

This March join Kyra Women's Project for

INTERNATIONAL WOMENS WEEK

Celebrate women, with us

PANELS | GUEST SPEAKERS
DRAMA | POETRY | ARTS & CRAFTS
SINGING | EXERCISE | AND MORE

MONDAY 8 - FRIDAY 12 MARCH 2021
DONATIONS REQUESTED

<https://kyraiwd2021.eventbrite.co.uk> | www.kyra.org.uk

 **kyra** women's project

PROGRAMME

PROUD TO BE PART OF YORK
INTERNATIONAL WOMEN'S WEEK
MONDAY 8 MARCH - FRIDAY 12 MARCH



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ABOUT KYRA

The Kyra Women's Project supports women to help them overcome challenges and make change in their lives. We offer a range of support, courses, therapies, activities and events - you can sample some of these over the week.

ABOUT THE EVENT

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.

We would be grateful if you would consider making a donation to help us provide support for women in York, both during and after the pandemic. Please visit our website - www.kyra.org.uk - and click the blue button to donate.

Please note: this programme may be subject to change at short notice.

ACCESSIBILITY

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

CONTACT KYRA

www.kyra.org.uk | 01904 632332 | contact@kyra.org.uk | Facebook
@KyraYorkWomensCentre | Twitter @KyraWomen | Instagram @kyrawomen

KYRA WOMEN'S PROJECT

YORK INTERNATIONAL WOMEN'S WEEK
SCHEDULE OF EVENTS
MONDAY 8 MARCH - FRIDAY 12 MARCH



DAY	MORNING	AFTERNOON
M	10am Welcome 11am Panel 12pm Kyra Voices / Walking Group*	2pm Thunk 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 & YorKits	1pm York Girl 2pm Women, and Women's Rights, at Work 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 York Disability Rights Forum 11am Castle Communications	1pm TBC 2pm The TRUTH about Confidence 3pm Closing

MONDAY 8 MARCH

Please note: events marked with* are women-only.



TIME	ACTIVITY	DESCRIPTION
10am	Welcome to International Women's Week With Lord Mayor of York Janet Looker & the Kyra team	The Lord Mayor of York and Kyra Team are joining together to open the week-long celebrations of women supporting women.
11am	Panel With Natalie McMillan - Chair of Kyra. Alison Semmence - CEO York CVS, Fiona Derbyshire - CEO York Citizens Advice, Sarah Hill - CEO IDAS, Alyson Scott - CEO York Mind.	In keeping with the York International Women's Week theme of 'Women in a time of plague', our panel of high-profile local women will be discussing 'Moving on from the pandemic and supporting women in the new normal'.
12pm	Kyra Voices and Walking Group Celebration* With Carol, Janet & Karen from Kyra Voices & Sue from Kyra walking	A taster session of a selection of Kyra activities. This is a chance to hear the beautiful voices from Kyra Voices. Also, to be inspired to jump up and get out doors with our walking group.
1pm	Lunch Break	
2pm	Thunk It Theatre With Becky and Jules	Thunk-It Theatre welcomes all to join a fun packed session of creativity and drama. We hope you 'Choose To Challenge' yourself this International Women's Day by joining us and getting involved in exploring some 'Bad Bored Women of the Rooms!'
3pm	Rose Group With Sherrie	The Rose Project is a wellbeing group for young women to get together online. Each session is member-led and focused on well-being topics. Come and learn what our young women have been getting up to.
4pm	Kyra Yoga* With Daniela Please note - you will need to sign a digital disclaimer to take part in this activity.	Gentle Dru Yoga activations, stretches, breathing techniques, relaxation and meditation. Dru Meditation is described as a perfect balance between alertness and relaxation. The flowing yoga sequences, pranayama and relaxation allow for the body to be still enough so the mind can soften into a lovely state of meditation.

TUESDAY 9 MARCH

Please note: events marked with* are women-only.



TIME	ACTIVITY	DESCRIPTION
10am	Hate Crime and Misogyny With Police Sergeant Amanda Hanusch-Moore	A session about hate crime, in particular misogyny and its recording as a hate crime by the police.
11am	Independent Domestic Abuse Service – Drop in With Carole Beetham	Pop along to learn about IDAS and the support they have to offer across York.
12pm	Self Defence for Everyone With Spartans Academy of Krav Maga, Gheorghe Husar and Gergana Georgieva Please note - you will need to sign a digital disclaimer to take part in this activity.	For your confidence and safety every day. Learn some basic Krav Maga Self Defence skills. Quick and easy to learn, this session is accessible for all. Knowing how to defend yourself is more than physical activity, it'll have a powerful positive effect on you as a person and on your life.
1pm	Lunch Break	
2pm	Kyra Mindfulness* With Lis and Alison	Come and take part in a taster Kyra mindfulness session. Alison and Lis deliver wonderful mindfulness practise groups for members of Kyra. Each week the group joins over Zoom to put in practise mindfulness skills and techniques.
3pm	Action Towards Inclusion / Employment Panel* With Glynis & Frances (ATI) and Ingrid & Jenny (panel)	ATI-Action Towards Inclusion is a support system to help members to become ready for employment. Meet Kyra's ATI team who will share more about what they do. We have joined with a panel of Kyra volunteers to share CV, Interview skills and general employment searching tips!
4pm	Supporting Women in Science (SWIS) A University of York student society - with Holly Sedgwick and Laura Bailey	The SWIS society is passionate about improving opportunities for women in science, developing skills and creating a community that encourages women to excel in STEM. Everyone is welcome to learn about the support and community our society offers for women already in or those pursuing a career in STEM, and about our upcoming Advocacy for Women in STEM workshops in partnership with Kyra.

WEDNESDAY 10 MARCH

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TIME	ACTIVITY	DESCRIPTION
10am	Kyra Craft Group* With Claudia	A look back at some of the creative, inspiring, and moving art and crafts projects completed by Kyra members during lockdown.
11am	Tadcrafters & YorKits With Su Morgan from Tadcrafters & Issy Sanderson from YorKits, supported by Rotary York Ainsty	<p>Find out how the Tadcrafters volunteers make a difference to the lives of others by doing something they really enjoy. Find out about the group's projects and impact and how you can use skills such as knitting and sewing to help people.</p> <p>Yorkits volunteers run workshops to make washable, re-usable feminine hygiene kits for girls and women in poor communities in developing countries to help them access education and work during menstruation.</p>
12pm	Lunch Break	
1pm	York Girl With Sophie Turton York Girl is part of the global City Girl Network & exists to empower, inspire and support young women to call York 'home'.	York Girl will explore the importance of community and connection for women, especially in the current climate. Loneliness is a huge problem, even outside of this pandemic. More and more women find themselves living in cities for school or for work, feeling completely alone. This has a huge impact on their mental wellbeing.
2pm	Women, and women's rights, at work With Emma & Tiggy, Partners at York-based employment law specialists Torque Law	Share their experience of setting up a business and encouraging and accommodating women returning to work after a break. They will share their top tips on approaching organisations for work experience and paid work, and give advice on rights in the workplace on flexible working, time off for dependents and discrimination.
3pm	Migrant Support With Bianca Vartic	Join together to hear about what support York provides for the migrant community and learn how you can access these services.
4pm	Cancer Awareness With Sarah & Emma from Humber, Coast & Vale Cancer Alliance, plus Rose & Emma from the Uni of York Boob Group	Do you know the signs and symptoms of cancer? It is important that women know what to look out for and seek help early. The HCV Cancer Alliance and Uni Boob Group will tell you everything you need to know.

THURSDAY 11 MARCH

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TIME	ACTIVITY	DESCRIPTION
10am	Poetry and Covid Book* With Glynis & Rosemary	Our relaxed and informal Kyra poetry group will share some of their favourite poems and some they have written, and we will launch our Covid Capsule Collection with art and poetry created by our members during the pandemic to share their experiences.
11am	Well - Being Writing with the Department of Psychology, University of York* With Dr Melanie Forster, Tia Cheungcook, Niamh Eccles, Lydia Tunstall, Hannah Allison	An interactive workshop on therapeutic writing to promote positive mental health wellbeing, emotional resilience and self-understanding. It will introduce a range of 'good writing habits' and explore how writing can help us make better sense of ourselves, our experiences and relationships, and the world around us. Writing is for everyone - you do not have to be a good or experienced writer to take part in this workshop!
12pm	Lunch Break	
1pm	York Racial Equality Network Coffee Club With Ruth	Come join YREN for a cuppa to get to know the organisation and socialise.
2pm	York Equality Racial Network Talk	Join together with YREN and guest speakers, the topic is TBC!
3pm	Pen Pal with Nikita It is helpful if you can bring: scissors, a glue stick, paper and an envelope - along with some crafty materials.	Come learn about penpalling. It's a fun way to meet new people, get in touch with old friends, and engage socially in a way that's also creative. Please bring along the items listed, and if you're not a big crafter, grab some materials to upcycle like fun packaging, old receipts, scraps of coloured paper.
4pm	Explore York With Wendy Kent Discover how Explore York Libraries and Archives support people to express themselves creatively. During the session you will start to make simple collage flowers and finish with a colourful mandala.	You will need scissors, a glue stick (or similar) and paper. This activity is suitable for all abilities and is a great way to keep your mind and hands busy as you focus on the lovely shapes you're creating. All sorts of paper can be used for this, old magazines and newspapers are great as the paper is nice and thin but see what you have lying around.

FRIDAY 12 MARCH

Please note: events marked with* are women-only.



TIME	ACTIVITY	DESCRIPTION
10am	York Disability Rights Forum	Meet us and find out about some of the issues affecting disabled women in York. Learn more about what the Forum does, what we're currently working on and have a chat about how disability and gender affect each other.
11am	Castle Communication Services With Rachel Hardcastle	Come learn about the deaf spectrum and the deaf community. Rachel will explain her role as a Specialist Employment Support and how she supports deaf people to gain employment. Rachel is also a deaf Awareness trainer educating people in the community.
12pm	Lunch Break	
1pm	TBC	TBC
2pm	The TRUTH about Confidence. How to stop pretending and experience REAL confidence With Jules Wyman Jules Wyman is a speaker and coach who shatters the illusions around confidence to get to the heart of the matter.	No more faking it 'til you make it or acting as if you have it, Jules dispels this myth and many more to reveal The TRUTH About Confidence - how to stop pretending and be authentically you. Living with authentic confidence has inspired clients to go for promotions, change career, move country and create stronger relationships —in short people relax into their lives and actively look for what they want, rather than feeling stuck in a life of 'shoulds', and 'have tos'
3pm	Closing	Thank you for celebrating International Women's Week with us.

YIWW
2021

**YORK
INTERNATIONAL
WOMEN'S WEEK
6-14 March**

women in a time of plague

nature
women's rights
activism :: wellness
history :: crafting :: yoga
poetry :: politics :: memories



@YorkWomen



YIWW



YIWW2021

most events online
all free or small donation
info and booking:

www.yorkwomen.org.uk

PRE-PROGRAMME

Tuesday 2 nd March	7.30-10.30	York Spoken Word Open Mic
Friday 5 th March	12.00-1.00	Fairtrade Connections: Farming in a time of Covid

CORE PROGRAMME

All week		Exhibition: Women Activists during the Covid-19 Crisis
Saturday 6 th March	10.30-11.45	Yoga for All, Yoga for FROK
	1.00-2.15	FROK: Sharing women's pandemic Experiences – York & NW Pakistan
Sunday 7 th March	3.00-4.00	Femmes Fortissimo: Women Banding Together
Monday 8 th – Friday 12 th March		
	each day 10.00-6.00	Kyra Celebrates for YIWW
Monday 8 th March	6.00-7.00	Herstory York
Tuesday 9 th March	7.30-8.30	Women in the Covid Pandemic
Thursday 11 th March	11-12.00	Find out what advocacy is
	6.30- 8.00	Women and the Russian Revolution
	7.00-9.00	St Nicks: Creating Light in the Dark
Friday 12 th March	2.00-4.00	So far, right now & onwards . . .
Saturday 13 th March	12.30-1.30	Women and Natural Medicine in Times of Plague
	2.00-3.15	A piece of my jigsaw
Sunday 14 th March	10-12.00	Finding connection in a time of separation (face-to-face event)
	3.00-4.30	Question Time?

'Purple' events online, most on Zoom – support offered for Zoom beginners

For details of support and full programme:

w: www.yorkwomen.org.uk e: yorkwomensvoices.org.uk t: 01904 702060