

# KYRA WOMEN'S PROJECT NEWSLETTER

*December 2020 - Monthly Email Newsletter*



kyra  
women's project

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## WHAT'S HAPPENING IN KYRA?

### 2020 ENDS

We begin our Christmas break on 23rd December 2020 aiming to reopen the first week of January. Please get in touch if you would like to join any of our sessions in January - we will respond with course details as soon as we are open again.

### 2021 BEGINS

We are aiming to be open again safely on Monday 4th January 2021 under the latest Coronavirus regulations.

We are planning many sessions to take place in person, however we will ensure that if we need to stick to virtual sessions we will do so.

### SAVE THE DATE

Please make a note in your diary that we will be hosting International Women's Day on Monday 8th March 2021 at The Central Methodist Church! We will be celebrating women supporting women. We will release details about how to join the event in the new year.

# 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

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



Self Defence

5:30PM – 7:30PM

Book with:  
laurac@kyra.org.uk

Yoga with Daniela

10:30AM – 11:30AM

Book with:  
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

## WEDNESDAY

Rose Project, (18 – 25  
yrs)

5PM – onwards

Book with:  
Sherrie@kyra.org.uk



Cookery

Once a month

Book with:  
Sally@kyra.org.uk

Kyra Voices

6pm – 7pm

Book with:  
carol@kyra.org.uk

## THURSDAY

Book to drop in



10 AM – 11AM

OR

11:30AM – 12:30PM

Book with:

Laurac@kyra.org.uk

Spanish with Claudia

10:00 AM – 11:30PM

Book with:

claudia@kyra.org.uk

Loss Group

Book with:

geraldine@kyra.org.uk

Think - it - Theatre:



7.30pm – 9pm

Book with:

thunkittheatre@gmail.com

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

Well - being Writing



Time TBC

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.

In person

Enquire at: laurac@kyra.org.uk

Weekly contact (waiting list)

Enquire at: contact@Kyra.org.uk

Food Bank Voucher Contact:

contact@kyra.org.uk

My Money Matters

Enquire at:

alison.hodgson@peasholmecharity.org.uk

Support with ICT

Enquire at: anita@kyra.org.uk

Solicitor Consultation Book with:

sam@kyra.org.uk

# SESSION INFORMATION

IN THE TIMETABLE ORDER

## MOTIVATIONAL MONDAYS

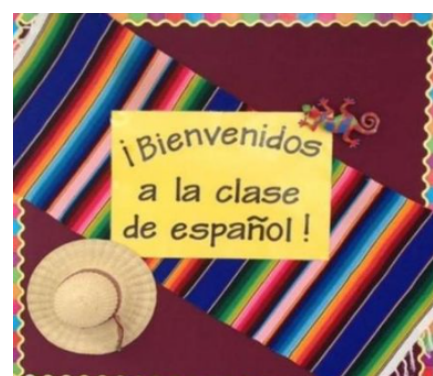
Have you ever set a goal, got so far and stopped? Or maybe you never set goals because you don't think you can achieve them? Some people don't know where to start with goals and plans for the future. Well, if you connect with one of the statements above then coaching is for you! The focus of coaching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

## 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 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.

## 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 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.

## 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.

## 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: [contact@kyra.org.uk](mailto:contact@kyra.org.uk) to get involved.



## WELL-BEING WRITING

A new group is coming to 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.

Aim 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!

The CMC - St Saviourgate, York YO1 8NQ



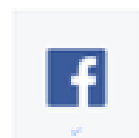
01904 632332



[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.