

KYRA WOMEN'S PROJECT NEWSLETTER

December 2023 - Monthly Email Newsletter



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WHAT'S HAPPENING IN KYRA?

WELLBEING WEDNESDAYS

From January, we will be holding special Wellbeing Wednesday sessions fortnightly at Friargate – the Quaker meeting house in town. The great news is that all these sessions will be accessible, and they will feature crafts, tea and coffee AND a wellbeing session such as mindfulness, meditation, aromatherapy or writing. See January's newsletter (out next month) for full details and dates.



KYRA AT SPARK CHRISTMAS MARKET

On Sunday 17 December we will be fundraising for Kyra by running a craft stall at the SPARK Christmas market from 12pm – 4pm, as well as a gift wrapping service, 12pm – 6pm. The market will be at the entrance of the venue, and the gift wrapping will be in the work space at the back. So bring along your presents and watch our clever elves at work!



NEW KYRA CEO

In mid-December we will welcome Kyra's new CEO, Ira Laketic-Ljubojevic. Ira is an experienced CEO with a great network in York. She will work alongside Rosemary for a couple of weeks before taking over in the New Year.

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



GOODBYE AND THANK YOU!

At the end of December we will be saying farewell to 2 incredible members of staff – Our CEO Rosemary, who led us out of lockdown and has been instrumental in Kyra going from strength to strength ever since – And our Time to Shine Leader, Steph, who has done a brilliant job coordinating all our 10th anniversary events.

We are sure you'll join us in wishing them all the best for their futures post-Kyra, and we do hope they will call in to see us from time to time.



KYRA 10TH ANNIVERSARY DINNER

On the 14th November we celebrated 10 years since Kyra first opened its doors with an Anniversary Dinner Fundraiser at the York Hilton hotel. We were joined by volunteers, staff, members and supporters alike who put on their finery and were treated to an evening of delicious food, an exciting raffle, wonderful music from Tori Acoustic, and a trip down memory lane. We were so lucky to have Yvonne, our founder, there who shared the journey of Kyra from its fruition to now, which sounded like a fun filled adventure. To show her how grateful we are for bringing this charity to life we gifted her a glass Kyra award, some flowers and a card, and presented her with a special video message from members and volunteers. Thank you to all who contributed, she was very touched by your words. We're very excited to share that not only did the event do a fantastic job of celebrating Kyra, but we managed to raise over £1000!



Celebrating 10 years, our Founder Yvonne Copley, current CEO Rosemary Cook and new CEO, Ira Laketic-Ljubojevic (Above).



CHRISTMAS DROP-IN

The members Christmas drop-in/party will take place downstairs at Kyra on Tuesday 12 December (1pm to 3.30pm). Members, please book your place a.s.a.p.

MOUNT SCHOOL CHRISTMAS FAYRE

The Mount School are holding their Christmas Fayre on Saturday 5 December, and 20% of all takings will be donated to Kyra. There'll be lots of Christmas goodies to enjoy, including music, crafts, prize draw, refreshments, home produce, gifts and reindeer! Santa himself will also be there, and children can meet him for £5 per child, including a gift.



KYRA AT MINSTER CHRISTMAS TREE FESTIVAL

Don't forget if you are visiting the Minster between 2 December and 5 January, to check out our contribution to their Christmas Tree Festival, one of 60 trees that will be on display.

CAPACITAR WINTER BREAK

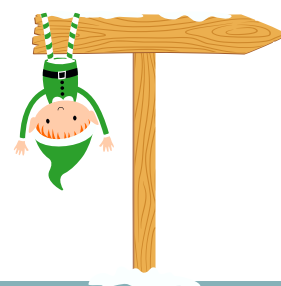
Our Monday morning Capacitar sessions will finish for the year on 11 December, and restart on Monday 15 January.

KYRA 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 our contact address.

MY MONEY

We currently have some free December appointments for the 121 My Money My Life support sessions. Members can book on through the links in the timetable.



ROSE GROUP PHOTOGRAPHY SUCCESS

The young women's ROSE Group have been doing a photography project on the theme of Mental Health and Me with local photographer Lucy Burrows, and one of their photographs was Highly Commended in the Two Riding photography competition. The £400 prize money for this will be used for more activities and resources for the ROSE members. Congratulations to them!

ROSE SAYS GOODBYE TO GRACE

Grace has been the afternoon volunteer for the last six months at The ROSE Project. She has been an amazing volunteer and got stuck in to whatever was going on such as photography, crafting, party games, and Chief BBQ'er! Thank you for everything Grace!

INTERNATIONAL WOMENS DAY 2024

Kyra will be celebrating IWD as usual with a big event in the halls at CMC on Friday 8 March next year. We will be hosting our usual local charity, business and wellbeing fair, so if you know of an organisation that would like to book a stand, do encourage them to get in touch asap via contact@kyra.org.uk as space is limited and the fair is filling up fast!

KYRA WALKING GROUP

November saw our largest Walking Group of 2023 pass through York Station. They promise there were no train rides, they kept on walking! There are 2 more walks this year, (please see the dates and booking links in the timetable), and we look forward to many more in 2024.



- ✂ **Would you like help gaining employment?**
- ✂ **Have you thought about finding work but it seems overwhelming?**
- ✂ **Tap into 1-1 help and guidance from your own personal mentor.**
- ✂ **Working with you in understanding the importance of your wellbeing and health, working towards employment, along with CV's and interview skills.**

✂ **Contact for more information:**
laurac@kyra.org.uk || glynis@kyra.org.uk
This project is funded by the UK Government through the UK Shared Prosperity Fund

RISE

Reducing Inequalities, Supporting Employment



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 6th December 23 11am - 12pm

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

HELP AND ADVICE

If you are struggling with the cost of living, or need advice, we can help you connect with support services.

Food

We can issue food bank vouchers at Kyra.

Contact

fran@kyra.org.uk /

01904 632332



Did you know... there are other community food banks around the city where you don't need a voucher too.



COMMUNITY FOOD BANKS

No voucher needed

Please be considerate of others and only take what you need.

Scarcroft
Collective Sharehouse
Tuesdays & Fridays, 9.15 - 11 a.m
Wednesdays 5-6 p.m
Clements Hall, Nunthorpe Road, YO23 1BW

City Centre
I Am Reusable
Monday, Tuesday, Thursday, Saturday and Sunday, 10am till 5pm
45 Aldborough Way, YO26 4UX, Off Leeman Road

Tang Hall
Wednesdays, 11am noon till 12.30
Tang Hall Community Centre, Fifth Avenue, YO31 0UG

Clifton
Luke's Larder
Wednesday, 12.30-13.30pm
St Luke's Church Hall, Burton Stone Lane, YO30 6DG

Acomb
Lidgett Grove
Tuesdays and Fridays
9am onwards
Lidgett Methodist Church, Wheatlands Grove, YO26 5NH

Clifton
York Travellers Trust
10-2 Monday
20 Faisgrave Crescent, Clifton, YO30 7AZ

The Groves
Door 84 Youth and Community Centre
Friday, 11am till 1pm
Pay as you feel cafe, advice and support and community food bank.
Door 84 Youth and Community Centre, Lowther Street - The Groves, YO31 7LX

Haxby
Haxby Foodshare Project
Wednesdays, 11am till 1.30pm
Fridays 12.20 till 2pm
Haxby Memorial Hall, 16 The Village, YO32 3HT
Contact
foodshare@haxbymemorialhall.co.uk
or call 07989193758

Bell Farm
Bellfarm BCA/BSH foodbank
12-4pm weekdays, 12-4pm Saturdays
01904 655934 for emergencies
Bellfarms social Hall, Roche Ave, YO31 9BB

St Edward the Confessor
Wednesday eve 8.30-9pm
Tadcaster Rd, Dringhouses, YO24 1QG

Finances

Book a 'My Money, My Life appointment' to discuss your finances and learn to manage your money with an adviser from the Peasholme Charity. [Click to book](#) / 01904 632332.



Solicitor Advice

We can refer you for a free one-hour solicitor appointment for family law matters. contact@kyra.org.uk / 01904 632332.

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 / 01904 632332.



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

Stand In Your Space

Group Coaching

10am to 12pm

Ends 4 December (full)

Route to Recovery Quiet Drop-In

1-2.30pm

27 November + 11 December

(for members on R2R project only)

Capacitar

10.15-11.30am

No need to book, just come along

4 + 11 December only

[Find out more about Capacitar](#)

TUESDAY

Book to drop-in

1-3.30PM

Book to attend the drop-in (weekly)

My Money My Life

5 December

19 December

Christmas drop-in (Accessible)

1-3.30PM

12 December



ESTA (Self-Esteem)

6-8pm

(Fully booked)

WEDNESDAY

Craft Group

10-11.30am

Please book the individual session(s)

29 November

6 December

13 December

Further dates will be released on Bookwhen

ICT with Anita

13 December

1pm

2pm

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

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)

ICT with Anita
7 December
1pm
2pm

Positive Thinking Workshop
10am–1pm
30 November

MODA
(Moving on from Domestic Abuse)
2–4pm
To join future course

Walking Group
10.30am
7 December
21 December

FRIDAY

Confidence and Assertiveness
Workshop
10am–1pm
1 December

SATURDAY

Poetry Group
12pm–1:30pm
16 December



SESSION INFORMATION

IN THE TIMETABLE ORDER

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. Please note - no sessions during school holidays. Check timetable for dates.

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.



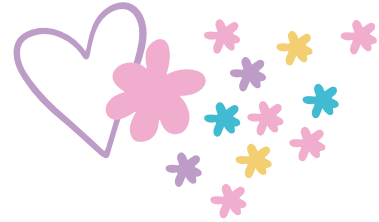
BOOK TO DROP IN

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.

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.



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 December 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.



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.



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



KYRA WORKSHOPS

We are currently offering 3 one-off workshops:

Boundaries and Selfcare

Confidence and Assertiveness

Positive Thinking (back in 2024)



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.

RETURNING IN 2024

MOTIVATIONAL MONDAYS



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

MINDFULNESS

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 will improve your well-being.



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



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.



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.



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

