

Please remember NOT to come to Kyra if you have cold, Covid or other symptoms, to protect everyone. Thank you.

# KYRA WOMEN'S PROJECT NEWSLETTER

*September 2023 - Monthly Email Newsletter*



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## WHAT'S HAPPENING IN KYRA?

### 'MAKING POSITIVE CHANGES' – KYRA PROFESSIONAL CONFERENCE 20 SEPTEMBER 2023

Don't miss the chance to attend our conference and hear about domestic abuse in older women and rural settings; the Freedom Programme; helping younger women make changes; confidence coaching; and see 'The Stories You Want To Tell' (our members' film about their experiences which was shortlisted in a national project), amongst other sessions.



Aimed at all health and social care workers, social prescribers and GPs, particularly those involved in mental health and wellbeing services, and domestic abuse support workers, the conference costs just £15 for the full day, including lunch and an optional tour of Kyra premises. To book a place, click on [this link](https://bookwhen.com/kyraevents).

## ACCESSIBLE KYRA

The following drop-in and workshops will take place in a ground floor room here at Kyra, making them accessible to all. If you know of anyone who would like to join Kyra but has trouble with the stairs, please let them know that they can come along to our downstairs drop-in on 5 September and enrol with us there.

### Downstairs Drop-in

Tuesday 5 September 1-3.30pm

### Accessible Boundaries and Selfcare Workshop

Tuesday 26 September 10am-1pm

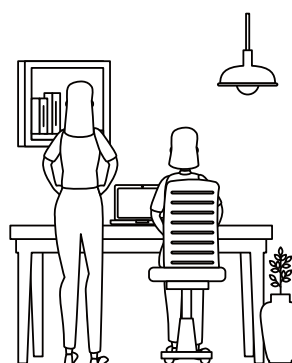


Accessible Positive Thinking Workshop  
Friday 20 October 10am-1pm

Accessible Confidence and Assertiveness Workshop  
Monday 13 November 10am-1pm

## OFFICE ON THE MOVE

The Kyra office has moved! But don't worry, we're only next door in the slightly larger room. This will give us a bit more room to work, and a bit more light to see by! So if you need to speak to someone, need help with an activity booking or you're looking for the scissors or first aid, just come to the room next door, and we'll be there to help you.



## KYRA COUNSELLING

Our counselling waiting list is currently open. If you wish to join, and you have been a Kyra member for at least 2 months, you can pick up a self-referral form from the office or email [contact@kyra.org.uk](mailto:contact@kyra.org.uk) and we will send a form to you.

## SOFIA NOW BOOKING

Our popular 4 week SOFIA (Solutions Focused Interventions for anxiety) course beginning in September is now almost full, but if you miss out, another course will be starting on Wednesday 4 October (10.30am-12.30pm).



## WALKING GROUP

One of our August walks was along the Foss Fairy Trail. You can join us for our September and October walks by booking on using the links in the timetable.



## GET CRAFTING

With British summertime drawing to a close, and the days shortening it can sometimes be a little bit harder to practise our selfcare. "Crafting activities all help to improve mood and lower stress – the effort, multi-sensory engagement, repetitive actions and anticipation of satisfaction involved in making something are related to release of neurotransmitters that promote joy and well-being, while also reducing stress hormones" ([Crafts Council UK](#))

Our friendly Craft Group meet every Wednesday morning and you can book onto individual sessions using the links in the timetables. Each week the group explore a different themed project. Our craft cupboard is also often opened during our drop-in sessions, so members can get crafting whilst they have a cuppa and a chat.



## 10TH ANNIVERSARY FUNDRAISING

Caroline K (Drop In, ESTA and Counsellor Volunteer) completed her 10 Miles a day for 10 days cycling challenge for Kyra raising £395.



Our brave Drop-in volunteer Maisie will be doing a Skydive for Kyra on 15 September. Don't forget to wish her luck!



We are delighted that York St John's Cheerleading club is going to support Kyra in 2023/24! Last time they did this they raised about £1400.



A massive well done to our team of incredible runners who managed to run the York 10K in 54mins to 1:07. They have so far raised over £860.



# SESSION TIMETABLE

If you are unable to book sessions online, please phone Kyra or ask for assistance in the office.

If you see Kyra's accessible symbol, then the session will take place in a downstairs room.



If you see Kyra's blue butterfly next to a session it means that you can or must join that session on Zoom.



## MONDAY

### Motivational Mondays

4 September (Fully Booked)

### Capacitar

10.15–11.30am

18 + 25 September

[Find out more about Capacitar](#)

### Route to Recovery Quiet Drop-In

1–2.30pm

11 + 25 September

(for members on R2R project only)

## TUESDAY

### Accessible Boundaries & Selfcare Workshop

10am–1pm

26 September



### Book to drop-in

1–3.30PM

Book to attend the drop-in (weekly)

### ESTA

10am–12pm

Starts 5 September  
(Fully booked)

### My Money My Life

12 September (Fully booked)

26 September (Fully booked)

### Accessible drop-in

1–3.30PM

5 September



### Gardening Club

1.30–2.30pm

## WEDNESDAY

### Craft Group

10–11.30am

Please book the individual session(s)

30 August

6 September

13 September

### Positive Thinking Workshop

10am–1pm

27 September (Fully booked)

Rose Project  
Wellbeing session  
(members aged 18 - 25 yrs)  
3 - 4.30pm

Rose Project  
(members aged 18 - 25 yrs)  
6.30PM - 8PM



## THURSDAY

Book to drop in  
10 AM-12.30PM  
Book to attend the drop-in (weekly)

ICT with Anita  
21 September  
28 September

Walking Group  
10.30am  
14 September  
28 September  
19 October

SOFIA (Solutions for Anxiety)  
1-3pm  
Starts 7 September

## FRIDAY

Cookery  
10am-12pm  
1 September  
8 September

Mindfulness  
10.30am-12pm  
Starts 8 September (Fully booked)

## SATURDAY

Poetry Group  
2 + 16 September  
12PM-1:30PM



## SESSION INFORMATION

IN THE TIMETABLE ORDER

### MOTIVATIONAL MONDAYS WITH JULES

Motivational Mondays and individual coaching sessions are being offered by York based Confidence Coach Jules Wyman. You'll do three sessions, each an hour long and 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



## CAPACITAR

### Capacitar Practices for Healing, Wellbeing and Self-Care

Weekly sessions cover many mind, body and spiritual techniques for self-care used by Capacitar in more than 45 countries around the world. You can check out their website [here](#)



Some of the practices covered include:-

- Breath work
- Tai Chi
- Meditation
- Energy practices
- Circle dance
- Acupressure

**No need to book, you can just come along on the day.** Please let us know if you'd like to attend so we can add your contact details to a mailing list in case of changes to scheduled dates. Restarts 18 September. **Please note - no sessions during school holidays.**

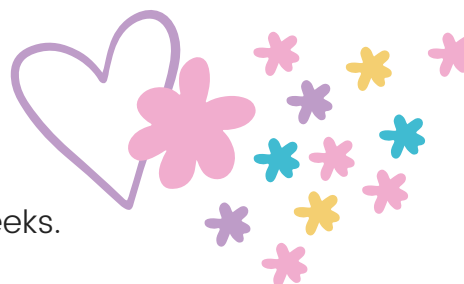
## R2R QUIET DROP-IN

This is a quiet drop-in for members who are enrolled on the Route to Recovery (R2R) project at Kyra. We will only be booking limited numbers so don't forget to book a space.



## ESTA

Our ESTA self-esteem group can help if you recognise any of the below. Runs over 10-weeks.



- dislike yourself
- unable to recognise your strengths
- undeserving of happiness
- don't see anything positive for your future
- low in confidence
- feel worthless or don't live up to other people
- 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

## MY MONEY, MY LIFE

MMML offers anyone over 18 within the City of York council boundary, support on financial matters, alongside teaching them skills around managing their money. Peasholme Charity advisers can offer one-hour advice sessions by appointment in-person, over the phone or online for Kyra members.



## BOOK TO DROP IN

Book to attend our drop in sessions to re-connect to other members face-to-face in Kyra. We ask that members continue to be mindful of others and respect that others might want to keep social distancing while attending the session. We will have limited numbers to allow this, so remember to book in advance to join us. Our booked drop-ins run weekly on Tuesday afternoons 1-3.30pm and Thursday mornings 10am-12.30pm.



## GARDENING CLUB

Gardening Club takes place in our (hopefully) sunny courtyard every Tuesday during the summer months, from 1.30-2.30pm. There is no need to book, just come along!



## ARTS & CRAFTS GROUP

Our Kyra art and craft group is there to help you try new things and get creative. You'll explore different themed projects as you express your creativity. You can now book onto individual Wednesday morning sessions.



## ROSE PROJECT

The Rose Project is a well being group for young women to get together online and 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! There are both afternoon wellbeing sessions and evening social sessions available to join.



## WALKING GROUP

You are very welcome to come along on selected Thursdays, 10.30am, to our walk. We'll check out some lovely views you might not have seen around the City Centre, have a friendly chat in a small welcoming group, with a stop off for a cuppa. Walking and chatting are great to improve both mental and physical health.



## ICT WITH ANITA

Anita will be back in September to support Kyra members with one-to-one individualised IT training sessions of 1 hour each.



## SOFIA

This 4-part solutions focused interventions for anxiety course will provide you with a tool kit to enable you to:

- Understand how anxiety is caused in the brain,
- Know how it affects us, and
- To recognise, change and turn off anxious thoughts.

It is solution focussed and looks to the future; and how we can manage anxiety and achieve our best hopes. We don't dwell on the past, or how we got to where we are.



## COOKERY

Join Sally for individual cookery demonstrations on selected Fridays here at Kyra. **Please let us know if you have any allergies.** The food prepared is always vegetarian/vegan, and it laid out to share afterwards.

Recent dishes include tomato and thyme rolls, butternut squash and sweet potato soup, and vegan Eton mess.



## MINDFULNESS COURSE

Would you like to learn how to live a more mindful life? Mindfulness helps improve our relationship with the present moment. If you find yourself needing to slow down and get more in touch with your body. Mindfulness improves well-being and this course benefits those who experience: .

- High blood pressure
- Poor focus and concentration
- Anxiety
- Depression
- Insomnia
- Stress
- Chronic pain
- Poor self-esteem



## POETRY

Join Glynis, Heather, Sue and our poetry group to share new poems, old poems, poems from your pen! "Poetry is the rhythmical creation of beauty in words" We join together fortnightly on Saturday over Zoom to share.





# RETURNING SOON

## 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 4-week Loss Group, a start to getting your life back on track. Loss Group returns on Friday 6 October.



## 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.

Freedom returns on Wednesday 11 October.

The Freedom  
Programme



## MODA (MOVING ON FROM DOMESTIC ABUSE)

In conjunction with Kyra, IDAS is inviting you to join a free 6 week course, Moving On From Domestic Abuse. Providing information for women who have left abusive relationships. 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 to gain self-esteem and the confidence to improve the quality of their life. Please email [steph@kyra.org.uk](mailto:steph@kyra.org.uk) if you are interested.

# ONGOING PROJECTS

## RISE – SUPPORT TOWARDS EMPLOYMENT

Reaching out to anyone who is economically inactive (hasn't been looking for work within the last month and not at this moment on job search) to prepare for employment. You will receive 1 to 1 help from a Key Worker, help with CV writing, Interview techniques, looking at your well-being to see which areas may be holding you back. Contact [glynis@kyra.org.uk](mailto:glynis@kyra.org.uk)



## ROUTE TO RECOVERY

Our R2R project is for women who have been:

- struggling with their mental health;
- living with domestic abuse; or
- struggling to rebuild their lives post domestic abuse.



You'll receive one-to-one support to help you get started with accessing courses and activities at Kyra that will meet your needs, and we'll work with you to set goals and create an action plan for making positive change. This project is suitable for new members. Contact [anna@kyra.org.uk](mailto:anna@kyra.org.uk)

## SOLICITOR ADVICE

Kyra can refer members to a local solicitor to have a free initial appointment to receive advice on family law matters, If you would like to speak with the solicitors, [contact@kyra.org.uk](mailto:contact@kyra.org.uk) or give us a call on 01904 632332 and we will request an appointment for you.



## FOOD BANK VOUCHER

Kyra can issue vouchers for our members to access a 3-day emergency parcel of food from York Food Bank. If you need this support please contact [fran@kyra.org.uk](mailto:fran@kyra.org.uk) or give us a call on 01904 632332 so that we can complete an online form with you to request an emergency food parcel for your household. Please note we can usually only arrange one voucher in six months per household.



## CITIZENS ADVICE

Need advice on debt, benefits, housing, consumer or family law? We can refer you to an advisor for help. [contact@kyra.org.uk](mailto:contact@kyra.org.uk) or call 01904 632332.



## USEFUL CONTACTS

### URGENT SUPPORT AND MENTAL HEALTH CRISIS SERVICES

IF YOU ARE IN CRISIS OR NEED URGENT MENTAL HEALTH SUPPORT:

- YORK & SELBY CRISIS TEAM (24 HOUR NHS SERVICE) TEL: 0800 0516171
- NORTH YORKSHIRE RESIDENTS CONFIDENTIAL HELPLINE TEL: 0800 561 0076  
MONDAY TO THURSDAY – 5PM TO 8.30AM; FRIDAY – FROM 4.30PM (24 HOURS AT THE WEEKEND AND ON BANK HOLIDAYS)
- SAMARITANS (24 HOUR CONFIDENTIAL & NON-JUDGMENTAL LISTENING SERVICE)  
TEL: 116123 OR EMAIL: [JO@SAMARITANS.ORG](mailto:JO@SAMARITANS.ORG)
- YOU CAN GO TO A & E OR CONTACT NHS 111. IF YOU ARE NOT ABLE TO LEAVE THE HOUSE YOU CAN DIAL 999.
- THE HAVEN @30 CLARENCE STREET TEL: 07483 141303.

FOR DOMESTIC ABUSE SUPPORT:

- IDAS (YORK AND NORTH YORKSHIRE) TEL: 03000 110 110 EMAIL: [INFO@IDAS.ORG.UK](mailto:INFO@IDAS.ORG.UK) LIVE WEBCHAT (3-6PM): [WWW.IDAS.ORG.UK](http://WWW.IDAS.ORG.UK)
- NATIONAL DOMESTIC ABUSE HELPLINE TEL: 0808 2000 247

FOR HELP FOLLOWING SEXUAL VIOLENCE / ABUSE:

- SURVIVE (YORK AND NORTH YORK) [WWW.SURVIVE-NORTHYORKS.ORG.UK](http://WWW.SURVIVE-NORTHYORKS.ORG.UK)  
01904 638813 [SURVIVE@SURVIVE-NORTHYORKS.ORG.UK](mailto:SURVIVE@SURVIVE-NORTHYORKS.ORG.UK)  
SURVIVE HELPLINE 0808 145 1887 (MON/TUES 4PM TO 8PM)

## CONTACT KYRA

### Kyra Women's Project



Central Methodist Church, St Saviourgate, York, YO1 8NQ



01904 632332



@KyraYorkWomensCentre



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



@KyraWomen



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



@KyraWomen

PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA

CHARITY NO. 1154290

