

KYRA WOMEN'S PROJECT NEWSLETTER

October 2023 - Monthly Email Newsletter



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WHAT'S HAPPENING IN KYRA?

RISE COFFEE MORNING

Our RISE project is new this year and reaches 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 the participant for employment. You will receive 1 to 1 help from a Key Worker, help with CV writing and interview techniques, as well as looking at your well-being to see which areas may be holding you back.

RISE are holding a coffee morning on Wednesday 10th October, from 11am to 12pm. Anyone who is interested in RISE is welcome to come along for coffee and cake, and have a chat with Laura and Glynis.



RISE Coffee Morning

Come & join Laura, Glynis for coffee & cake with an informative chat about RISE. We are reaching out to women who are in need of help to gain employment in a supportive & caring environment. Open to RISE participants & anyone interested in signing up for the program.

Wednesday 10th October 23 11am - 12pm

This project is funded by the UK Government through the UK Shared Prosperity Fund



For more details about RISE please contact
glynis@kyra.org.uk or laurac@kyra.org.uk

There have been cases of Covid recently. Please remember NOT to come to Kyra if you have cold, Covid or other symptoms, to protect everyone. Thank you.

CHANGES IN THE KYRA TEAM

Rosemary Cook, Kyra's CEO, will be finishing work at the end of the year, and leaving Kyra. The Trustees are busy recruiting a new leader for the team and we will introduce her to members as soon as possible.



10TH ANNIVERSARY DINNER

Kyra has reached the milestone to 10 years and to celebrate this fantastic achievement we are hosting an Anniversary Dinner at The Hilton Hotel, which will be attended by our Guests of Honour, Kyra founder Yvonne Copley and her husband David. The 14th November is exactly 10 years since we opened our doors which is why we have chosen this special date. Attendees can expect:

- Arrival Drink
- 3 Course Meal
- Raffle
- Entertainment
- Great Company

You will not just be helping us to celebrate our achievements, but to also fundraise so that we can continue offering the fantastic services of Kyra for many years to come. Tickets are £50pp and can be purchased [here](#)



KYRA CONFERENCE

On the 20th September, Kyra hosted its first professional conference 'Making Positive Changes'. It was attended by 20 professionals from various organisations in York and had 9 different speakers doing presentations, as well as a segment from 3 ROSE members who were fantastic, and participation via videos and voice-recordings from other members. Such a great day showcasing the amazing work of Kyra and the incredible journeys our member go on with us.



"ROSE GROWING" AT SPARKS

The ROSE Project are working with local photographer Lucy Bedford to produce a series of photographs themed 'Mental Health and Me'. The work will be showcased at a launch event for the newly funded 'ROSE Growing' at SPARKS on October 25th 4.30-6pm. Feel free to pop down and see the amazing work produced by the members and celebrate the newly funded Project.



“STAND IN YOUR SPACE” GROUP COACHING

We are excited to be able to bring a new group coaching programme to Kyra, for women who want a better relationship with themselves, designed and run by qualified coach Bryony Rowntree. It's built on tools and exercises that have proved deeply valuable again and again. You will go through a 6-week journey to build a better relationship with yourself, so you are freed up to be you, without apology. Each week is based on one of the following elements:

Being with yourself

Inner Compass

Ownership

Boundaries

Space

Embracing



This is time for you, to work consciously on your relationship with yourself and on taking your place in this world, whether that is bright and bold, a tenacious, quiet rumbling or any other flavour of Standing In Your Space. The journey begins on Monday 30 October (10am to 12pm) Places are limited.

FREEDOM RETURNS

Freedom returns on Wednesday 11 November for a 5 week course (ending on 15 November as no session during half-term week). The sessions will run from 11am to 2.30pm, including a break for lunch. 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 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. There are still a few places available.

"I did Freedom and it is priceless. I feel confident about seeing red flags, situations that aren't healthy. Now I'm realising and actually knowing that I do know my own mind and can trust myself and my own intuition"

"I know what's healthy and unhealthy now. I think the main thing I learned was about trusting your own judgement when you see a flag, and how to deal with it and ask them not to"

ACADEMY OF ST OLAVE'S CONCERT

On Saturday 23 September, the incredible musicians from The Academy of St Olave's hosted their autumn concert, proceeds from the money raised from tickets will be going to Kyra as well as allowing us to do a bucket collection. At the interval Anna spoke with the audience and obviously did an incredible job as we raised £170 from the bucket collection. It was a great evening of wonderful music and we look forward to finding out the final donation figure from the ticket sales.



ACCESSIBLE KYRA

Upcoming Accessible activities:

Downstairs Drop-in

Tuesday 17 October 1-3.30pm



Accessible Positive Thinking Workshop

Friday 20 October 10am-1pm

Accessible Confidence and Assertiveness Workshop

Monday 13 November 10am-1pm

CRAFT GROUP RETURNS

We are pleased to report that Cheryl is able to recommence her Wednesday Craft Groups again from 11 October.



SIGN UP FOR EASYFUNDRAISING

Thank you to everyone who has raised donations for Kyra with Easyfundraising! If you haven't signed up yet, it's easy and completely FREE. 6,000 online retailers are set up to donate when you use Easyfundraising to do your everyday online shopping – at no extra cost to you! Every donation you raise makes a difference. You can sign up [here](#)



easyfundraising



MINSTER CHRISTMAS TREE FESTIVAL

Kyra will be taking part in this festival again and the drop-in craft group members are already busy creating lovely items to decorate the tree. If any member would like to contribute to the decorations, just have a word with volunteer Sue (or ask the office to pass on a message) so she can tell you all about the theme for this year. We will let you know when it is up in the Minster so you can go and visit it, and vote for it as Best Dressed Tree!

POETRY GROUP JOINS ONLINE BOOKING

If you wish to give our regular online Poetry Group a try, members will be able to book on through our online system for our October groups onwards. Once you book, you will receive the Zoom link in your confirmation email. You can join the group to share new or old poems, your own poems, or just listen in.



MEMBERS SURVEY

If you haven't already, don't forget to complete our 2023 Members Feedback Survey. You can pick up a form from the office or complete it online.

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

2 October (Fully Booked)

Stand In Your Space

Group Coaching

10am to 12pm

Starts 30 October

Capacitar

10.15–11.30am

No need to book, just come along

[Find out more about Capacitar](#)

(No session 30 October)

Boundaries & Selfcare Workshop

10am–1pm

30 October

Route to Recovery Quiet Drop-In

1–2.30pm

9 + 23 October

(for members on R2R project only)

TUESDAY

ESTA (Self-Esteem)

10am–12pm

Started 5 September

(Fully booked)

Accessible drop-in

1–3.30PM

17 October



My Money My Life

10 October (fully booked)

24 October

1pm

2pm

Book to drop-in

1–3.30PM

Book to attend the drop-in (weekly)

Gardening Club

1.30–2.30pm

No need to book, just come along.

WEDNESDAY

Craft Group

10–11.30am

Please book the individual session(s)

11 October

18 October

Further dates will be released on Bookwhen

SOFIA (Anxiety Solutions)

10.30am–12.30pm

Starts 4 October

Freedom
11am-2.30pm
Starts 11 October

ICT with Anita
19 + 25 October (Fully booked)
8 November
1pm
2pm
15 November
1pm
2pm

Rose Project
(members aged 18 - 25 yrs)
6.30PM – 8PM
Book: sherrie@kyra.org.uk



Rose Project
Wellbeing session
(members aged 18 - 25 yrs)
3 - 4.30pm
Book: sherrie@kyra.org.uk

THURSDAY

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

Walking Group
10.30am
19 October
9 November

Confidence and Assertiveness Workshop
10am-1pm
5 October (Fully booked)
13 November (Accessible)



FRIDAY

Loss Group
10am-12pm
Starts 6 October (Fully booked)

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

Positive Thinking Workshop (Accessible)
10am-1pm
20 October



MODA (Moving on from Domestic Abuse)
12pm-2pm
Started 22 September

SATURDAY

Poetry Group
12pm-1:30pm
30 September
14 October 28 October



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



STAND IN YOUR SPACE

This group coaching programme is for women who want a better relationship with themselves, designed and run by qualified coach Bryony Rowntree. It's built on tools and exercises that have proved deeply valuable again and again. You will go through a 6-week journey to build a better relationship with yourself, so you are freed up to be you, without apology.



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

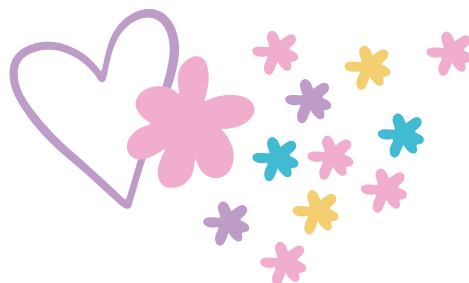
This is a quiet drop-in for members who are enrolled on the Route to Recovery (R2R) project at Kyra. We will only be booking limited numbers so don't forget to book a space.



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 courtyard every Tuesday, from 1.30-2.30pm. We keep the garden neat and tidy and get it autumn ready. 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.



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.



FREEDOM

The Freedom Programme



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.

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 October to support Kyra members with one-to-one individualised IT training sessions of 1 hour each.



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.



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: .

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



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 if you are interested.



POETRY

Join 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. You can now book online using Bookwhen.



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



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

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 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 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 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
- 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 LIVE WEBCHAT (3-6PM): 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
01904 638813 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



@KyraWomen



www.kyra.org.uk



@KyraWomen

PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA

CHARITY NO. 1154290

