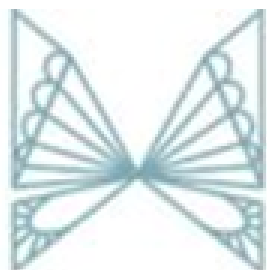


# KYRA WOMEN'S PROJECT NEWSLETTER

*November 2020 - Monthly Email Newsletter*



kyra  
women's project

## CONTENT

1. What's happening in Kyra?
2. Session weekly timetable.
3. Course and session information.
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## KYRA OPENS UP

The Kyra premises will re-open on Thursday 3 December after lockdown 2.0. In line with Government guidance, which exempts charitable services and support groups from the need to avoid households mixing, we'll be offering some face-to-face services – in Covid-secure conditions, of course – as soon as possible. These will include enrolments of new members and booked 'drop ins'.

## NEW VOLUNTEERS

We are delighted to share that we have started our new volunteer recruitment process. We are aiming to have a full team of new volunteers ready to join our current volunteers.

We are still running weekly phone calls, online sessions, Face to face enrolments and in person book to drop in session.. please see our timetable!

# WHAT'S HAPPENING IN KYRA?

## KYRA BOUNCES BACK

Kyra Bounces back with new staff!

We are delighted to welcome back Anna Perrett to Kyra, to work on the Kyra Bounces Back project. Anna will be working with Sam to recruit, train and induct new volunteers, as well as looking at the effectiveness of our online offerings to members. Laura is also working some hours on this project, making sure we 'bounce back stronger'!



In partnership with

**THE NATIONAL LOTTERY  
COMMUNITY FUND**

## KYRA KITCHEN

With generous funding from several supporters, we're going to be refurbishing the Kyra kitchen.

The aim is to make it much more suitable for cookery and nutrition sessions for members. A working group is coming together to plan for this – let us know if you'd like to join in!

## INTERNATIONAL WOMEN'S DAY 2021

We're also making plans for this very important day on our calendar. We hope that it will take place in the big hall at CMC, like last year – but we have an online Plan B! Stand by for requests for items to raffle, contributions from Kyra groups and ideas for fundraising linked to this event.

## COVID CAPSULE BOOK

This is coming along really well, and generous funding from the York Rotary will cover the costs of publication. Any final contributions from members need to be in within days to make it into the final cut!

## COUNSELLING

We are pleased to share that our counselling waiting list is now open, if you would like to join the list please get in touch with [contact@kyra.org.uk](mailto:contact@kyra.org.uk) or your usual volunteer contact.

# 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](mailto:Glynis@kyra.org.uk)

### Vibes - Music Therapy

(North Yorkshire Music Therapy with Kyra)

6PM - 7PM

Book with: [laura@music-therapy.org.uk](mailto:laura@music-therapy.org.uk)

## TUESDAY

### Spanish with Ana

Beginners and Improving Beginners

10AM- 11AM and 11:30AM - 12:30PM

Book with: [ana@kyra.org.uk](mailto:ana@kyra.org.uk)

### Yoga with Daniela

10:30AM - 11:30AM

Book with:

[daniela@mystillpoint.co.uk](mailto:daniela@mystillpoint.co.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](mailto:lis@kyra.org.uk)

## WEDNESDAY

### Kyra Voices

6pm – 7pm

Book with: [janet@kyra.org.uk](mailto:janet@kyra.org.uk) and [carol@kyra.org.uk](mailto:carol@kyra.org.uk)

### Craft Group

10:30 AM – 11:30 PM

Book with: [Claudia@kyra.org.uk](mailto:Claudia@kyra.org.uk)



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

5PM – onwards

Book with: [Sherrie@kyra.org.uk](mailto:Sherrie@kyra.org.uk)



**Cookery:** In person

Once a month.

Book with: [Sally@kyra.org.uk](mailto:Sally@kyra.org.uk)



**Self Defence:** In person

TBC depending on numbers

Book with: [sam@kyra.org.uk](mailto:sam@kyra.org.uk)

## THURSDAY



**Book to drop in:** In person

10 am – 12:30 pm (time slots)

Book with: [Laurac@kyra.org.uk](mailto:Laurac@kyra.org.uk)

**Spanish with Claudia**

10:00 AM – 11:30PM

Book with: [claudia@kyra.org.uk](mailto:claudia@kyra.org.uk)

**Meditation with Julie**

7:15pm – 8:30PM

Book with: [Julie@kyra.org.uk](mailto:Julie@kyra.org.uk)

**Loss Group**

Book with: [geraldine@kyra.org.uk](mailto:geraldine@kyra.org.uk)



**Walking Group**

Book with: [Elaine@kyra.org.uk](mailto:Elaine@kyra.org.uk)

## FRIDAY

Drama Group

10AM - 12PM

Book with [contact@kyra.org.uk](mailto:contact@kyra.org.uk)



Thunk - it - theatre: in person

6pm - 7pm

Book with: [contact@kyra.org.uk](mailto:contact@kyra.org.uk)

## SATURDAY

Poetry Group

12PM - 1:30PM

Book with: [Glynis@kyra.org.uk](mailto:Glynis@kyra.org.uk)



Walking Group: in person

Book with: [elaine@kyra.org.uk](mailto:elaine@kyra.org.uk)

## ON GOING



ATI - Action Towards inclusion.

In person

Enquire at: [Kerry@kyra.org.uk](mailto:Kerry@kyra.org.uk)

**Featured Project:** Are you concerned about money? Do you struggle with budgeting? If so contact Alyson from Peasholm who can help. This support runs with partnership from Peasholm and Kyra Women's Project.

Weekly contact (waiting list)

Enquire at: [Contact@Kyra.org.uk](mailto:Contact@Kyra.org.uk)

Freedom Programme

Enquire at: [contact@kyra.org.uk](mailto:contact@kyra.org.uk)

SWIRL - Supporting women in rural locations

Enquire at: [SWIRL@kyra.org.uk](mailto:SWIRL@kyra.org.uk)

My Money Matters

Enquire at: [aylson@kyra.org.uk](mailto:aylson@kyra.org.uk)

Support with ICT

Enquiry at: [anita@kyra.org.uk](mailto:anita@kyra.org.uk)

# SESSION INFORMATION

IN THE TIMETABLE ORDER

## MOTIVATIONAL MONDAYS

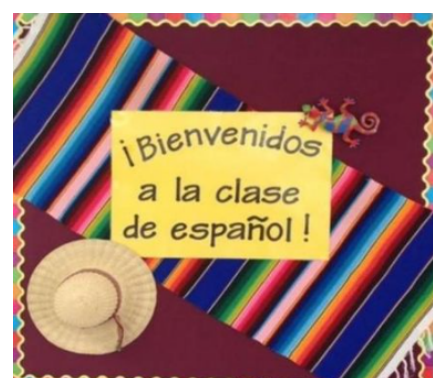
Have you ever set a goal, got so far and stopped? Or maybe you never set goals because you don't think you can achieve them? Some people don't know where to start with goals and plans for the future. Well, if you connect with one of the statements above then coaching is for you! The focus of coaching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

## VIBES

Kyra In music- Vibe Project!  
[www.music-therapy.org.uk](http://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](mailto: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](mailto: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 supportive 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 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 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](mailto: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](mailto: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](mailto: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



Support Kyra - Women's Project

**£1,569.56**

Total raised

**124**

Supporters

Support this cause

## 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



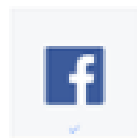
01904 632332



[contact@kyra.org.uk](mailto:contact@kyra.org.uk)



[www.kyra.org.uk](http://www.kyra.org.uk)



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



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



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

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## Kyra – Women's Project



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

Tel. 01904 632332

Email [contact@Kyra.org.uk](mailto:contact@Kyra.org.uk)

[www.Kyra.org.uk](http://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.