

# KYRA WOMEN'S PROJECT NEWSLETTER



*February 2025*  
*Monthly Email Newsletter*

## INTERNATIONAL WOMEN'S DAY CELEBRATION FRIDAY 7TH MARCH

On Friday 7th March we will be holding our annual International Women's Day event in the downstairs hall here at Kyra. As well as the bookable activities below, there will be talks, stalls from local organisations, a tombola, and refreshments. We'd love to see you there!

For early birds, there will be **free coffee/tea and pastry at 10am**, so you can enjoy your second breakfast with us as our event opening takes place. We will be serving lunches (by Sally), as well as cakes and beverages throughout the day (all for a small fee, proceeds to Kyra). There will be plenty of space to relax and chat.



The following activities will also be taking place and need to be pre-booked:

Group Coaching with Bryony (inspired by IWD)

11.30am-12.30pm

Mini-Massage with Veronica (15 mins)

1pm-2.30pm slots available

Sound Bath with Gladys

2.30pm to 3.30pm

(Please note these bookable activities will all take place upstairs in Room 7)



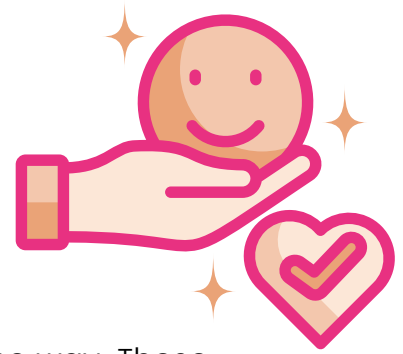
### PRIZES NEEDED

If anyone has any Tombola prizes they can spare, please bring them into Kyra and leave in the Group Room. We are also looking for (drinkable) bottles for our Mystery Bottle Stall. We would be very grateful for any donations.



## 1 TO 1 COACHING WITH LAURA

We are now offering 1 on 1 coaching sessions designed to empower women to build confidence and resilience. Each participant will receive 3 to 6 face-to-face sessions, lasting 50 minutes each, tailored to their individual needs and goals. These fortnightly sessions focus on practical tools and strategies, ensuring personalized support every step of the way. These sessions are for anyone who has either done the ESTA course, or feels they are ready to move forward in their lives and are ready for coaching. If you are unsure if coaching is right for you, you can book a 30-minute introductory session with Laura, so she can explain what it will involve and to see if it's a right fit for you. If you are interested, please email [laurac@kyra.org.uk](mailto:laurac@kyra.org.uk).



## DARK SKIES WALK WITH ST JOHN'S UNIVERSITY

Tuesday 25th February – depart York approx. 4.30pm/return York 8.30pm. As part of the 10th annual Dark Skies Festival York University are leading a trip out to Cawthorn Roman Camp (Near Pickering) to discover, learn and enjoy the dark and stars. The content of the walk focuses on the experience of walking at night – if it is a clear night, we have a fabulous opportunity to see the stars in an area that is Dark Sky protected, (minimal light pollution).

At 4.30pm prompt, a Minibus (free to walkers) will leave St John's Uni transporting walkers to Cawthorn Roman Camp (Nr Pickering). The walk will be approx 1 mile on the flat with head torches provided to discover, learn and enjoy the dark and stars. There will be some short sensory exercises to help absorb your surroundings. The return journey will include a WC and cuppa stop (courtesy of St John's Uni) returning to York St John's Uni approx 8.30pm. Please wear walking boots or sturdy trainers (ground may be uneven) and layers of clothes for cold/wet weather – and carry a light bag with drink which leaves your hands free. For everyone's safety, HEAD TORCHES provided MUST BE USED–no mobile torches. A big thanks to St John's Uni will lead and cover the costs for this fab night time experience.

## NEW SUPPORT FOR 18–25 YEAR OLDS

**Steps 2 ROSE** – A new project is beginning here at Kyra in February. This is extra support for members (new and existing) who find it difficult to attend the main ROSE sessions due to anxiety or mental health issues. The Project will offer 1-1 sessions, and 2 ROSE groups (ROSE Zoom and Quiet ROSE Group). Please email [sherrie@kyra.org.uk](mailto:sherrie@kyra.org.uk) if you want further information.



## NUT FREE ZONE

Kyra is now a Nut Free Zone, and we are asking members not to bring any food containing nuts into our Kyra rooms. We thank you for your compliance with this.



## COMMUNITY CINEMA CLUB THURSDAY 13TH FEBRUARY

Kyra members are invited to join a **free** cinema screening of the movie "Moonstruck" (cert PG) a romantic comedy starring Oscar winner Cher and Nicolas Cage, on Thursday 13th February at the Yorkshire Museum. The showing will begin at 10.30am. YMT will provide self-service hot drinks but ask that everyone brings their own snacks. [Book your place online here](#) and encourage fellow members to come as the Museum may offer future film showings for a good turnout. A big thank you to York Museums Trust and Pilot Theatre who are providing this event.



## LOSS WORKSHOPS

In February we will be running 2 brand new Loss workshops. These are an hour-long introduction to dealing with all types of loss. This workshops provide self-care tips and coping mechanisms for grief. We will discuss what grief is, common effects of grief and explore some models to help cope with the impact of grief.

After completing this workshop, you will then have the option to take part in our 4-week loss course where we will cover the topics in the workshop in more detail.

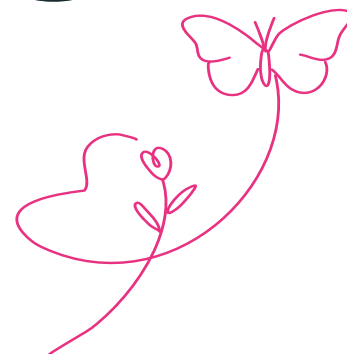
To book your place at one of the workshops, please use the links below:

Thursday 20th February 2pm to 3pm

Tuesday 25th February 4pm to 5pm

## KYRA MEMBER NOMINATED FOR VOLUNTEER OF THE YEAR!

Member Fiona Stratton has been nominated for "Volunteer Of The Year" at the Yorkshire Choice Awards. She has earned the nomination for her involvement with York Inspirational Kids. If you would like to vote for Fiona, please do so [here](#) Congratulations on your nomination Fiona!



## PLEASE NOTE – MEN AT WORK

Workmen may be working in the communal church areas, especially for the next few weeks while renovations are taking place. We apologise for any inconvenience caused.



## SURVIVE PRESENTS: BLACK BOX DIARIES

Our colleagues at Survive have asked us to publicise their exclusive screening of Black Box Diaries, for Sexual Violence Awareness Week. This 2024 documentary film follows director and journalist Shiori Ito's courageous investigation of her own sexual assault in an improbable attempt to prosecute her high-profile offender. Unfolding like a thriller and combining secret investigative recordings, vérité shooting and emotional first-person video, Shiori's quest becomes a landmark case in Japan, exposing the country's desperately outdated judicial and societal systems. The film will be shown at York Student Cinema, Thursday 6th Feb, 6:30pm. Tickets are free and can be obtained [here](#)



## FEBRUARY CRAFT GROUPS

Please book on using the links below:



Wednesday 12th February 10.30am to 12pm

Thursday 13th February 2pm to 4pm

Wednesday 26th February 10.30am to 12pm Accessible Group at Friargate Meeting House

Thursday 27th February 2pm to 4pm

## FEBRUARY WORKSHOPS

Please book on using the links below:

POSITIVE THINKING WORKSHOP – Wednesday 5th February 10am to 1pm

This 2 to 3 hour workshop on 'Positive Thinking' is designed to share tips and tools to help you with practicing and boosting your positivity, and learning how to respond to challenges.

MANAGING EMOTIONS WORKSHOP – Tuesday 11th February 6pm to 8.30pm  
or

MANAGING EMOTIONS WORKSHOP – Tuesday 25th February 9.30am to 12pm

This 2.5 hour workshop is all about learning to control our response, strategies and tactics to get through tough times, and achieving and maintaining balance.



## NEURODIVERSE SESSIONS

Our regular ND group is currently full, and there is a waiting list for the next cohort running in September, so please email [sherrie@kyra.org.uk](mailto:sherrie@kyra.org.uk) to book on. There is also 1-1 Neurodiversity support available for any member who is either self diagnosed or medically diagnosed (again email Sherrie).



## 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 session 17 February

No need to book, just come along

[Find out more about Capacitar](#)

#### Rose + Project

(members aged 25.5 - 30 yrs)

6.30-8pm

Neurodiversity Lunch & Group (1-2.30pm)  
(Full)

### TUESDAY

#### ESTA

10am-12pm

(Full)

#### Drop-in

1-3.30PM

#### Managing Emotions Workshop

6pm to 8.30pm

11th February

Tuesday 25th February

9.30am to 12pm

#### Loss Workshop

4pm to 5pm

25 February

#### My Money, My Life

11 February

#### Dark Skies Walk

4.30pm to 8.30pm

25 February

## WEDNESDAY

Positive Thinking Workshop  
10am to 1pm  
5 February

ICT with Anita  
1-2pm  
5 + 26 February (Fully Booked)

Art & Craft Group  
10.30am-12pm  
12 February

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

Accessible Craft Group (Friargate)  
10.30am-12pm  
26 February



Rose Project  
Social session  
(members aged 18 - 25 yrs)  
6.30PM - 8PM

## THURSDAY

Drop-in  
10 AM-12.30PM

Sandwich Lunch  
12.30-1pm

Walking Group  
Bus trip to Dringhouses, walk back  
10.30am-1pm 6th February  
Walking Group from Kyra  
10.30am-12.30pm 20th February

Art & Craft Group  
2-4pm

Loss Workshop  
2pm to 3pm  
20 February

Community Cinema Club  
Starts 10.30am 13 February

Kyra Voices  
6pm to 7.30pm (Fortnightly)  
13 + 27 February

## FRIDAY

Mindfulness  
10.30am-12pm  
Ends 14th February

## SATURDAY

Poetry Group  
12pm-1:30pm  
8 + 22 February



# SESSION INFORMATION

## 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.**

## NEURODIVERISTY GROUP

Neurodiversity Group for members who have either a medical or self diagnosis of neurodiversity. This will take place every other Monday afternoon.

12.30-1pm Light Lunch

1.00-1.45pm Information Session with Manar

(from Living Autism) who will cover a relevant topic

1.45-2.30 Social or reflective time



## ROSE +

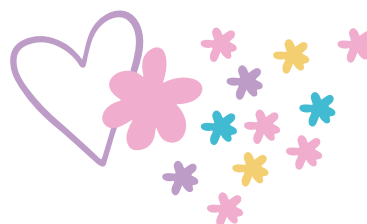
Our brand new social drop-in group, with crafts and chat, for women aged 26 to 30. Perfect to meet others of a similar age in the safe space, whilst promoting positive mental wellbeing.



## 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



## DROP IN

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. Our 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 (excluding debt management), 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 and Thursday afternoon sessions.



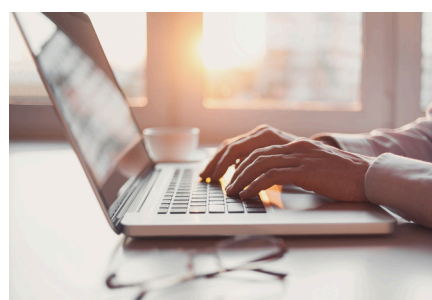
## R2R QUIET DROP-IN

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.



## ICT WITH ANITA

Anita will be back in 2025 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.



## SANDWICH LUNCH

From January 2025 we are restarting our sandwich lunches. These take place after drop-in on Thursdays. Please book on as places are limited and our lunches are very popular.



## LOSS WORKSHOP

This workshop is an hour-long introduction to dealing with all types of loss. This workshop provides self-care tips and coping mechanisms for grief. We will discuss what grief is, common effects of grief and explore some models to help cope with the impact of grief. After completing this course, you can then take part in our 4-week loss course where we will cover the topics in the workshop in more detail.



## KYRA VOICES

Do you have a passion for music and singing? If so you can join other members on Thursday evenings for our fortnightly singing sessions . No need to book, just come along.



## MINDFULNESS – (RETURNING SOON)

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. Part of our Kyra Calmness programme, Mindfulness improves well-being and this course benefits those who experience:

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



## 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 5 one-off workshops:

**Boundaries and Selfcare**

**Confidence and Assertiveness**

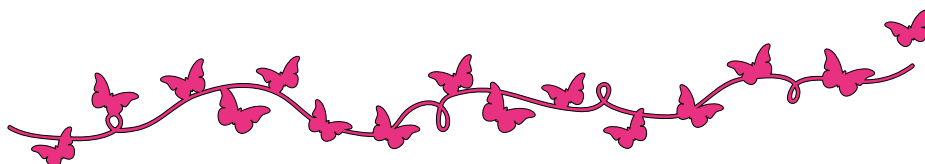
**Positive Thinking**

**Managing emotions**

**Habits, Goals and Vision**



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



# ONGOING PROJECTS

## RISE TO THRIVE – 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](mailto:glynis@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, please email [contact@kyra.org.uk](mailto: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 [maisie@kyra.org.uk](mailto:maisie@kyra.org.uk), [molly@kyra.org.uk](mailto:molly@kyra.org.uk) or [sherrie@kyra.org.uk](mailto:sherrie@kyra.org.uk), or give us a call on 01904 632332. We will need to complete an online form with you to request an emergency food parcel for your household, so the process may take a few days. 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. Please email [contact@kyra.org.uk](mailto: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: 111 OPTION 2
- 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)
- YORK IN RECOVERY – ALL ENQUIRIES TO [INFO@YORKINRECOVERY.ORG.UK](mailto:INFO@YORKINRECOVERY.ORG.UK)  
[WWW.YORKINRECOVERY.ORG.UK/](http://WWW.YORKINRECOVERY.ORG.UK/)

## CONTACT KYRA



Central Methodist Church, St Saviourgate, York, YO1 8NQ



01904 632332



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



[www.kyra.org.uk](http://www.kyra.org.uk)



@KyraYorkWomensCentre



@KyraWomen



@KyraWomen

PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA

CHARITY NO. 1154290