<b>169,004</b>
<b>Current Liabilities: amounts falling due after more than one year</b>			
Creditors and accruals		-	-
<b>Net Assets/(Liabilities)</b>		<b>182,805</b>	<b>169,004</b>
<b>Funds of the Charity</b>			
Unrestricted Funds		74,671	71,809
Restricted Funds		108,134	97,195
<b>Total Funds Carried Forward</b>	11	<b>182,805</b>	<b>169,004</b>

The trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act.

The directors (trustees) acknowledge their responsibilities for:

- i) ensuring the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006; and
- ii) preparing financial statements which give a true and fair view of the state of affairs of the company at the end of each financial year and of its profit and loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the trustees on

and signed on their behalf by:

Nicola Winter  
Trustee

 11 March 2024.

## **Kyra Women's Project**

**Notes to the accounts for the year ended:**

**30th September 2023**

### **1 Basis of preparation**

#### **1.1 Basis of accounting**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Companies Act 2006.

Kyra Women's Project meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

### **2 Recognition of income**

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

#### **Income with related expenditure**

Where income has related expenditure (as with fundraising or contract income) the income and related expenditure are reported gross in the SoFA.

#### **Grants and donations**

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

#### **Tax reclaims on donations and gifts**

Income from tax reclaims are included in the SoFA at the same time as the gift to which they relate.

#### **Contractual income and performance related grants**

This is only included in the SoFA once the related goods or services have been delivered.

#### **Gifts in kind**

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised.

Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity.

Gifts in kind for use by the charity are included in the SoFA as income when receivable.

#### **Donated services and facilities**

These are only included in income (with an equivalent amount in expenditure) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on this income is the estimated value to the charity of the service or facility received.

#### **Volunteer help**

The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.

## Kyra Women's Project

### **Investment income**

This is included in the accounts when receivable.

### **Investment gains and losses**

This includes any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

### **Expenditure and liabilities**

#### **Liability recognition**

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

#### **Cost of generating funds**

Cost of generating funds comprise those costs associated with attracting voluntary income.

#### **Charitable expenditure**

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

#### **Governance costs**

Governance costs include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.

#### **Grants with performance conditions**

These are only recognised in the accounts when a commitment has been made and there are no conditions to be met relating to the grant which remain in the control of the charity.

#### **Support costs**

Support costs include central function and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. Allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

#### **Fixed Assets**

Individual fixed assets are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis as follows:

<u>Asset Category</u>	<u>Annual rate</u>
IT Equipment	25%

#### **Fund accounting**

Unrestricted funds - are funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Designated funds - are unrestricted funds which have been set aside at the discretion of the trustees for specific purposes as detailed in the notes to the accounts.

Restricted funds - are funds that may only be used for a specific purpose as set out by the donor as detailed in the notes to the accounts.

# Kyra Women's Project

## 3 Analysis of income

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
<b>Voluntary income</b>				
Grants	2,409	227,811	230,220	243,662
Donations	33,026	230	33,256	23,434
	<u>35,435</u>	<u>228,041</u>	<u>263,476</u>	<u>267,096</u>
<b>Activities for generating funds</b>				
Fundraising	4,797	91	4,888	2,753
	<u>4,797</u>	<u>91</u>	<u>4,888</u>	<u>2,753</u>
<b>Income from charitable activities</b>				
Events & courses	990		990	4,718
	<u>990</u>	<u>-</u>	<u>990</u>	<u>4,718</u>
<b>Total income</b>	<u>41,222</u>	<u>228,132</u>	<u>269,354</u>	<u>274,567</u>

## Kyra Women's Project

### 4 Analysis of expenditure

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
<b>Cost of raising voluntary income</b>				
Staff costs (see note 5.2)	-	10,931	10,931	-
freelancer cost	-	2,100	2,100	-
	<b>-</b>	<b>13,031</b>	<b>13,031</b>	<b>-</b>
<b>Fundraising trading costs</b>				
Fundraising expenses	700	-	700	1,875
	<b>700</b>	<b>-</b>	<b>700</b>	<b>1,875</b>
<b>Charitable activities</b>				
Administration/Office Costs	6,954	6,335	13,289	20,904
Premises	22,227	18,567	40,794	35,681
Staff Costs (see note 5.2)	15,927	102,480	118,407	102,221
Staff training and travel	-	1,770	1,770	1,984
Project costs including freelancers	207	58,541	58,748	90,360
Insurance	1,695	-	1,695	2,955
Publicity & marketing	-	3,180	3,180	128
Bank fees	229	-	229	74
Depreciation (see note 6)	2,638	627	3,265	3,297
	<b>49,877</b>	<b>191,500</b>	<b>241,377</b>	<b>257,604</b>
<b>Governance costs</b>				
Governance Costs	445	-	445	433
	<b>445</b>	<b>-</b>	<b>445</b>	<b>433</b>
<b>Total expenditure</b>	<b>51,022</b>	<b>204,531</b>	<b>255,553</b>	<b>259,912</b>

## Kyra Women's Project

### 5 Details of certain items of expenditure

#### 5.1 Trustee expenses

Number of trustees who were paid expenses

2023	2022
0	0

Total amount paid

£0	£0
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#### 5.2 Staff Costs

Salaries and wages  
Social security costs  
Pension costs (defined contribution pension plan)  
Other employee benefits  
**Total Staff Costs**

2023	2022
£	£
125,954	100,087
1,648	835
1,736	1,299
0	0
129,338	102,221

#### 5.2.1 Average head count in the year

Fundraising  
Charitable Activities  
Governance  
Other  
**Total**

2023	2022
2	-
7	7
-	-
-	-
9	7

#### 5.3 Fees for examination of the accounts

Independent examiner's fee for reporting on the accounts  
Other fees paid to the independent examiner  
Total amount paid

2023	2022
£	£
432	420
-	-
432	420

## Kyra Women's Project

### 6 Fixed Assets

	IT Equipment	Total
	£	£
<b>Cost</b>		
As at 1 October 2022	17,159	17,159
Additions	0	0
Disposals	(2,557)	(2,557)
Adjustments	0	0
As at 30 September 2023	<u>14,602</u>	<u>14,602</u>
<b>Depreciation</b>		
As at 1 October 2022	9,587	9,587
Charge for the year	3265	3265
Disposals	(2,485)	(2,485)
Adjustments	0	0
As at 30 September 2023	<u>10,367</u>	<u>10,367</u>
<b>Net Book Value</b>	<u>4,235</u>	<u>4,235</u>

	IT Equipment	Total
	£	£
<b>Cost</b>		
As at 1 October 2021	13,798	13,798
Additions	3361	3361
Disposals	0	0
Adjustments	0	0
As at 30 September 2022	<u>17,159</u>	<u>17,159</u>
<b>Depreciation</b>		
As at 1 October 2021	6,290	6,290
Charge for the year	3297	3297
Disposals	0	0
Adjustments	0	0
As at 30 September 2022	<u>9,587</u>	<u>9,587</u>
<b>Net Book Value</b>	<u>7,572</u>	<u>7,572</u>



## Kyra Women's Project

### 7 Details of gross transfers between funds

There were transfers totalling £12,662 during the year from restricted funds to unrestricted funds, where a fund covered some core costs as follows:

	2023	2022
	£	£
Rent	-	15,572
Administration costs	-	27,726
IT costs	-	2,658
Refreshments and sundries	-	469
General running costs/overheads	8,382	7,107
Fixed assets	-	639
Unspent restricted fund transferred to unrestricted (with funder's permission)	4,331	-
	<u>12,713</u>	<u>54,170</u>
And a transfer from unrestricted to a restricted fund:		
Staff entertainment fund	51	3,600
	<u>12,662</u>	<u>50,570</u>
Total transfers between restricted and unrestricted funds:		
Transfers between restricted funds totalled £528 (2022: nil)		

### 8 Cash at bank and in hand

	2023	2022
	£	£
Current account	152,770	156,954
Petty cash	79	87
Voucher	60	-
<b>Total</b>	<u>152,909</u>	<u>157,041</u>

### 9 Debtors, prepayments and accrued income

#### 9.1 Analysis of debtors

##### Amounts receivable within one year

	2023	2022
	£	£
Prepayments:	1,337	-
	<u>1,337</u>	<u>-</u>
Accrued income:		
Dragon Boat Race donation - York Rotary (took place July 2023)	16,493	-
St Olaves concert collection	150	-
TNL Community Cost of Living Fund	4,872	-
	<u>21,515</u>	<u>-</u>
Accounts Receivable:		
Better Connect	4,008	
Fofoffees of Spurriergate	2,975	
HMRC (Gift Aid, GASDS)	760	
Invest My Community	114	
	<u>7,857</u>	<u>10,204</u>
<b>Total</b>	<u>30,709</u>	<u>10,204</u>

### 10 Creditors and accruals

#### 10.1 Analysis of creditors

##### Amounts falling due within one year

	2023	2022
	£	£
Credit card	141	-
Creditors	1,701	5,393
Deferred income	800	-
Accruals	2,406	420
<b>Total</b>	<u>5,048</u>	<u>5,813</u>

## Kyra Women's Project

### 11 Analysis of funds

#### 11.1 Restricted income funds held

##### **ABC Workshops (Assertiveness, Boundaries, Confidence)**

Funding from Feoffees of Spurriergate for a series of weekly workshops

##### **Arnold Clark - Walking Group**

Donations made for the walking group.

##### **Art Gallery**

Donations made at our art gallery event to be used for artistic purposes.

##### **Asda Foundation Christmas Grant**

Grant for a Christmas party and building improvements.

##### **Aviva Loss Group**

Courses on recovery from bereavement and other loss.

##### **Awards For All - Ambassadors Programme**

Recruiting and training ambassadors to reach out to women in the community.

##### **Better Connect Action Towards Inclusion**

A program that aims to get women ready for employment, with a specially trained mentor giving one-to-one support and creating a tailored support plan for each woman on the program.

##### **Brelms Counselling Fund**

Funding for counselling, including training and expenses.

##### **Charles Hayward**

This project will engage a Coordinator for Integration to bring women in touch with the justice system, or at risk of offending, into Kyra to integrate them into existing groups and services with the aim of diverting them from offending and helping them rebuild their lives.

##### **Community Mental Health - York CVS**

Funding for Kyra's ROSE project, supporting women aged 18-26 years.

##### **Covid 19 Emergency Funding**

This funding from a variety of sources allowed us to provide emergency counselling, IT devices and support, additional support to volunteers and additional admin support during the pandemic.

##### **Garfield Weston**

To support Kyra's work.

##### **Guildhall Ward - Sofia Project**

Funding for Solution Focussed Interventions for Anxiety group

##### **Guildhall Ward - Courtyard**

Funding to improve the outside space at Kyra.

##### **IT Courses**

Betty's, The Withram Family Trust and Feoffes of St Michael's Spurriergate have provided funding for IT equipment and courses.

##### **Joseph Rowntree Foundation - Peasholme 2022**

Funding "My money, my life" sessions on money advice.

##### **Kyra Initiative - Counselling Waiting List**

Money transferred from core funds to a fund for counselling to reduce the waiting list.

##### **Michelle Stewart**

Donation ringfenced for counselling.

##### **MIND 50+ Wellbeing**

Funding for the "Time of Our Lives" course for women over 50.

##### **New Kitchen**

Funds from the Spurriergate Feoffees and Persimmon.

##### **Nimbuscare Community Fund (administered by Two Ridings)**

Funds for counselling.

## **Kyra Women's Project**

### **11.1 Restricted income funds held (continued)**

#### **Norman Collinson**

Funding for counselling.

#### **Paul Bishop Writing**

Funds for writing workshops.

#### **PCC (MoJ) Counselling**

Funding from the Police and Crime Commissioner and Ministry of Justice to fund counselling for victims and survivors of domestic or sexual abuse.

#### **PFCC Pathways**

Funding from the Police, Fire and Crime Commissioner North Yorkshire to support women on their journey at Kyra.

#### **Persula (now renamed as) The Fairness Foundation**

Funding for the ROSE project for young women

#### **Persula Counselling**

Funding for a period of counselling sessions.

#### **Popstcode Lottery Neighbourhood**

Funding for a Volunteer Coordinator post.

#### **Purey Cust Trust**

Funding Mindfulness and the ROSE project for young women.

#### **Purey Cust Trust Covid Recovery 21**

Funding towards Young Women's Worker salary plus activities including singing and cookery classes.

#### **Purey Cust Trust Day to Day Wellbeing**

Supporting a range of activities designed to support members' wellbeing.

#### **Rank Foundation Core Cost of Living.**

Awarded to assist with general running costs of the organisation.

#### **RISE - Better Connect**

Reducing Inequalities, Supporting Employment. Funded by the UK government through the UK Shared Prosperity Fund.

#### **Solwise Gardening 2017**

A grant from Solwise to fund gardening activities.

#### **Staff Entertainment Fund**

Money collected from staff for the Christmas party.

#### **Sykes**

The Charlie and Elsie Sykes Trust funding counselling.

#### **Tesco Groundwork Cook and Share**

Funding to support cookery classes.

#### **The Emergence Foundation - Kyra Calmness**

Funding Mindfulness, cookery, medicinal herbs courses and sound healing.

#### **The National Lottery Route to Recovery**

Project supporting women who have experienced domestic abuse or mental health issues.

#### **The National Lottery Community Cost of Living**

Funding to provide additional support and resources throughout the cost of living crisis.

#### **The Rank Foundation - Time to Shine**

Funding the salary of a full time member of staff on the leadership programme.

#### **The Rank Foundation - The Stories You Want To Tell**

Funding a creative project bringing members' stories to life.

#### **Two Ridings Cost of Living**

Funding to provide warm spaces and food over winter.

#### **Two Ridings Deciding Together**

Funding for a consultation of stakeholders through focus groups and market research.

#### **Two Ridings Life and Legacy**

Funding to produce a Jubilee artwork and celebrate the Jubilee.

#### **York Common Good Writing For Wellness**

Funding activity for the writing group.

#### **York Rotary - Christmas cards**

Funding to print our own Christmas cards.

## 11.2 Movement of major funds

	Balance b/fwd £	Incoming resources £	Outgoing resources £	Transfers £	Balance c/fwd £
<b>Unrestricted funds</b>					
General funds	71,809	41,222	(51,022)	12,662	74,671
	<u>71,809</u>	<u>41,222</u>	<u>(51,022)</u>	<u>12,662</u>	<u>74,671</u>
<b>Restricted funds</b>					
ABC Workshops	-	2,975	-	-	2,975
Arnold Clark Walking Group	398	-	(243)	-	155
Art Gallery	190	-	(190)	-	-
Asda Foundation Christmas Grant	784	-	(390)	-	394
Aviva Loss Group	2,381	-	(959)	(560)	862
Awards for All - Ambassadors programme	3,125	-	(2,326)	(533)	266
Better Connect Action towards inclusion	45	19,133	(19,178)	-	-
Brelms Counselling Fund	-	4,980	(4,140)	-	840
Charles Hayward	1,496	-	(1,137)	-	359
Community Mental Health - York CVS	-	17,716	(3,659)	(904)	13,153
Covid 19 Emergency Funding	2	-	(2)	-	-
Garfield Weston	7,157	15,000	(5,464)	(4,730)	11,963
Guildhall Ward - Sofia Project	1,770	-	(317)	(1,453)	-
Guildhall Ward - Courtyard	-	1,477	(1,313)	-	164
IT Courses	513	-	-	-	513
Joseph Rowntree Foundation - Peasholme 2022	3,054	-	(3,054)	-	-
Kyra Initiative - Counselling Waiting List	128	-	(128)	-	-
Michelle Stewart	100	-	(100)	-	-
MIND 50+ Wellbeing	210	-	(210)	-	-
New Kitchen	155	-	(155)	-	-
Nimbuscare Community Fund (Two Ridings)	2,650	-	(2,550)	(100)	-
Norman Collinson	-	2,000	(2,000)	-	-
Paul Bishop Writing	15	-	-	(15)	-
PCC (MoJ) Counselling	(500)	-	-	500	-
PFCC Pathways	-	10,010	(450)	(330)	9,230
Persula / Fairness Foundation -ROSE	1,170	-	(1,170)	-	-
Persula Counselling	-	3,000	(1,750)	(175)	1,075
Postcode Lottery Neighbourhood	-	18,900	(7,751)	-	11,149
Purey Cust Trust	3,935	301	(3,736)	-	500
Purey Cust Trust Covid Recovery 21	189	-	(202)	13	-
Purey Cust Day to Day Wellbeing	-	4,022	(3,125)	(398)	499
Rank Foundation Core Cost of Living	-	4,453	(1,688)	(857)	1,908
RISE - Better Connect	-	12,616	(11,308)	(1,308)	-
Solwise Gardening 2017	21	-	(21)	-	-
Staff entertainment Fund	(51)	-	-	51	-
Sykes	1,514	-	(1,514)	-	-
Tesco Groundwork Cook and Share	500	-	(500)	-	-
The Emergence Foundation - Kyra Calmness	2,614	-	(2,601)	(13)	-
The National Lottery Route to Recovery	40,746	79,168	(77,916)	-	41,998
The National Lottery Community Cost of Living	-	4,872	(4,872)	-	-
The Rank Foundation - Time to Shine	6,284	25,389	(23,605)	-	8,068
The Rank Foundation - The Stories You Want to Tell	11,059	-	(8,191)	(1,175)	1,693
Two Ridings Cost of Living	-	1,620	(960)	(660)	-
Two Ridings Deciding Together	5,458	-	(5,458)	-	-
Two Ridings Life and Legacy	30	-	-	(30)	-
York Common Good Writing For Wellness	-	500	(198)	15	317
York Rotary - Christmas cards	53	-	-	-	53
	<u>97,195</u>	<u>228,132</u>	<u>(204,531)</u>	<u>(12,662)</u>	<u>108,134</u>
<b>Total funds</b>	<u>169,004</u>	<u>269,354</u>	<u>(255,553)</u>	<u>-</u>	<u>182,805</u>

**12 Net assets between funds**

	Unrestricted	Restricted	Total	Total
	Funds	Funds	2023	2022
Fund balances at year end	£	£	£	£
Fixed assets	2,863	1,372	4,235	7,571
Current assets	75,071	108,547	183,618	167,246
Current liabilities	(3,263)	(1,785)	(5,048)	(5,813)
<b>Total funds</b>	<b>74,671</b>	<b>108,134</b>	<b>182,805</b>	<b>169,004</b>

**13 Related party transactions**

No related party transactions have taken place during the year.

**14 Legal status of the charity**

The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

