

# KYRA WOMEN'S PROJECT NEWSLETTER

*January 2024 - Monthly Email Newsletter*



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## WHAT'S HAPPENING IN KYRA?

### WELLBEING WEDNESDAYS

Take care  
OF  
YOURSELF

We are very happy to launch our Wellbeing Wednesdays in January 2024. These will take place at The Friargate Quakers Meeting House, in accessible rooms. At each Wellbeing Wednesday there will be a craft group, followed by a different wellbeing activity. Members can attend just one, or both, and can book on through our Bookwhen system.

Wellbeing Wednesday - 17 January



Accessible Craft Group 9.45-11am

Join us for a fun and friendly craft group session 9.45-11am.



Basic Bike Maintenance with Everybody's Cycling 11.15am-12.45pm

Want to boost your confidence cycling? Everybody's Cycling are offering you a chance to learn about how to maintain and safety check your bike in a fun and informative workshop.



Cycle Ride 1.30-2.30pm

You can bring your own helmet and roadworthy bikes (and weather appropriate clothing), or you can borrow the equipment you need for free – including disability cycles. These must be booked in advance and if you are not sure what kind of bike suits you, then you can try cycles in advance of the ride. To find out more about borrowing a bike email Jessica:

Jessica.shay@everybodyscycling.org.uk



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

Wellbeing Wednesday – 31 January



Accessible Craft Group 9.45–11am

Join us for a fun and friendly craft group session 9.45–11am.



Hand Reflexology / Hand-Neck-Shoulder Self-massage 11.15am–12.45pm

Need some help to unwind? In this wellbeing session Renni will help you strengthen the connection between mind and body and learn deep relaxation techniques for hand reflexology and hand-neck-shoulder self-massage.



## INTRODUCING IRA – OUR NEW CEO

*"I was born and raised in Sarajevo, Former Yugoslavia (now Bosnia and Herzegovina), where I studied medicine before the outbreak of the civil war. I was lucky enough to escape the troubles in the Balkans in the late 1992 and come to the UK where I completed my education and progressed my career within the public and charitable sectors. Having experienced adversity myself – including experiencing war and homelessness as a young female, my ambition is about improving people's experience, quality of life and wellbeing by enabling and enhancing information and support offered that tackles inequalities and isolation, and facilitates inclusion, independence and choice. I am passionate about and committed to creating positive lasting difference that will benefit people – especially vulnerable, disadvantaged, and marginalised groups, as well as the wider society. I care about people. That is the driving force behind my passion for equity, quality and improvements. In all my work to date I have been raising awareness of and tackling inequalities and doing my utmost to create conditions for and support culture of inclusiveness and equity of opportunity for all. Participating actively and with accountability, in life and in work, is what I am keen to do with my life. I have a zeal for safety, quality, equality and inclusion, with a focus on accountability, governance, learning and continuous improvement – I am driven by a need for continuous improvements, both personal and organisational.*

*Kyra Women's Project is the charity that supports women to improve their lives for the better, by providing a holistic, non-medical support to empower women to make positive, lasting change in a safe, women-only environment. Those beneficiaries and those aims are something that resonate strongly with me and I simply needed to be involved to see how I can be of help and contribute to accomplishment of the organisation's objectives".*



Ira

## CHRISTMAS PARTY DROP-IN

Thank you to everyone who attended the Christmas Party, it was lovely to see both our regular members and a few we haven't seen for a while! There was lots of scrumptious cake and mince pies, music, cards and gifts being exchanged and a raffle featuring an incredible 4ft teddy bear!! We hope you all enjoyed the afternoon as much as us, it's definitely got us in the Christmas spirit!



## FREE TICKETS – PLAY TENT WINTER WONDERLANDS PLAY SESSIONS – THURSDAY JAN 4 2024, AT SPARK

We have kindly been given free family tickets to another PLAY tent event, a winter wonderland theme sensory play space for babies, toddlers, children up to 12 and their families. There will be 3 play sessions across the afternoon for you to choose from, each consisting of 1 hour 15 mins.

Session 1: 12pm-1:15pm

Session 2: 1:30pm-2:45pm

Session 3: 3pm-4:15pm

We have been given 5 family tickets, if you would like to book a ticket email [contact@kyra.org.uk](mailto:contact@kyra.org.uk) and say which slot you would like to book and how many will be attending (Family is up to 4 people). Please book by 2nd Jan at the latest.

### Winter Woodlands Play Sessions



## KYRA PANTRY

Some members may have noticed our new Pantry shelf which can be found beneath our Kyra notice board. Thanks to generous funding from the National Lottery Community Fund we are able to provide food and household items which you are welcome to take, simply bring a bag to fill, we will have a requests board for specific items you want us to stock. We also need to keep track of how many members have accessed the pantry. If you have used the pantry in December, please let our Finance Officer Fran know by emailing [fran@kyra.org.uk](mailto:fran@kyra.org.uk). We will have a buttons in a jar system in the New Year for you to use only if it is your first time using the pantry.





## WINTER CAMPAIGN – “KYRA IS MY LIGHT IN THE DARKNESS”

We have launched our winter appeal to help us continue delivering vital services to women of York, free of charge. The cost-of-living crisis has affected us all, and charities are no exception. Costs have risen and demand has increased which is why we have created an appeal to ask for any donations to help us over winter. We would be very grateful if you could share our fundraising page (<https://app.goodhub.com/kyrawinterappeal>) and/or appeal posts, these can be found on our Facebook, Instagram, Twitter and Website, to ensure we reach as many people as possible.

There are multiple ways to donate:

- Click donate on our website:  
[www.kyra.org.uk](http://www.kyra.org.uk)
- Text KYRA followed by your donation amount to 70470
- Cheques can be sent to: Kyra Women's Project, CMC, St Saviourgate, York, YO1 8NQ
- Or email [fran@kyra.org.uk](mailto:fran@kyra.org.uk) to make a bank transfer.

### EFT (EMOTIONAL FREEDOM TECHNIQUE)

EFT (Emotional Freedom Techniques) or “Tapping” is a body/mind self-help method. It combines a gentle touch together with mindful and vocal attention to thoughts and feelings. EFT involves tapping with our fingertips on acupuncture points on the hands, face and body while focusing (temporarily) upon an issue we wish to resolve. You can book to join our 2 part course on Tuesdays 23 and 30 January, 10.30-11.30am.



### KYRA AT MINSTER CHRISTMAS TREE FESTIVAL

Experience the popular York Minster Christmas Tree Festival, set inside the medieval Minster, with 60 trees on display including our very own tree. You can vote for Kyra's tree in the 'Best Dressed Tree' competition, and add your own Christmas message to a tag on the festival's prayer trees. The festival runs during general admission times until Friday 5 January. Entry is free with proof of a York home address.



# KYRA 10TH ANIVERSARY FUNDRAISING

This year we've raised over £8000 together through the Rose Crystal Maze event, International Women's Day, skydives, the 10K and 10miles runners, sponsored cyclers, Dragon Boat Race, our anniversary dinner, craft stalls, and our first professional conference. What a way to celebrate our 10th Anniversary!



## ONLINE WORKSHOPS

There are 3 upcoming Saturday morning on-line workshops currently available for booking:

Positive Thinking – Sat 27 January 10am-1pm

Boundaries & Selfcare – Sat 24 February 10am-1pm

Confidence & Assertiveness – Sat 30 March 10am-1pm

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.



## FESTIVE CLOSURE

Kyra will be closed from Saturday 23 December to Tuesday 2 January. Please see the last page of this newsletter for any urgent support.



## 2024 DROP-INS

Our 2024 drop-ins will begin on our very first day back. You can catch up with your fellow members by booking on to the 2 January drop-in using the link in the timetable.

## MY MONEY MY LIFE

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



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



## CAPACITAR

Capacitar returns on Monday 15 January, 10.15 to 11.30am. There is no need to book, just come along.

## INTERNATIONAL WOMENS DAY 2024

Kyra will be celebrating IWD with a big event in the halls at CMC on Friday 8 March. We will be hosting our usual charity, business and wellbeing fair. Further updates about the event schedule will be in our next newsletter.



### ***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. Email [laurac@kyra.org.uk](mailto:laurac@kyra.org.uk) or [glynis@kyra.org.uk](mailto:glynis@kyra.org.uk) to book a place

**Tuesday 9th January 23 11am - 12pm**

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



## 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

#### Capacitar

10.15-11.30am

No need to book, just come along

15, 22, 29 January

[Find out more about Capacitar](#)

#### Route to Recovery Quiet Drop-In

15 + 29 January

(for members on R2R project only)

## TUESDAY

### EFT (Emotional Freedom Technique)

10.30-11.30am

2 part course - 23 + 30 January

### My Money, My Life

9 January

23 January

### Book to drop-in

1-3.30PM

Book to attend the drop-in (weekly)

### ESTA (Self-Esteem)

1-3pm

Starts 16 January (Full)

### Accessible drop-in with lunch

1-3.30PM

16 January

30 January



### ESTA (Self-Esteem)

6-8pm

Ends 16 January

## WEDNESDAY

### Craft Group

10-11.30am

24 January

### Accessible Craft Group

9.45-11am

17 January

31 January



### Basic bike Maintenance with Everybody's Cycling

11.15am-12.45pm

17 January

### ICT with Anita

17 January 1pm

31 January 1pm

### Cycle Ride with Everybody's Cycling

1.30-2.30pm

17 January

### Rose Project

#### Wellbeing session

(members aged 18 - 25 yrs)

3 - 4.30pm

### Hand Reflexology / Hand-Neck-Shoulder Self-massage

11.15am-12.45pm

31 January

### 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)

### Walking Group

10.30am

11 January

25 January

## FRIDAY

### Loss Group

10am-12pm

Starts 5 January (Full)

### Boundaries & Selfcare

#### Workshop

1-4pm

19 January

### Mindfulness

10.30am-12pm

Starts 12 January (Full)

## SATURDAY

### Positive Thinking Workshop (Online)

10am-1pm

27 January



### Poetry Group

12pm-1:30pm

6 + 20 January



## SESSION INFORMATION

IN THE TIMETABLE ORDER

## 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 - 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.



## EFT

EFT (Emotional Freedom Techniques) or "Tapping" is a body/mind self-help method. It combines a gentle touch together with mindful and vocal attention to thoughts and feelings. EFT involves tapping with our fingertips on acupuncture points on the hands, face and body while focusing (temporarily) upon an issue we wish to resolve.



## 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.



## 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



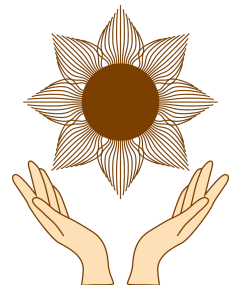
## ARTS & CRAFTS GROUP

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. Every other week our craft sessions will take place at the accessible Friargate Quakers Meeting House as part of our Wellbeing Wednesdays.



## WELLBEING WEDNESDAYS

Please see full details of this month's Wellbeing Wednesdays activities in the news section of this newsletter.



## ICT WITH ANITA

Anita will be back in January 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.



## 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

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.



## 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](mailto: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](http://www.juleswyman.com)



## 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.

## SOFIA

The Freedom Programme



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.



## 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.



## 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

