

# KYRA WOMEN'S PROJECT NEWSLETTER



*April 2025*  
*Monthly Email Newsletter*

## EASTER FAIR – WEDNESDAY 16TH APRIL

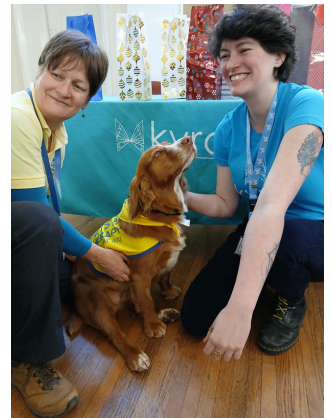
Our ROSE Project is holding an Easter Fundraising Fair on Wednesday 16th April, from 12pm to 2pm, here at Kyra. We would love to see you there!

**Crafts to buy**  
**Easter Egg Hunt**  
**Cakes and refreshments**



## INTERNATIONAL WOMENS DAY

A big thank you to everyone who attended our 2025 International Women's Day event and made it such a special day. It was another great success all round. The room was filled with connection, conversation, and a real sense of community. We shared stories, reflected on the importance of women supporting women, and took a moment to appreciate the strength we all carry. A special thank you to David Skaith, Mayor of York and North Yorkshire, and Rachael Maskell, York Central MP, for joining us and delivering such inspiring talks. These moments remind us why creating spaces for women to connect and feel valued matters so much.



## COURTYARD GARDENING CLUB

We will be out in the courtyard garden on Tuesday 8th April, from 1.30pm to 2.30pm (weather dependant). If you would like to share your green fingers and help out, please just come along. You don't need to book. Afterwards you can also join the drop-in for a cuppa and a biscuit if you wish to.



## NEW – LEGAL SUPPORT SESSIONS



Starting in April, we have solicitors Ison Harrison and Crombie Wilkinson coming into Kyra for bookable legal support sessions. please see details below:

### WITH ISON HARRISON

My name is Lucy, and I am a Legal Aid Family Solicitor at Ison Harrison. Our team represents victims of domestic abuse in securing court orders to protect them and their children. We also deal with child arrangements, and cases where social services are involved (such as care proceedings). We act for parents, children, grandparents, and other family members.

We are very excited to be partnering with Kyra by offering free Legal Support Sessions. I (or one of my colleagues) will attend at Kyra on the first Thursday of every month, for 2 pre-bookable 121 sessions, to hear your legal queries.

[Full details about what the legal support session is / is not please click here](#)

Book a session with Ison Harrison here:

Thursday 3rd April 12.40pm FULL

Thursday 3rd April 1pm



### WITH CROMBIE WILKINSON

Myself and my colleagues at Crombie Wilkinson are pleased to confirm that we are able to resume our free legal advice session to members/staff/volunteers of KYRA on the 3rd Thursday of each month. The first session will take place on 17th April 2025 and each month thereafter. If you require any legal advice then please feel free to drop in between 10am and 12pm to speak with us. You can also book a time at these sessions in advance with KYRA staff. We will continue to offer a free legal advice meeting at other times over the phone or in our office if the drop in sessions don't suit you. Our area of expertise is Family Law, predominantly marriage/relationship breakdown including financial settlements, child arrangements issues and protection from domestic abuse. We work in a firm with a number of areas of specialties though so if you have other matters that you require advice or assistance with then please let us know and we'd be happy to signpost you to our colleagues. (Juliette)

Book a session with Crombie Wilkinson here:

Thursday 17th April 10am

Thursday 17th April 11am



## POETRY GROUP

Our Poetry Group meet twice a month, via Zoom, on a Saturday morning. If you are interested in joining to share new or old poems, or just listening in, please email Glynis.



### Beautiful Little Snowdrop

I am a beautiful little snowdrop  
standing strong and proud  
I have come to brighten up your winter  
say I, out loud  
my delicate little flower so robust in the snow does  
not hinder my growth, see me glow I bring so  
much pleasure a delight to see how can anyone  
not enjoy the beauty of me

Patricia W

## NEURODIVERSITY SUPPORT

Whilst we are awaiting further funding to support 1-1 work, we can currently offer some (but limited) 1-1 support around Neurodiversity issues.

Our ND course has a waiting list. Currently the next course with space is for February 2026. Please put your name on the waiting list to secure your place on this. There may also be other one off events that you may be invited to or resources to be shared if your name is on this list.



## CRAFT GROUPS

Join Rachel to embrace your crafty side on a relaxing Thursday afternoon.

Please book on using the links below:

Thursday 10th April 2-4pm

Thursday 24th April 2-4pm



## MANAGING EMOTIONS WORKSHOP

Our Managing Emotions Workshop covers: learning to control our response, strategies and tactics to get through tough times, and achieving and maintaining balance. Please book on using this link:

Tuesday 1st April 10am - 12.30pm



## KYRA AT THE BBC

Kyra recently appeared on the BBC website raising awareness about the practice of "Love bombing".

[You can read the article here](#)





Some activities / events being run by our partners that may interest Kyra members



# WINGS

## WHERE WOMEN'S CREATIVITY CAN FLY

**BE A PART OF IT ADULTS**

A weekly drama group for women who would benefit from a supportive and creative place to be.



### UNFOLD YOUR CREATIVITY, BUILD CONFIDENCE, AND CONNECT WITH OTHER WOMEN IN YORK

Join us for WINGS - a welcoming weekly group for women new to arts and creativity.

**Who:** Open to all women who want a positive, encouraging space to be creative and connect.

**What to Expect:** Creative games, expressive arts, laughter, and friendship!

**Cost:** Free of charge

**When:** Thursdays, 10-11:30 am

**Where:** York Theatre Royal, St. Leonard's Place, York, YO1 7HD

Sign up via our website or call Box Office.

Come as you are, and let your creativity take flight!



**BOX OFFICE** | **01904 623568**  
YORKTHEATREROYAL.CO.UK

York Citizens' Theatre Trust Limited. Registered in England No. 317540. Registered Charity No. 229396.

York Theatre Royal Enterprises Ltd. is a wholly owned subsidiary of York Citizens' Theatre Trust Limited. Registered in England No. 02909939.



## York Health and Arts Mela

**FREE ENTRY**

**Sunday 11th May 2025, 10am to 5pm**

York Museum Gardens, Main Lawn YO1 7FR & Exhibition Square, YO1 7EW. The nearest car park is Marygate, YO30 7DT.

Join our award-winning vibrant Multi-Cultural celebration of Healthcare, Wellbeing, Arts, Diverse Food, Entertainment, Awareness and much more...



**York Museums Trust**



Supported using public funding by  
**ARTS COUNCIL ENGLAND**



**Make It York**  
Visit | Culture | Markets | Events



## Free guided rides in Scarborough & Harrogate

**Borrow a bike and helmet**

Join us for a choice of two leisurely guided bike rides in Scarborough and Harrogate. A great way to discover new cycle routes, build your cycling confidence and improve your wellbeing. Ideal for new and novice cyclists.

**EVENT DATES 2025**  
All rides start and finish from the venues below.

**Saturday 19th April**  
All Weather Pitch at Gladstone Road Primary School, Scarborough YO12 7DD.

**Sunday 20th April**  
Car Park at Bilton Cricket Club, Bilton Lane, Harrogate, HG1 3DQ.

**RIDE TIMINGS**  
Ride lengths and duration dependent on group ability

**Adult rides (18+ only) - morning sessions:**  
Meet at 9:45am for 10am start, ride up to 12pm

**Family friendly rides - afternoon sessions:**  
Meet at 12:45pm for 1pm start, ride up to 3pm

Note: For the family friendly rides children must have completed Bikeability Level 2 (usually ages 9+) or have equivalent riding experience. If very young children join the ride, they must be seated in a bike trailer, child seat, cargo bike seat or equivalent. All children under 18 must be accompanied by a parent/guardian.

**Choose a bike to suit you...**

**or a bike for two!**

**Inclusive cycles available including trikes, tandems, handcycles & wheelchair cycles**

**Book your free place via EventBrite**

**Find out more on: [everybodyscycling.org.uk/news](http://everybodyscycling.org.uk/news)**

# 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

7 + 28 April

[Find out more about Capacitar](#)

### Neurodiversity Lunch & Group (1–2.30pm) (Full)

### Rose + Project

(members aged 25.5 – 30 yrs)

6.30–8pm

### My Money, My Life (121 session)

7 April

11.30am + 2.30pm (full)

## TUESDAY

### ESTA

10am–12pm

Ends 1 April (Full)

### Gardening Club

1.30–2.30PM

8 April

### Managing Emotions Workshop

10am–12.30pm

### Accessible Drop-in

1pm to 3.30pm

8 April



### Drop-in

1–3.30PM

### Steps to ROSE Zoom

6–7pm



## WEDNESDAY

ICT with Anita  
1-2pm (Fully Booked)

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

## THURSDAY

Drop-in  
10 AM-12.30PM

Legal Support Session (CW)  
17 April  
10am  
11am

Walking Group  
10.20am - 1pm  
10 April (including bus)  
  
17 April (from Kyra)

Art & Craft Group  
2-4pm  
10 April  
24 April

Legal Support Session (IH)  
3 April  
12.30pm  
1pm

Kyra Voices  
6pm to 7.30pm (Fortnightly)  
10 + 24 April

## FRIDAY

Steps to ROSE (Quiet Group)  
10-11am or 11.30am-12.30pm

Rose Project  
Wellbeing session  
(members aged 18 - 25 yrs)  
1-2.30pm

SOFIA (Anxiety Solutions)  
10.30am - 12.30pm  
Ends 4 April

## SATURDAY

Poetry Group (via Zoom)  
12pm-1:30pm  
5 + 19 April





# 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 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.



## LEGAL SUPPORT

121 sessions with a Legal Aid Family Solicitor from Ison Harrison. For full details of what they can/can't help with, please click on the booking link.



## 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

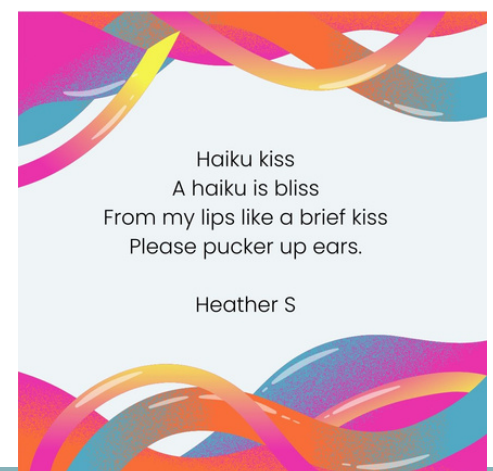
This 4-part solutions focused interventions for anxiety course will provide you with a tool kit to enable you to:

- 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](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

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



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@KyraWomen



@KyraWomen

PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA

CHARITY NO. 1154290