

KYRA WOMEN'S PROJECT NEWSLETTER

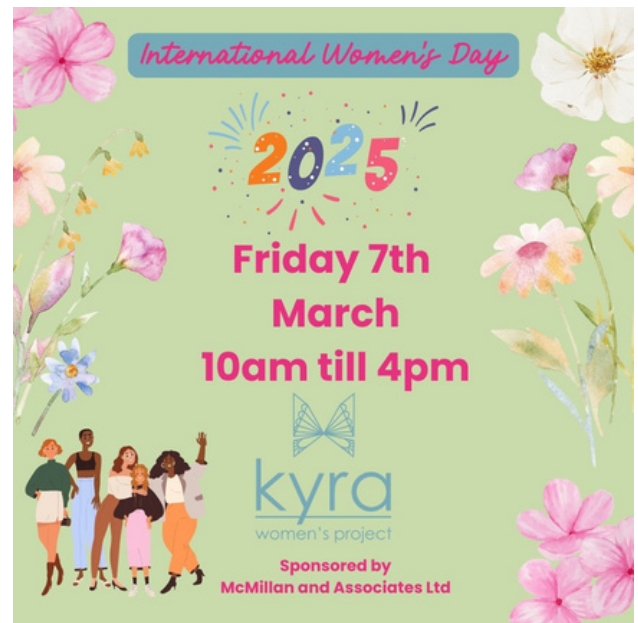


March 2025
Monthly Email Newsletter

INTERNATIONAL WOMEN'S DAY EVENT

Don't forget our IWD event on Friday 7th March. We open at 10am with a FREE hot drink and pastry for all our early birds who arrive in time for the official opening by the Mayor of York and North Yorkshire, David Skaith. Our bookable taster sessions are now all full, but you can come along to the main hall any time between 10-4, to enjoy cakes and refreshments, lunch by Sally (12-1pm), and fun and informative stalls.

The following are also taking place, and you don't need to book, just come along and enjoy the activities below!



Poetry Group 11am to 12pm – Join our poetry group and listen to poems or read one of your own.

Craft Table – Joy's relaxing craft table will be set up in the main hall between 11am and 1pm. You can join in and get crafty at any time.

Meet the Support Dogs – our amazing canine pals who can transform their owners life.

IWW CLOTHES SWAP!

At members request, we will be holding our first Clothes Swap during our International Women's Week downstairs drop-in on Tuesday 4th March (1pm to 3.30pm). You can bring along any good quality clothing that you no longer need, and exchange it for an item you want. We will be using a token system for swaps, or if you just want to buy something, we will ask for a donation to Kyra. Clothing swaps are a sustainable way to reduce waste and update your wardrobe. (Please note any items left over will be donated to a local charity shop).



FREYA – NEW PROJECT

Now that Route to Recovery has come to an end, we have a new project called FREYA! (Finding Routes to Empower Your Actions) By joining FREYA, you will be assigned a keyworker who will create a tailored pathway in Kyra for you to help you achieve your personal goals. This is 1-2-1 mentoring and support customised to your individual needs. If you're interested in learning more about FREYA, email molly@kyra.org.uk



SOFIA (ANIXETY SOLUTIONS) – COURSE SPACES

There are still a few spaces on our 4 week SOFIA course, which begins on Friday 14th March, from 10.30am – 12.30pm. This is a solutions focused interventions for anxiety course and 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.



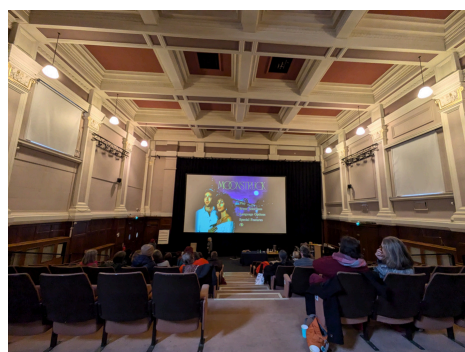
MY MONEY MY LIFE SPACES

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. We have 2 free appointments on Monday 4th March, please use one of these links to book – 11.30am – 12.30pm

COMMUNITY CINEMA CLUB

Laughter was genuinely in the air when 25 Kyra members attended the Yorkshire Museum Film Club big screen showing of the classic Romantic Comedy 'Moonstruck' in mid February. It was relaxing and a great mood booster on a grey Thursday morning watching this movie in the historic Tempest Anderson Hall in Museum Gardens with a complimentary cuppa at the start.

A huge thanks to the Yorkshire Museum for hosting and welcoming Kyra to such a lovely film show in a lovely setting. This is the 3rd event for Kyra members following the 2 autumnal Museum Garden walks. A big thanks to Kyra member Lesley for recommending the film-thoroughly enjoyed by all and an excellent choice. (Maria)



MARCH WORKSHOPS

CONFIDENCE & ASSERTIVENESS WORKSHOP Tuesday 18th March 5.30pm to 7.30pm

This 2 hour workshop on is designed to share tools to help you access your natural confidence, and learn how to assert yourself in everyday situations.

POSITIVE THINKING WORKSHOP Tuesday 25th March 10am to 12.30pm

Designed to share tips and tools to help you with practicing and boosting your positivity, and learning how to respond to challenges.

BOUNDARIES & SELFCARE Wednesday 26th March 10am to 12pm

Designed to share tips and tools to help you with putting in place boundaries, prioritising your needs, and making time for self-care.



LOSS WORKSHOP Wednesday 26th March 2pm to 3pm

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.

MARCH CRAFT GROUPS

Wednesday 12th March 10.30am to 12pm

Thursday 13th March 2pm to 4pm

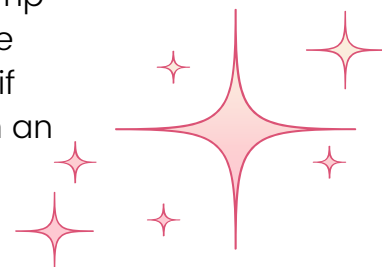
Wednesday 26th March 10.30am to 12pm – Accessible group at Friargate Meeting House

Thursday 27th March 2pm to 4pm



FURTHER DARK SKIES WALK

Following the success of our February Dark Skies Walk, we are going again courtesy of St John's University on Tuesday 25th March – depart York approx. 4.30pm/return York 8.30pm. The walks are part of the 10th annual Dark Skies Festival and we will be travelling 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).



Exciting News About Kyra's Membership Policy

At Kyra, we're always working to make sure we're as inclusive and welcoming as possible while staying true to our roots as a women's charity. Recently, a group of Trustees, staff, volunteers, and members came together to look at how we can best support everyone who turns to us for help. They researched what other charities do, took advice from experts, and shared their findings with our Board, who agreed on an updated membership policy.

Who can be a member of Kyra?

Kyra is here to support people who are seeking help through the lens of female experiences. This means that Kyra welcomes members who:

- Were assigned female at birth (meaning they were identified as female when they were born),
- Identify as female, or
- Identify as non-binary or gender fluid and are looking for support based on female experiences.

If someone's experiences don't align with this definition, we'll do our best to signpost them to other charities that can better support them.

What do these words mean?

We know that words like trans, non-binary, and gender fluid might be new to some people, so here's a quick guide:

Trans – A person whose gender is different from the one they were assigned at birth.

Non-binary – A person who doesn't identify strictly as male or female.

Gender fluid – A person whose gender identity can shift or change over time.

If you have any questions or just want to chat about what this means for Kyra, I'm happy to help! Feel free to email me at maisie@kyra.org.uk.

Maisie

Access & Inclusion Officer

AVIVA SPORTS TOURNAMENT – KYRA TEAM

The Aviva York Wellbeing Charity Sports Tournament is returning on Friday 13th June, at the York University Sports Centre. This event is a fantastic opportunity to promote physical and mental wellbeing, while raising funds for Kyra and Menfulness. This year we are looking to put together a Kyra netball team, including staff, volunteers and members. If anyone is interested in joining, please let us know in the office.



ROSE GROUP / STEPS 2 ROSE UPDATE

Steps 2 ROSE will consist of 1-1 sessions plus
Tuesday- evening group zoom sessions (6-7pm)
Fridays -quiet small group sessions (10-11 or 11.30-12.30)



The ROSE Group Wednesday afternoon session is moving to Fridays 1pm to 2.30pm from 14th March (last Wednesday group is 5th March) Wednesday evening sessions will stay the same (6.30pm-8pm).

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

[Find out more about Capacitar](#)

My Money, My Life

4 March

11.30am

12.30pm

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

All enquiries - sherrie@kyra.org.uk

Rose + Project

(members aged 25.5 - 30 yrs)

6.30-8pm

Book: sherrie@kyra.org.uk

TUESDAY

ESTA

10am-12pm
(Full)

Dark Skies Walk

4.30pm-8.30pm
25 March

Positive Thinking Workshop

10am-12.30pm
25 March

Confidence & Assertiveness Workshop

5.30-7.30pm
18 March

Drop-in
1-3.30PM

Accessible Drop-in & Clothes Swap

1pm to 3.30pm
4th March



Steps to ROSE Zoom

6-7pm

Email sherrie@kyra.org.uk



WEDNESDAY

Boundaries & Selfcare Workshop

10am-12pm

26 March

Art & Craft Group

10.30am-12pm

12 March

Accessible Craft Group (Friargate)

10.30am-12pm

26 March



ICT with Anita

1-2pm (Fully Booked)

Loss Workshop

2-3pm

26 March

Rose Project

Wellbeing session

(members aged 18 - 25 yrs)

3 - 4.30pm LAST SESSION 5TH

MARCH

Rose Project

Social session

(members aged 18 - 25 yrs)

6.30PM - 8PM

Book: sherrie@kyra.org.uk

THURSDAY

Drop-in

10 AM-12.30PM

Walking Group

10.30am - 12pm

13 March

27 March

Sandwich Lunch

12.30-1pm

Art & Craft Group

2-4pm

13 March

27 March

Kyra Voices

6pm to 7.30pm (Fortnightly)

13 + 27 March

FRIDAY

Steps to ROSE (Quiet Group)

10-11am or 11.30am-12.30pm

Email sherrie@kyra.org.uk

SOFIA (Anxiety Solutions)

10.30am - 12.30pm

Starts 14th March

Rose Project

Wellbeing session

(members aged 18 - 25 yrs)

1-2.30pm FROM 14TH MARCH

Email sherries@kyra.org.uk

SATURDAY

Poetry Group

12pm-1:30pm

8 + 22 March



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

Please note this group is now full until 2026.



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.



ROSE +

Our 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.



STEPS 2 ROSE

Supportive small group sessions for new members and existing members who for whatever reason find it very difficult to attend a main ROSE session. It may be that coming into a big group is overwhelming and cause anxiety, it may be difficult to leave the house, illness (physical and mental) or another barrier may prevent attendance. The aim is that through building confidence and friendships members can eventually feel able to attend the main ROSE sessions.



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.



ICT WITH ANITA

Anita is 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.



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.



SOFIA

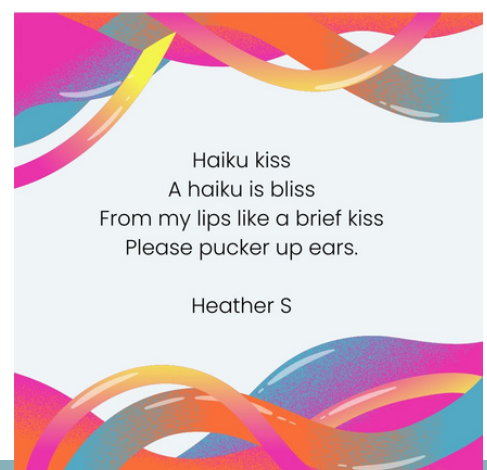
This 4-part solutions focused interventions for anxiety course will provide you with a tool kit to enable you to:

- Understand how anxiety is caused in the brain,
- Know how it affects us, and
- To recognise, change and turn off anxious thoughts.



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 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

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 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 email contact@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 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
- 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)
- YORK IN RECOVERY – ALL ENQUIRIES TO INFO@YORKINRECOVERY.ORG.UK
WWW.YORKINRECOVERY.ORG.UK/

CONTACT KYRA



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



01904 632332



contact@kyra.org.uk



www.kyra.org.uk



@KyraYorkWomensCentre



@KyraWomen



@KyraWomen

PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA

CHARITY NO. 1154290