

KYRA WOMEN'S PROJECT NEWSLETTER



March 2024 - Monthly Email Newsletter

INTERNATIONAL WOMEN'S DAY 2024

Our annual International Women's Day celebration is just 2 weeks away now. This year everything will take place downstairs and is accessible to all. The event is open to non-members, so feel free to bring someone along. We hope you will join us on Friday 8 March.

10am Event Opening with Rachael Maskell MP, Cllr Claire Douglas and York Civic Party. Complimentary coffee & pastries will be served to all members present between 10-10.30am.

Lunch by Sally

From 12pm to 1pm we will be serving lunches, homemade by our Cookery expert Sally. Make sure you save room for some Vegan Lentill Soup and her ever-popular Big Vegan Chilli.

Refreshments

As well as our complimentary coffee & pastries for early starters, we will be serving hot and cold drinks and cakes from 10am-3.30pm.

Give it try or just watch/listen

- Poetry Group Readings 1.30-2.30pm
- Capacitar Healing Ourselves 1.30pm-2.30pm

No booking required

Bookable Activities

You can book on to the following taster sessions:

- EFT Tapping (Emotional Freedom Technique)
- Group Coaching "Investing in Ourselves"
- Dance Groove with Emerge Dance
- Yogo Chanting

[Full details and booking here](#)

Wellbeing Fair

From 10am to 3.30pm the hall will be filled with stalls from our local charity and business partners.

Kyra Q&A

Join the Kyra Team from 2.30-3.30pm for your chance to come and share your views, and help shape the future of Kyra.



Kyra International Women's Day Timetable 8 March 2024



10am-10.30am

- Event opening with Rachael Maskell MP, Cllr Claire Douglas and York Civic Party.
- Complimentary Coffee & Pastries.



10.30am-11.30am

- EFT Tapping with Lucja. Learning to release uncomfortable emotions and bringing relief and clarity.



11.30am-12.30pm

- Group Coaching with Bryony "Investing in Ourselves".



12pm-1pm

- Lunch by Sally, Big Vegan Chilli and Vegan Lentil Soup.



12.30pm -1.30pm

- Kyra Poetry Group Readings, all welcome, booking not required.



1.30pm-2.30pm

- Dance Groove with Emily
- Capacitar Healing Ourselves, Healing our World, all welcome, booking not required.



2.30pm-3.30pm

- Yoga Chanting for Wellbeing with Kirtan Yoga
- Kyra Q&A Session - all welcome, booking not required. Come and share your views and help us shape the future of Kyra

PLUS from 10am to 3.30pm

- Variety of stalls from local businesses and organisations
- Refreshments - Tea/Coffee/Cakes available
- Come in and chat in a friendly inclusive environment



Please note that men and children are very welcome at this event, but the activities are for women only

INTERNATIONAL WOMEN'S WEEK – DOING IT FOR KYRA!

A special thank you to Anne McCrickard, Yoga Therapist, and Hannah Kaye Fitness, both of whom are using their IWW events to raise money for Kyra.

EXPLORE INNER EASE AND SELF LOVE THROUGH YOGA THERAPY

When: Sunday 3rd March | 13:30 – 16:00

Where: The Harriet Centre, York Cemetery, Fishergate YO10 5AJ

Booking: For more info and to

secure a place email

lot.spot@hotmail.co.uk. Space

limited to 10 people so prior

booking as soon as possible is

advisable; firm booking deadline

Friday 1st March

Cost: £7.50 to cover venue hire,

any profits to KYRA

Access: Step free access; Blue

badge and general parking

available.

Hannah Kay Fitness will be running a Barbell Workout and Self-Care Masterclass to help raise money for Kyra on International Women's Day.

This will include –

A 30-Minute Barbell Focused Workout (accessible for all gals attending!

Designed with you all in mind)

A 30-Minute Self-Care Masterclass

(giving you all the tools to create your own self-care toolkit!)

£10 per gal

Held at @rokohealthclub_york in the

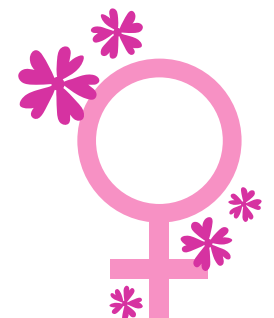
Energise Studio (no membership

needed!)

Friday 8th March 2024, 5-6pm.

You can book on here

WOMEN
YORK
WOMEN



NEW ROSE+ GROUP



We'd love to welcome you to a new group starting at KYRA - ROSE+

A new social drop-in group with crafts and chats. Perfect to meet others of similar age in a safe space, while promoting positive mental wellbeing.

For people **aged 26 to 30** (you can join from 25 ½)

✂ Meetings on Monday evenings from 6:30 to 8:00pm.

✂ Held at Kyra Women's Project CMC, St Saviourgate, York

✂ Beginning on the 4th March

Please contact
sherrie@kyra.org.uk to book a space

Looking forward to seeing you there!



HALO PROJECT

Kyra partner The Halo Project Charity provides support to male and female victims of abuse specialising in Forced Marriage, Honour Based Violence and Female Genital Mutilation. Offering advice, guidance and training. Telephone 01642 683045.

CRAFT GROUP RETURNS

We are very happy to confirm that our friend Joy Herman has agreed to lead our craft groups for the next few weeks. They are currently taking place at the accessible Friargate Meeting House, and you can now book on to sessions on 6 and 20 March. Members can book using the link 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.

CONDOLENCES

We are sorry to hear of the recent passing of one of our members, Shirley Hick. Shirley was a regular member of our Thursday Walking Group. Our thoughts are with her friends and family.



KYRA WALKING GROUP

On Thursday mornings twice a month, members meet outside Kyra at 10.20am to depart latest 10.30am to walk, have a cuppa and chat rest stop then walk back to Kyra. Walking is at a steady pace (it's not a race). You will meet really lovely and different people on each walk as we 'mix it up' a bit. The weather is usually surprisingly good—even in winter (there are very rare exceptions when we have a longer cuppa stop). Beautiful York scenery including Millennium Bridge, Fairy Walk, Snickets and Snickleways, Spring flowers, etc. Lovely hidden view points. Super friendly people visiting good value community cafes wherever we can. So why haven't you joined us yet? Perhaps you think:-



- **the walks maybe too long, perhaps you are recovering from health issues?** That isn't usually a problem. As long as you tell the volunteer leaders, you can leave/rest at any point. If the leaders know your capabilities upfront before the walk, we can help understand whether it will suit you and try to adjust the walk length or breaks to help build your stamina over time. We usually return to Kyra between 12 noon and 12.30pm.
- **the walks maybe too fast?** Honestly, the pace is steady (no racing & its not a hike).
- **I don't know anyone/feeling a bit cautious?** Honestly, such a friendly bunch of people, new attendees are very welcome and you meet such a variety of people that there is always someone different to chat with.
- **The cuppa stops might be expensive?** We try really hard to stop at inexpensive stops like community cafes to keep the costs down where possible. There is no pressure to have a cuppa if you don't want to. Other drinks are usually available if tea/coffee aren't your thing yet this aspect makes it really social.
- **You need special kit/the right kit?** Not really. We primarily walk on tarmac paths around the city so normal clothes/sturdy shoes or boots are fine. Bring some water especially on a hot day.
- **I don't really know enough about the walking group to book?** Why not drop us a line at walking@kyra.org.uk with your questions.

Amongst many others, walking is great for lightening your mood, improving circulation, enjoying a longer life, slowing down mental decline, improving sleep so if you might like to give it a try, book online or via the office or email walking@kyra.org.uk with your questions.

We hope to see you soon.



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

All day (Full) 4 March

Route to Recovery Quiet Drop-In

11 + 25 March

(for members on R2R project only)

SOFIA (Anxiety Solutions)

10am-12pm (Full)

Rose + Project

(members aged 25.5 - 30 yrs)

6.30-8pm

Capacitar

10.15-11.30am

No need to book, just come along

4, 11 + 18 March

TUESDAY

Book to drop-in

1-3.30PM

Book to attend the drop-in (weekly)

ESTA (Self-Esteem)

1-3pm

Started 16 January (Full)

Accessible drop-in with lunch

1-3.30PM

12 March

26 March



WEDNESDAY

Craft Group (Friargate Centre)

9.45-11am

6 March

20 March



ESTA (Self-Esteem)

10am-12pm

Started 28 February (Full)

Hand Reflexology / Neck Shoulder Self-Massage

11.15am-12.45pm

6 March (FULL)



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

Soup Lunch

12.30-1.30pm

(weekly)

Walking Group

10.30am

14 March

28 March

FRIDAY

Cookery

10am-12pm

22 March (FULL)

International Women's Day Event

10am-3.30pm

Come along and join us!

SATURDAY

Confidence & Assertiveness Workshop (Online)

10am-1pm

30 March



Poetry Group

12pm-1:30pm

2 + 16 March



SESSION INFORMATION

IN THE TIMETABLE ORDER

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



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.



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.



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

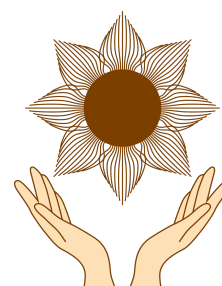
Our ESTA self-esteem group can help if you recognise any of the below. Runs over 10-weeks.

- 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



WELLBEING WEDNESDAYS

Please see full details of this month's accessible Wellbeing Wednesdays activities in the news section of this newsletter. These sessions all take place at the Friargate Quakers Meeting House.



ICT WITH ANITA

Anita will be back in March 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.



SOUP LUNCH

If you would like the opportunity for something hot during cold winter months. We'll be offering soup lunches on Thursdays in March, between 12.30pm and 1.30pm. You'll need to book a place using the link in the activity timetable so that we know how many are coming. Please book this separately for the lunch, even if you have already booked for the drop-in.



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.



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



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 SOON

- MINDFULNESS
- SOUND MEDITATION
- LOSS GROUP

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

