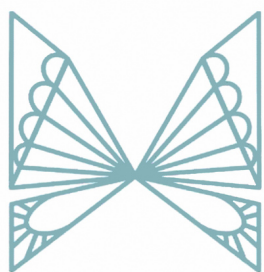


KYRA WOMEN'S PROJECT NEWSLETTER

March 2021- Monthly Email Newsletter



kyra
women's project

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WHAT'S HAPPENING IN KYRA?

INTERNATIONAL WOMEN'S WEEK

We are so pleased to share our full programme of events for York International Women's Week with you.

Between Monday 8 and Friday 12 March you can join a huge number of different sessions on Zoom. Connect with inspiring women, support organisations and other Kyra members and volunteers.

A timetable for the week is included in this newsletter but the full programme is available on our website. Register to attend using Eventbrite and you can come to as many sessions as you'd like throughout the week.





Sign up on Eventbrite to register and you will receive a Zoom link by email along with a guide on how to stay safe when joining online events.

You are welcome to join as many sessions as you'd like each day. Every session will last just under one hour, so you can have a short break from the screen in between sessions.

This event is open to all but please note, some existing Kyra activities may be marked as women-only with an asterisk (*) beside them in the schedule.

Sessions will include automatic audio subtitling. The Castle Communications event on Friday will include BSL interpretation.

To register for the event visit: <https://kyraibd2021.eventbrite.co.uk>



DAY	MORNING	AFTERNOON
M	10am Welcome 11am Panel 12pm Kyra Voices / Walking Group*	2pm Think It Theatre 3pm Rose Group* 4pm Kyra Yoga*
T	10am Hate Crime & Misogyny 11am IDAS 12pm Self Defence	2pm Mindfulness* 3pm ATI / Employment* 4pm Supporting Women in Science
W	10am Kyra Craft Group* 11am Tadcrafters	1pm York Girl 2pm TBC 3pm Migrant Support 4pm Cancer Awareness
T	10am Poetry & Covid Book* 11am Well Being Writing*	1pm YREN Coffee Club 2pm YREN Talk 3pm Pen Pal 4pm Explore York
F	10am Disability Forum 11am Castle Communications	1pm Women in 2021 2pm The TRUTH about Confidence 3pm Closing Celebration

BOOK AT: [HTTPS://KYRAIBD2021.EVENTBRITE.CO.UK](https://kyraibd2021.eventbrite.co.uk)

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

MODA (Moving on from domestic abuse)

10am – 11am

Book with: carole.beetham@idas.org.uk

Hoglets, Story telling for Mums and Children. 11am – 12am

Book with: gemma@hedgepigtheatre.co.uk

Vibes – Music Therapy (North Yorkshire Music Therapy)

6PM – 7PM

Book with: laura@music-therapy.org.uk

TUESDAY

Spanish with Ana

Beginners and Improving 10AM- 11AM

Beginners 11:30AM – 12:30PM

Book with: ana@kyra.org.uk

SOFIA

Solution Focussed Interventions for Anxiety

10:30 – 12:00

Book with: contact@kyra.org.uk

Self Defence

5:30PM – 7:30PM

Book with: laurac@kyra.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

Yoga with Daniela

10:30AM – 11:30AM

Book with: daniela@mystillpoint.co.uk

WEDNESDAY

Rose Project, (18 – 25 yrs)

5PM – onwards

Book with: sherrie@kyra.org.uk

Kyra Voices

6pm – 7pm

Book with: carol@kyra.org.uk

Cookery – Start date TBC

Once a month

Book with: sallyduncan40@gmail.com

Well – being Writing

Time TBC

Book with: contact@kyra.org.uk

THURSDAY

Book to drop in – start date TBC
10 AM – 11AM OR 11:30AM – 12:30PM
Book with: laurac@kyra.org.uk



Thunk – it – Theatre:
7.30pm – 9pm
Book with: thunkittheatre@gmail.com

Spanish with Claudia
10:00 AM – 11:30PM
Book with: claudia@kyra.org.uk

Loss Group
Book with: geraldine@kyra.org.uk

Meditation with Julie
7:15pm – 8:30PM
Book with: julie@kyra.org.uk

Walking Group
Book with: elaine@kyra.org.uk

FRIDAY

Drama Group
Last Friday of each month
10AM – 12PM
Book with: contact@kyra.org.uk

SATURDAY

Poetry Group
12PM – 1:30PM
Book with: glynis@kyra.org.uk

Walking Group
Book with: elaine@kyra.org.uk

ON GOING

ATI – Action Towards inclusion.
Enquire at: laurac@kyra.org.uk

Weekly contact (waiting list)
Enquire at: contact@Kyra.org.uk

Food Bank Voucher
Contact: contact@kyra.org.uk

Counselling:
Enquire at: ann@kyra.org.uk

My Money Matters
Enquire at: alison.hodgson@peasholmecharity.org.uk

Support with ICT
Wednesday 24th 2 sessions of 1 hour each 1pm-2pm, 2pm-3pm and
Wednesday 31st 2 sessions of 1 hour each 1pm-2pm, 2pm-3pm.
Enquire at: glynis@kyra.org.uk

Solicitor Consultation
Book with: contact@kyra.org.uk

SESSION INFORMATION

IN THE TIMETABLE ORDER

MOTIVATIONAL MONDAYS

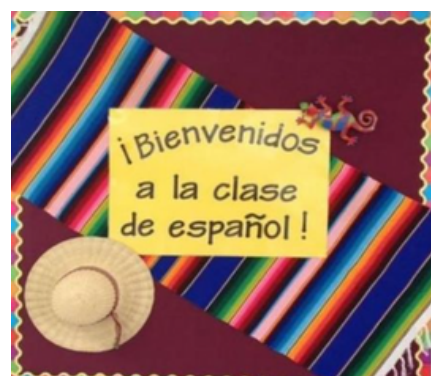
Have you ever set a goal, got so far and then stopped? Or maybe you never set goals because you don't think you can achieve them? Some people don't know where to start with goals and plans for the future. Well, if you connect with one of the statements above then coaching is for you! The focus of coaching 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  

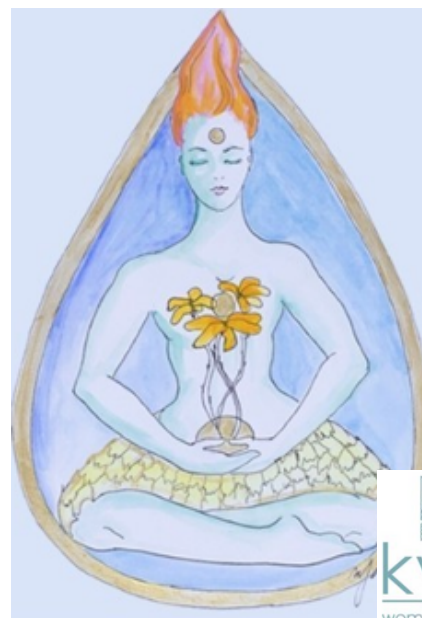
SPANISH

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 and confidence too.



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.

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

When it is safe to meet again in-person, we will look to re-open our drop-ins on a booking only basis, to help you reconnect to other members face to face in Kyra.

We will update you when this becomes possible.

COOKERY

We are hoping to re-start our cooking group in Kyra with Sally when it is safe to do so. We are taking small steps in ensuring the session will take place safely. To express an interest please email sallyduncan40@gmail.com. Once we have a gauge of who would like to attend we 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 experience 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 rhythmical 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. Please note: this group requires some writing.

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. Walks are paused due to Covid at the moment.



FREEDOM PROGRAMME

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. This course is paused until April 2021. .

ACTION TOWARDS INCLUSION

The aim of the ATI project with Kyra is to help Women overcome barriers by supporting you to achieve at your own pace and in a safe environment, 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. Get in touch if you would like this also, but please note: there is currently a waiting list for this.

KYRA VOICES

Do you have a passion for music and singing? If so join other members in weekly singing sessions over 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, Krav 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 are threatened? With the help of the Spartans Academy of Krav Maga, you can be.

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 in 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: thunkittheatre@gmail.com to get involved.

WELL-BEING WRITING

This new group started at Kyra in February 2021.

Did you know that writing, as little as 15 minutes a day, can have a positive impact upon your physical and mental health?

The Writing Wellness Group will take place over six weeks and will look to strengthen emotional wellbeing and mental health through completing structured writing tasks in a safe and guided setting.

If you are struggling with anxiety or depression, or you are someone who has experienced trauma in your past, or you want to learn more about your self and develop effective ways to cope with the challenges of life, then this group could be for you!

The group will be led by an experienced Clinical Psychologist from the University of York (UoY) alongside Kyra volunteer staff and UoY MSc student group facilitators!

MOVING ON FROM DOMESTIC ABUSE

In conjunction with Kyra, IDAS are inviting you to join a free course... Moving on from domestic abuse.

This is a 6 week course providing information for women about domestic abuse.

Aims of the course:

- To help women understand the beliefs held by abusive men.
- To illustrate the effects of domestic violence on children.
- To assist women gain self-esteem and the confidence to improve the quality of their lives.

ROSE PROJECT

The Rose Project is a well being group for young women to get together online and hopefully in person. Each session is member led focusing on well being topics which the members wish to talk about. During the session you will take part in activities, learn about yourself and make friends!

SOFIA

SOFIA: Solution Focussed Interventions for Anxiety.

This 4-part course will provide you with a tool kit to enable you to-Understand how anxiety is caused in the brain,-And how it affects us-Recognise and turn off anxious thoughts-Stop a panic attack in its tracks-Boost your serotonin (your feel-good hormone) naturally. All you need is to be able to commit to the 4 sessions with Internet access and be able to log onto a Zoom meeting. Please note there is no obligation to turn on your camera or to speak in sessions if you don't want to. But you will be surprised how relaxing and fun the course will be.

The trainer Julie Meakin is a qualified hypnotherapist who specialises in working with clients with anxiety and depression. She is also an approved therapist with Anxiety UK and a lecturer with the Open University.

HOGLETS

Hoglets With Mind is for any mummy who wants to spend some bonding time with their children in a friendly, fun and supportive space.

We combine storytelling, games and songs, designed especially for young children, with an informal and relaxed post-class session where Mums can listen to each other's stories, share experiences, or simply enjoy being with one another in a safe judgemental free space.



IT WITH ANITA

In March Anita is available to support with IT training on Wednesday 24th with 2 sessions of 1 hour each 1pm-2pm, 2pm-3pm and Wednesday 31st with 2 sessions of 1 hour each 1pm-2pm, 2pm-3pm. To book contact glynis@kyra.org.uk.

USEFUL CONTACTS

URGENT SUPPORT AND MENTAL HEALTH CRISIS SERVICES

IF YOU ARE IN CRISIS OR NEED URGENT SUPPORT THEN PLEASE
CONTACT ONE OF THE FOLLOWING SERVICES:

- YORK & SELBY CRISIS TEAM (24 HOUR NHS SERVICE)

TEL: 0800 0516171

- SAMARITANS (24 HOUR CONFIDENTIAL & NON-JUDGMENTAL
LISTENING SERVICE)

TEL: 116123

EMAIL: JO@SAMARITANS.ORG

- YOU CAN GO TO A & E.
- YOU CAN CONTACT NHS 111.
- IF YOU ARE NOT ABLE TO LEAVE THE HOUSE YOU CAN DIAL 999.

NORTH YORKSHIRE RESIDENTS: IF YOU LIVE IN THE EASINGWOLD,
SELBY, TADCASTER, HELMSLEY, KIRKBYMOORSIDE OR PICKERING
AREAS, YOU CAN CALL THE CONFIDENTIAL AND ANONYMOUS
MENTAL HEALTH HELPLINE ON 0800 561 0076

MONDAY TO THURSDAY – 5PM TO 8.30AM; FRIDAY – FROM
4.30PM (24 HOURS AT THE WEEKEND AND ON BANK HOLIDAYS)

The CMC - St Saviourgate, York YO1 8NQ



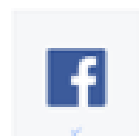
01904 632332



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 you are unable to attend please let us know ASAP to allow for someone else to have a space.