

KYRA WOMEN'S PROJECT NEWSLETTER

November 2023 - Monthly Email Newsletter



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WHAT'S HAPPENING IN KYRA?

WHAT DOES KYRA MEAN TO YOU? VIDEO MESSAGE FOR ANNIVERSARY DINNER

At the Anniversary Dinner on 14 November, our guest of honour will be founder Yvonne Copley. As part of the evening, we would love to be able to honour her with a short video from members answering the question "What does Kyra mean to you?" If members are comfortable with filming a short video (no more than 20 seconds long) answering this question, or alternatively writing a poem, drawing a picture or sending a voice note recording to be part of this video, please send to stephanie@kyra.org.uk by 6 November. If the file is too big to send they can use WeTransfer which is a free website for sending large files.



HALF-TERM PLAY TENT TICKETS

The PLAY Tent have kindly donated 6 family tickets to their half term sensory play sessions on the 1 November (2 per session), 12pm- 1:15pm, 1:30pm - 2:45pm, 3pm - 4:15pm. The sessions are aimed at children, toddlers and babies until age 7 and will explore shadow and light. You can find out more about the event [here](#). If members are interested in one of the tickets then please email stephanie@kyra.org.uk



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

“ROSE GROWING” AT SPARK

To celebrate the launch of a brand new phase of our ROSE project – called ROSE Growing, the group held a photography exhibit at SPARK in York last night! Thanks to funding from the Community Mental Health Transformation Fund, our young women’s project, ROSE (Reaching Out, Supporting, Empowering) will be running for the next two years and our members will have access to special wellbeing projects and support through counselling. The photographs were produced by the group with guidance from photographer Lucy Bedford on the theme of Mental Health and Me, one of which was Highly Commended in the Two Ridings photography competition. The exhibit will be on display in the Spark upstairs event room until Saturday 10:30pm! At a later date, we will show the photos in Kyra for members who are unable to see them at Spark.



ACCESSIBLE KYRA

Upcoming Accessible activities:

Accessible Confidence and Assertiveness Workshop

Monday 13 November 10am–1pm

Downstairs Drop-in

Tuesday 14 November 1–3.30pm



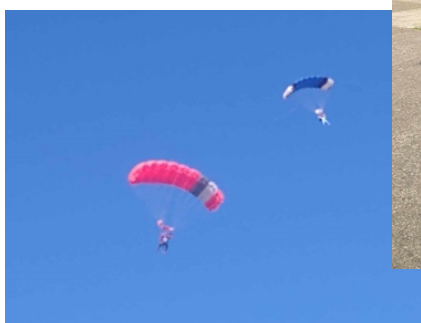
COUNSELLING

If you have been a Kyra member for 2 months or more, you can join our Counselling waiting list. Just ask for a self-referral form at the office or email contact@kyra.org.uk.



MAISIE'S SKY DIVE SUCCESS!

Our brave volunteer Maisie finally got clear weather and the go ahead to Sky Dive for Kyra on Sunday 15 October. She had an amazing time and raised £300. Well done and thank you Maisie!



10TH ANNIVERSARY DINNER

Tickets are still available for the highlight of Kyra's anniversary year, including an auction of amazing prizes. The dinner will take place at the Hilton Hotel on Tower Street, and starts at 7pm on Tuesday 14 November. The evening begins with arrival drinks, followed by a 3 course meal and entertainment. Tickets are £50 and can be booked [here](#)



SOFIA COURSE BOOKING

Our next SOFIA course for anxiety is now booking. The 4 week course begins on Friday 3 November from 1- 3pm and aims to 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.



THINKING ABOUT CHRISTMAS

Our Christmas drop-in for members will be on Tuesday 12 December in the big hall downstairs at the CMC. Do hold the date and book yourself in from mid November. It would be lovely to see lots of members there for some Christmas fare. Also don't forget the Minster's Christmas Tree festival running from 2 December to 5 January and featuring a Kyra tree decorated by members. Pop along and vote for it as the Best Dressed Tree!



KYRA WORKSHOPS

We are currently offering 3 one-off workshops:

Positive Thinking

Boundaries and Selfcare

Confidence and Assertiveness

Each workshop is 3 hours long and is designed to share tips and tools to help you put positive thinking / boundaries / confidence into practice. Please note the content of each workshop remains the same so you would only need to attend each one once.

*Think
Positive!*

*Take Care
Of You!*

*Be
confident!*

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

6 November (Fully Booked)

Stand In Your Space

Group Coaching

10am to 12pm

Starts 30 October (full)

Boundaries and Selfcare

Workshop

10am-1pm

30 October

Confidence and Assertiveness

Workshop

10am-1pm

13 November (Accessible)



Capacitar

10.15-11.30am

[Find out more about Capacitar](#)

(No session 30 October)

Route to Recovery Quiet Drop-In

1-2.30pm

13 + 27 November

(for members on R2R project only)

TUESDAY

ESTA (Self-Esteem)

10am-12pm

Ends 7 November

(Fully booked)

Book to drop-in

1-3.30PM

Book to attend the drop-in (weekly)

My Money My Life

7 November

1pm

2pm

3pm

21 November

1pm

2pm

3pm

Accessible drop-in

1-3.30PM

14 November



WEDNESDAY

Boundaries and Selfcare

Workshop

10am-1pm

22 November

ICT with Anita

8 November

1pm

2pm

15 November

1pm

2pm

Craft Group

10-11.30am

Please book the individual session(s)

1 November

8 November

15 November

Further dates will be released on Bookwhen

Rose Project

Wellbeing session

(members aged 18 - 25 yrs)

3 - 4.30pm

Freedom

11am-2.30pm

Started 11 October

Rose Project

Social session

(members aged 18 - 25 yrs)

6.30PM - 8PM



THURSDAY

Book to drop in

10 AM-12.30PM

Book to attend the drop-in (weekly)

Positive Thinking Workshop

10am-1pm

30 November

Walking Group

10.30am

9 November

23 November

MODA (Moving on from Domestic Abuse)

2-4pm

Starts 9 November

FRIDAY

Loss Group

10am-12pm

Ends 27 October

MODA (Moving on from Domestic Abuse)

12pm-2pm

Ends 27 October

Confidence and Assertiveness Workshop

10am-1pm

1 December

SOFIA (Anxiety Solutions)

1-3pm

3 November

Mindfulness

10.30am-12pm

Ends 27 October

SATURDAY

Poetry Group

12pm-1:30pm

11 + 25 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

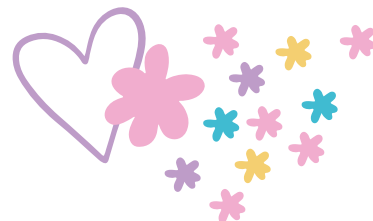
This is a quiet drop-in for members who are enrolled on the Route to Recovery (R2R) project at Kyra. We will only be booking limited numbers so don't forget to book a space.



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



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.



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.



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.



ICT WITH ANITA

Anita will be back in November to support Kyra members with one-to-one individualised IT training sessions of 1 hour each. Anita will work with you on your chosen topic.



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.



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:

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



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.

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. Please contact Glynis to join the group on glynis@kyra.org.uk



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

