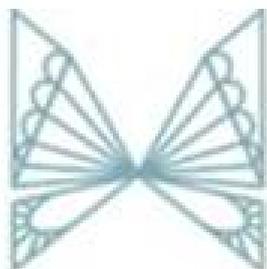


KYRA WOMEN'S PROJECT NEWSLETTER

October 2020 - Monthly Email Newsletter



kyra
women's project

MONTHLY FOCUS

This month we are focusing on safely starting face to face services again. We are taking this process very slowly and will be following all guidelines as they evolve.

We have started in person enrolment for new members who are about to join the Kyra family.

We are hoping to launch “book to drop in” sessions starting in November –refer to the session information section for more details. We are also widening our team of volunteers by beginning volunteer recruitment again.

CONTENT

- 1.What’s happening in Kyra?
- 2.Session weekly timetable.
- 3.Course and session information.
- 4.Supportive information.
- 5.Contact us

BOUNCING BACK

“I am a woman with thoughts and questions and things to say. I say if I’m beautiful. I say if I’m strong. You will not determine my story – I will.”
– Amy Schumer



WHAT'S HAPPENING IN KYRA?

KYRA BOUNCES BACK

'Kyra Bounces Back' – this is the name of a new, 6 month project funded by Government Covid Community Fund monies, managed by the Big Lottery. It's to help us recover from the restrictions of the Covid lockdown period, and we'll be using it to support the expansion of our pool of volunteers. We need to replace those who have left over the last 9 months and recruit more volunteers to support some new activities. This is a fantastic boost for us after a difficult year!



HM Government

In partnership with

**THE NATIONAL LOTTERY
COMMUNITY FUND**

KYRA KITCHEN

Thanks to grants from the Feoffees of Spurriergate, Persimmon Homes and a generous legacy, we have funding to put in a new kitchen at Kyra. This will be great for cookery and healthy eating sessions, and we'll be consulting with the volunteers who have run these sessions in the past to make sure the new design is fit for purpose.

PREMISES

The Central Methodist Church where Kyra rents its premises is soon to join up with Central Hall Westminster in a project to develop the use of the building. The plan is to completely refurbish the basement area, reception and kitchen to create an international events space. These plans will not materially affect Kyra's space, and have a five year timescale for fundraising – so no changes will be visible for some time yet.

COVID CAPSULE BOOK

During the lockdown and subsequent months, members have been sending us their poems, drawings and photographs demonstrating what the lockdown meant to them, and how they coped when the world was so different. We plan to publish these as a 'Covid Capsule' in a new booklet.

MEMBERSHIP AGE

In the Trustee board in October, the Board decided to limit membership to women over the age of 18. This will mean that safeguarding responsibilities, which are separate for children and adults, are manageable.

SESSION TIMETABLE

KEY CODE

If you see Kyra's blue butterfly next to a session it means that the session takes place in person. Otherwise the session is online via Zoom.



MONDAY

Motivational Mondays
(Life Coaching.)
1st Monday of the month.
Book with: Glynis@kyra.org.uk

TUESDAY

Spanish with Ana
10AM- 11AM and 11:30AM - 12:30PM
Book with: ana@kyra.org.uk

Yoga with Daniela
10:30AM - 11:30AM
Book with:
daniela@mystillpoint.co.uk

Vibes - Music Therapy
(North Yorkshire Music Therapy with Kyra)
6PM - 7PM
Book with: laura@music-therapy.org.uk

Mindfulness Practise Group
(open to those with previous experience)
2nd and 4th Tuesday of every month, 2PM - 3:20PM
Book with: lis@kyra.org.uk

WEDNESDAY

Kyra Voices

6pm – 7pm

Book with: janet@kyra.org.uk and carol@kyra.org.uk

Craft Group

10:30 AM – 11:30 PM

Book with: Claudia@kyra.org.uk



Rose Project, (18 – 25 yrs): In person and on zoom

5PM – onwards

Book with: Sherrie@kyra.org.uk



Book to drop in: In person

1PM – 4PM (time slots)

Book with: Laurac@kyra.org.uk



Cookery: In person

Once a month.

Book with: Sally@kyra.org.uk



Self Defence: In person

TBC depending on numbers

Book with: sam@kyra.org.uk

THURSDAY

Spanish with Claudia

10:00 AM – 11:30PM

Book with: claudia@kyra.org.uk

Meditation with Julie

7:15pm – 8:30PM

Book with: Julie@kyra.org.uk

Loss Group

Book with: geraldine@kyra.org.uk



Walking Group

Book with: Elaine@kyra.org.uk

FRIDAY

Drama Group

10AM - 12PM

Book with contact@kyra.org.uk

SATURDAY

Poetry Group

12PM - 1:30PM

Book with: Glynis@kyra.org.uk

Walking Group: in person

Book with: elaine@kyra.org.uk

ON GOING

ATI - Action Towards inclusion.

In person

Enquire at: Kerry@kyra.org.uk

Weekly contact (waiting list)

Enquire at: Contact@Kyra.org.uk

Freedom Programme

Enquire at: contact@kyra.org.uk

SWIRL - Supporting women in rural locations

Enquire at: SWIRL@kyra.org.uk

My Money Matters

Enquire at: aylson@kyra.org.uk

Support with ICT

Enquiry at: anita@kyra.org.uk

DAY TBC

Think - it - theatre: in person

Day and start TBC

Book with: contact@kyra.org.uk

Supporting women in science:

Depending on numbers of interest

Book with: contact@kyra.org.uk

SESSION INFORMATION

IN THE TIMETABLE ORDER

MOTIVATIONAL MONDAYS

Have you ever set a goal, got so far and stopped? Or maybe you never set goals because you don't think you can achieve them? Some people don't know where to start with goals and plans for the future. Well, if you connect with one of the statements above then coaching is for you! The focus of coaching is to help you help yourself and for us to work together to notice what could be getting in the way of you moving forward. Motivational Mondays are being offered by York based Confidence Coach Jules Wyman. The sessions are an hour long and for graduates of the ESTA programme. The aim is to keep you and your life moving confidently in the direction you want. www.juleswyman.com.



Jules WYMAN  

SPANISH

Join our Spanish lessons to learn a new language. Take part in group classes facilitated by professional Spanish teachers. This group not only provides a new skill but also new friends too and confidence.



YOGA

Dru Yoga is a gentle, yet potent style of yoga, with its roots in hatha yoga it includes classical yoga postures (asanas), pranayama (the science of breath) mudras (hand gestures), positive affirmations, empowering visualisations and sequences performed in a flowing way. Dru Yoga is tailored to the level of the individuals within the class, so everyone from experienced to beginners is welcome.




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VIBES

Kyra In music- Vibe Project!
www.music-therapy.org.uk have kindly donated a selection of Zoom music therapy sessions. Join us in group music therapy sessions. These no charge sessions will provide the opportunity to express and explore feelings and emotions through playing and listening to music with others in a supportive environment.



MINDFULNESS

Kyra mindfulness practice group is open to anyone who has attended our 8 week training course or who has similar experience gained elsewhere

It is a very supportive group that would like to welcome new members, so please mail lis@kyra.org.uk if you'd like to join. Sessions are on 2nd and 4th Tuesdays of the month at 2pm for 1.5h on Zoom with Alison Garar

CRAFT GROUP

Join Claudia and other members over zoom to connect over crafts. Take part in craft work which you can do at home while making friends with other members through zoom.

DROP INS

Book to attend our drop in sessions in person. You must bring your own drink and socially distance while attending the session. Reconnect to other members face to face in Kyra. Sessions will take place on a Tuesday and Thursday starting in November,

COOKERY

We are hoping to re start our cooking group in Kyra with Sally. We are taking small steps in ensuring the session will take place safely. To express an interest please email sally@kyra.org.uk. Once we have a gauge of who would like to attend will begin to plan a safe return.

MEDITATION

These guided mediations are inspired by Nature.

They are designed to help you to relax and find a greater sense of inner peace and stillness by forming a deeper connection with the Earth and all that surrounds us in our beautiful countryside, gardens and parks.

Meditation can help to:

- Reduce stress, anxiety & depression,
- Improve sleep & increase energy levels,
- Release negative emotions & thought patterns
- Manage & reduce pain
- Improve general health & well-being
- Improve creativity, intuition & concentration

DRAMA

Express yourself! Drama Workshop!
No experienced needed and no charge!
Join together over Zoom with York Theatre Royal.

POETRY

Share new poems, old poems, poems from your pen!
"Poetry is the rhymical creation of beauty in words"
Join together over Zoom to share.

LOSS GROUP

Have you experienced any of the following:

- Bereavement
- Relationship breakdown/divorce
- Loss of health
- Job loss
- Family estrangement
- Any type of loss

If so join Kyra's Loss group. A start to getting your life back on track.

WALKING GROUP

All walks start and finish at Kyra. We meet at 10am for a 10:15am start. No special equipment / clothing required - just comfy shoes / trainers, warm clothes and waterproofs in case of rain



FREEDOM

Kyra is the only organisation offering the Freedom Programme in North Yorkshire. The Freedom Programme is a domestic violence course which was created from work with perpetrators of domestic violence. We provide information and learning, not therapy.

The Programme was primarily designed for women as victims of domestic abuse, be that physical, emotional, sexual or financial.

The abusers are mainly husbands or partners of either sex, but many women can be abused by mothers, fathers, children and other family members. The Freedom Programme examines the roles played by attitudes and beliefs on the actions of abusers and the responses of victims and survivors. The aim is to help victims to make sense of and understand what has happened to them, instead of the whole experience just feeling like a horrible mess. The Freedom Programme also describes in detail how children are affected by being exposed to this kind of abuse and very importantly how their lives are improved when the abuse is removed.

ACTION TOWARDS INCLUSION

The aim of the ATI with Kyra is to help Women overcome barriers by supporting you to achieve at your own pace and in a safe environment which believes this is achievable. With flexible help and encouragement. Working one to one with a Key Worker who will help you to progress towards employment, training, education and job-search. Whilst at the same time helping you to combat a range of social issues, including poverty and social exclusion.

WEEKLY CONTACT

Our volunteers have been making weekly phone calls or emails to any member who is in need of a friendly call. Please get in touch if you would like this also,.

KYRA VOICES

Do you have a passion for music and singing? If so join other members in weekly singing sessions.

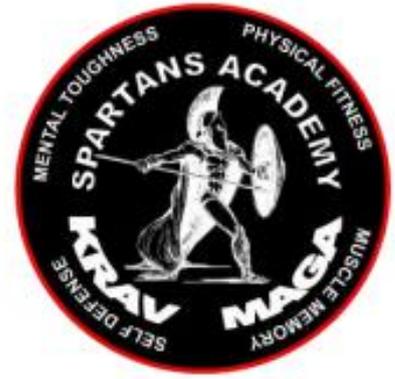
ROSE PROJECT

The Rose Project is a fun social group for young women to get together, they have been continuing to meet on zoom every week. There has been lots of laughter in the sessions and we are hoping to be able to move back in the Kyra building very soon (with some members still joining in via zoom). Some extra funding has been secured to keep the Project running for the next month or so, which has been appreciated by the members. Plans are in place for further craft activities for the group that will be accessible for meeting together face to face or via zoom.

SELF DEFENCE

There's simply no better way to learn real-world self-defence skills than with our Self Defence Classes with Spartans Academy, Krava Maga.

We all know the world can be a dangerous place. Are you prepared to face down a challenge if you or a loved one threatened? With the help of the Spartans Academy of Krav Mag



Boost your confidence, improve your awareness, better your mental health.

Whether your aim is to learn to protect yourself and your family from dangerous situations or just feel better in your day-to-day life, we can help! Learn how to stay safe with the help of our dedicated professional and highly qualified Instructors.

A fun and friendly self-defence class, you'll be given a warm welcome by a great group of like-minded people.

THUNK-IT-THEATRE

Are you 18 to 25 years old and interested in story telling, the arts or women's history? Or are you craving an outlet for creativity? We want to hear from you!

Thunk - It- Theatre presents Bad Bored Women Of The Rooms by Sabrina Mahouz as part of positive stories for negative times by Wonder Fools in association with the traverse theatre and partnership with Kyra.

Over the next few months we will be creating a piece of live performance which will be filmed and shared as part of a national project. You can find out more about this project on the website:

<https://positivestories.scot/#page> (If you press the interactive map you can see us on there over York!)

This opportunity is open to everyone, no matter your experience!

Contact: contact@kyra.org.uk to get involved.

USEFUL INFORMATION

FOOD BANK

We still have access to food bank vouchers, If you are struggling and need some help please do not hesitate to get in touch. If you would like a voucher please email sam@kyra.org.uk or speak to your volunteer that you usually chat with.

SOLICITORS

Crombie Wilkinson Solicitors have kindly offered to provide Kyra members with 1 hour free consultation. If you would like to use this offer please email contact@kyra.org.uk



DONATIONS

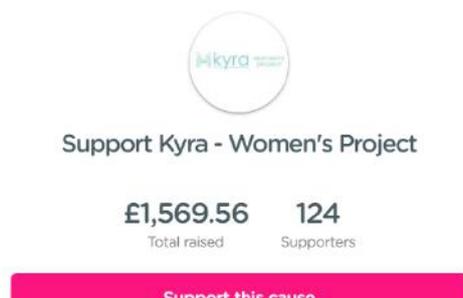
Thank you to those who have kindly donated to Kyra using:

<https://www.easyfundraising.org.uk/causes/kyrawp/>
and
<https://uk.virginmoneygiving.com/>

.If you would like to donate people visit our sites.

**Raise donations for Kyra -
Women's Project whenever you
shop online**

Turn your everyday online shopping into FREE
donations



CANCER AWARENESS TRAINING

Search Cancer Champions Online Awareness session on Eventbrite to join free awareness sessions.



**Cancer Champions Online Awareness
Sessions**

Learn the signs and symptoms of cancer and grow
your confidence to have life-saving conversations.

The CMC - St Saviourgate, York YO1 8NQ



01904 632332



contact@kyra.org.uk



www.kyra.org.uk



[@KyraYorkWomensCentre](https://www.facebook.com/KyraYorkWomensCentre)



[@KyraWomen](https://twitter.com/KyraWomen)



[Kyrawomen](https://www.instagram.com/Kyrawomen)

Kyra – Women's Project



CMC (Central Methodist Church)
St. Saviourgate, York
YO1 8NQ

Tel. 01904 632332

Email contact@kyra.org.uk

www.kyra.org.uk

Charity No.: 1154290

Don't forget to like us on facebook

<https://www.facebook.com/YorkWomensCentre>

for all the latest news

Please be aware, we have steps to access Kyra

If you have booked a place on a group and are unable to attend, please let us know asap to allow for someone else to have the space