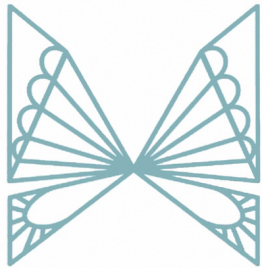


KYRA WOMEN'S PROJECT NEWSLETTER

April 2021- Monthly Email Newsletter



kyra
women's project

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1. What's happening in Kyra?
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WHAT'S HAPPENING IN KYRA?

RE-OPENING KYRA'S PREMISES

After such a long time in lockdown, our plan is to open Kyra's premises again on 12 April, as part of step 2 on the Government's roadmap. We are arranging to start holding face-to-face sessions again from that week – but all with limited numbers and under Covid-secure conditions of course.

And don't worry if you're not ready to be out and about: we will still be providing support online and on the phone for a while yet.

LATEST NEWS

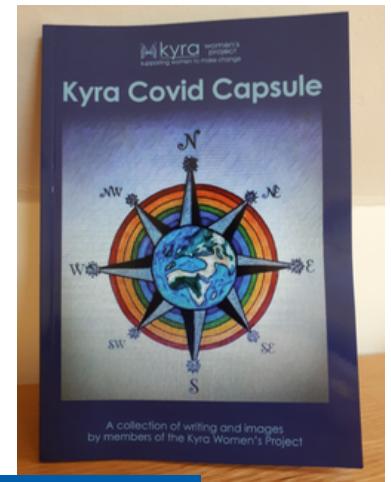
WHAT A WEEK THAT WAS!

Kyra's International Women's Week programme of more than 25 online events took place from 8 – 12 March – and what a great week it proved to be! We had over 400 attendances across the week, with lots of interest in sessions ranging from poetry and art to hate crime and misogyny, via women in science and the art of becoming a penpal. We are so grateful to all the volunteers, members and partner organisations who made it such a successful event. Everyone was instrumental in helping us celebrate our support to women in a post-pandemic world.



LAUNCH OF KYRA COVID CAPSULE BOOKLET

On 29 March – the day the 'stay at home' order is lifted – we will launch our Kyra Covid Capsule, a book of poetry, writing and images from Kyra members and volunteers about the experience of the pandemic and lockdown. This is our second book of poetry and images, after 'Reflections'. Copies of both are available from Kyra for a minimum donation of £5. Thank you to York Rotary, who funded the production and printing!



RECOGNITION

We were thrilled to be presented with a Commendation Certificate from Rotary York Ainsty, recognizing the work of the Kyra team during the pandemic. This now stands proudly in Kyra's premises for all our members and visitors to see.



PEOPLE MOVING ON...

We are very sorry to say goodbye to two Kyra colleagues this month. Sam Suttle, our Business Support Officer, is leaving us to join The Diana Award Mentoring Team supporting young people across Leeds and Selby. And our very long-serving Finance Officer Fiona Doyle is hanging up her spreadsheets after many years looking after Kyra's money. We wish them both all the very best in the future.



AND NEW ROLES!

The Trustees are delighted to confirm that they have appointed Rosemary Cook, who has been interim CEO since September 2020, as the permanent CEO of Kyra, providing continuity as Kyra gets to grips with its new 5 year strategy.

Anna Perrett, who has been working with Kyra on and off since 2017, will be taking on the role of Project Manager for our flagship Route to Recovery (R2R) project from 1 April – as soon as she finishes managing our Kyra Bounces Back project! Welcome to your new role, Anna.

Laura Copeland will also be working on the R2R project from 1 April as project administrator, combining this with her role as administrator to the Action Towards Inclusion project. She's going to be busy!

We are also very pleased to welcome Jenny Caradonna, who will be starting as our new Finance Officer on 5 April. Good to have you on board!

LAUNCHING THE ROUTE TO RECOVERY PROJECT

The 'R2R' project formally started on 1 March, aiming to help around 240 women over four years to recover from mental ill health or domestic abuse. With Rosemary, Anna and Laura in place, the project is set to start enrolling participants from 1 April. We are also setting up a steering group which will include volunteers and, later on, project participants.

If you're a Kyra volunteer and interested in joining the steering group for the project, email rosemary@kyra.org.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)

Starts 12 April

10AM – 12PM

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

Cookery – Start date 19 April

Every two weeks 10AM – 12PM

Book with: contact@kyra.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

ESTA

Starting in April (waiting list)

10AM – 12PM

Book with: contact@kyra.org.uk

Yoga with Daniela

10:30AM – 11:30AM

Book with: daniela@mystillpoint.co.uk

Loss Group

Starting in May

1.30-3:30PM

Book with: geraldine@kyra.org.uk

Mindfulness Practise Group (open to those with previous experience) 2nd and 4th Tues of every month 2PM – 3:20PM

Book with: lis@kyra.org.uk

Self Defence

5:30PM – 7:30PM

Book with: laurac@kyra.org.uk

Freedom Programme

Starts end-April/May 5.30PM

Book with: ann@kyra.org.uk

SOFIA (Solution Focused Interventions for Anxiety) Starts mid-April

7:00PM – 8:30PM

Book with: contact@kyra.org.uk

WEDNESDAY

Book to visit Kyra – for new members

who joined us during lockdown

Starting 14 April

1PM – 2PM OR 2:30PM – 3:30PM

Book with: laurac@kyra.org.uk

Rose Project, (18 – 25 yrs)

5PM – onwards

Book with: sherrie@kyra.org.uk

Kyra Voices

6pm – 7pm

Book with: janet@kyra.org.uk

THURSDAY

Book to drop in
from Thursday 15 April
10 AM – 11AM OR 11:30AM – 12:30PM
Book with: laurac@kyra.org.uk



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

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

Walking Group
(waiting list)
Book with: elaine@kyra.org.uk



FRIDAY

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

SWIS (Supporting Women in
Science)
Fridays 26 March – 16 April
6PM – 7PM
Book with: contact@kyra.org.uk

SATURDAY

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

Walking Group
(waiting list)
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 (waiting list)
Enquire at: ann@kyra.org.uk

Hoglets, Story telling for Mums and
Children. Dates/Times TBC
Book with:
gemma@hedgepigtheatre.co.uk

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

Support with ICT
Next on Thursday 6th May, 1pm–2pm,
2pm–3pm and Thursday 13th May,
1pm–2pm, 2pm–3pm sessions.
Book with: 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 the aim is to keep you and your life moving confidently in the direction you want. www.juleswyman.com.



MOVING ON FROM DOMESTIC ABUSE

In conjunction with Kyra, IDAS are inviting you to join a free 6-week course. Moving on from Domestic Abuse. Providing information for women about domestic abuse, this course aims:

- 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.



COOKERY

We are planning to re-start our cooking group in Kyra with Sally from 19 April. We are booking only small groups and the sessions will run every two-weeks. To express an interest please email contact@kyra.org.uk to book on the next available session.

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.



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.



ESTA

Our ESTA self-esteem group can help if you recognise any of the below. Runs over 11-weeks. Please note: there is a waiting list for this course.

- dislike yourself
- unable to recognise your strengths
- undeserving of happiness
- don't see anything positive for your future
- feel worthless or don't live up to other people
- low in confidence
- find it difficult to make decisions
- no one likes you
- you blame yourself for things that aren't your fault
- difficult for you to spend time or money on yourself

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.



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 and runs over seven weeks.

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.

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.

FREEDOM

The Freedom Programme is a domestic violence course which provides information and learning, not therapy. It is 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.

The Freedom
Programme



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 four sessions. 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.

NEW TO KYRA? DROP-IN

If you have joined Kyra during the past year when we have been in lockdown, these sessions are for you. Contact us to book and visit for Kyra for the first time so our volunteers can welcome you and let you know a bit more about the support that we offer. These drop-in sessions on a Wednesday afternoon are only for members who have already joined Kyra and will consist of small socially distanced groups so that you have an opportunity to ask questions and get to know us. Running for 4-weeks from 14 April.

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!

KYRA VOICES

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

BOOK TO DROP-IN

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 Thursday starting on 15 April.

MEDITATION

These guided meditations 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

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. There is a waiting list to join walks and they will consist of smaller groups to meet with Covid regulations.

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.

A 4-WEEK SCIENTIFIC INSIGHT AND
ADVOCACY FOR WOMEN IN STEM
PROGRAMME WITH KYRA. EVERY FRIDAY
FROM 6-7PM

SUPPORTING WOMEN IN SCIENCE

Join us in exploring a wide variety of scientific fields and discovering how you can find a future in Science.

Friday 26th March: Introducing Biology: Looking to Nature for the Answers

Friday 2nd April: Introducing the Unsung Heroes of Astronomy and Astrophysics

Friday 9th April: Introducing Chemistry: A Science that Surrounds you Every Day

Friday 16th April: Introducing Interdisciplinary Science: Following in the Footsteps of Leading Women

To join us please email contact@kyra.org.uk
or call 01904 632332



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.

HOGLETS WITH YORK MIND

Do you have a child aged between
0-7 years old?



**HOGLETS
WITH MIND**

Introducing a special
storytelling adventure class
for young children and their
parents .

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

 **mind** | York
for better mental health

We are looking for a small group (6-8) of parents & young children
for our next 'Hoglets with Mind' group (start date tbc).

Interested?

Register your interest now:
activities@yorkmind.org.uk
01904 643 364 (option 5)

Free
entry

ICT WITH ANITA

Anita is available again in May to support with ICT training on Thursday 6 May with 2 sessions of 1 hour each 1pm-2pm, 2pm-3pm and Thursday 13 May 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



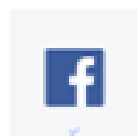
01904 632332



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.