

# KYRA WOMEN'S PROJECT NEWSLETTER



*May 2025*

*Monthly Email Newsletter*

## THEATRE ROYAL CREATIVE GROUP TASTER SESSION

Come and meet the team from York Theatre Royal and find out more about WINGS – a free, weekly creative group for women. On Thursday 22<sup>nd</sup> May (1.45pm to 3.15pm) they will be hosting a taster session for members here at Kyra. This session will be a relaxed and friendly space to ask questions, get creative, and connect.

WINGS (York Theatre Royal's weekly women's drama group) offers a supportive space to grow through drama, art, and other creative activities. Whether you're looking to express yourself, meet new people, or simply try something different, you're very welcome. If you're already part of WINGS, feel free to come along to the taster session – your presence and support can help us share the spirit of the group.



## HEALTH TRAINER AT DROP-IN

Toni Dutton, Health Trainer will be at our drop-in on Thursday 1<sup>st</sup> May, from 10am to 12pm. Toni can offer free confidential 121 support and guidance to help with issues such as reducing your alcohol intake, quitting smoking, healthy eating advice, weight management, finding new ways to be more active, and helping you find groups and activities to get back out in the community. Feel free to call into drop-in to talk to her.



## KYRA STALL – YORK HEALTH & ARTS MELA 11<sup>TH</sup> MAY

Our Kyra stall will be in the Museum Gardens from 10am to 4pm, on Sunday 11<sup>th</sup> May, as part of the York Health and Arts Mela. This will be a vibrant multi-cultural celebration of healthcare, wellbeing, arts, diverse food, entertainment, awareness and much more. We hope to see some of you there!



## BIKE MAINTENANCE WORKSHOP & RIDE

We are again teaming up with Everybody's Cycling for a Women Only Bike Maintenance Workshop and Bike Ride this summer. Both will take place on Wednesday 16<sup>th</sup> July, the workshop from 1pm to 2.30pm, and the ride from 3pm to 5pm. The workshop will include cycling kit demos, bike security, and dealing with punctures. You will be able to ask the friendly female bike professionals your cycling questions and learn how to maintain and safety check your bike. (you can bring your bike along).

After the maintenance session you have the option to join us for a leisurely guided ride to improve your wellbeing and cycling confidence. Riders can bring their own helmets and roadworthy bikes, but both can be borrowed for free including disability cycles. Pre-booking is essential for the ride and spaces are limited to up to 10 people. Please contact Everybody's Cycling if you're unsure what type of cycle suits you. Bikes cannot be borrowed on the day and must be booked in advance. The ride will take place outdoors whatever the weather, therefore please wear suitable clothes. Ride starts and finishes at Get Cycling.



## NAME THAT KYRA ROOM

Some of our Kyra rooms have lovely names such as "Dove Room" and "Poppy Room", and we have decided it is time to give the remaining rooms a Kyra name. We are looking to rename Room 7 (Big room at the top of the main stairs), Room 4 (on the right up the other stairs) and Room 6 (at the end of the corridor from the other stairs). If you have any idea, we are asking for a £1 donation, along with your suggested name(s). A Kyra panel will then decide which are the winners, and if you have named a room, you will win a prize! You can bring your suggestions to the office any time up to the end of 20<sup>th</sup> May.

Dove Room

Poppy Room

????? Room

## ACCESS TO KYRA - COURTYARD DOORS

Please note that the 2 doors that lead into the courtyard are now on a latch that will always be able to be opened from both sides during Kyra hours. We, therefore ask that, if possible, you arrive and leave Kyra via the courtyard.



## CAPACITAR NOTICE

After 6 years at Kyra, Capacitar has sadly come to an end for the time being. We wish to thank Jo and Sue for all their hard work and the time they have given. Jo is moving on to pastures new, and we wish her the best of luck! On behalf everyone at Kyra, thank you ladies!



## DARK SKIES WALK

"A star-filled sky is one of nature's most natural wonders! Yet they're becoming harder than ever to experience. The North York Moors is one of only 21 locations in the world to be recognised for pristine, dark skies. In conjunction with St John's University, 25 Kyra members discovered the Dark Skies. We viewed the stars, thinking creatively in the night sky, the plants, smells and nocturnal life of the area. We walked in the early evening through a small wood, into a clearing and around Cawthorn Roman camp, near Pickering, built by the Roman's nearly 2,000 years ago. Members loved going from the light into the dark. It was "an experience we would never have alone." A huge thanks to Claire Hind of York St John's University for hosting and welcoming Kyra members to such a lovely experience in a lovely setting". (Maria)



## COULD YOU RUN A SESSION FOR MEMBER'S WEEK?

For the week commencing 26th August 2025, we're handing things over to you! For Members Week, we're inviting you to run sessions for other members – whether it's a skill you've mastered, a hobby you love, or something you think others might enjoy. Maybe you're a whizz at journaling, passionate about crafts, love movement and mindfulness, or just want to bring people together for a fun activity – we'd love to hear from you! Sessions can be any length you like (1 hour, 90 minutes, 2 hours – it's up to you!) and can cover a wide range of activities. We'll support you with the planning and help spread the word to other members. If you've got an idea, big or small, get in touch with Maisie at [maisie@kyra.org.uk](mailto:maisie@kyra.org.uk) to chat it through. We can't wait to see what you come up with!



## BEDDING PLANTS NEEDED

Our courtyard garden is looking lovely in the April sunshine and we hope to make it even better for the summer. We are looking for the following types of bedding plants – Geraniums & Begonias (upright and trailing type of Begonias), Dwarf Sunflowers, large Pansies, trailing Verbena, Chrysanthemums. If you are able to donate any of these, **please bring them in at the end of May**, ready for us to plant during the first couple of weeks in June. Many thanks.



## MAY WORKSHOPS

Our May workshops are as follows, please use the links to book your place.  
Managing Emotions – Tuesday 20<sup>th</sup> May 10am–12pm  
Confidence & Assertiveness – Thursday 22<sup>nd</sup> May 6–8pm  
Boundaries & Selfcare – Tuesday 27<sup>th</sup> May 10am–12pm



## CRAFT GROUPS

Join Rachel for the final 2 craft groups before her summer break, on a relaxing Thursday afternoon. Please book on using the links below:  
2–4pm  
8 May Book here 22 May Book here



## WOMEN ONLY RUGBY TASTER SESSION

York is a host city for the Women's Rugby World Cup this summer and the Community Sports Development Team from City of York Council has offered to run a free rugby taster session for Kyra members, with a woman coach. It will take place on a Sunday morning, 10-12, in Rowntree Park. The date is yet to be confirmed. The focus is on fun, fitness and will be suitable for girls / women of all ages who have never considered rugby a sport for them. If you are interested in joining in, please email [helenh@kyra.org.uk](mailto:helenh@kyra.org.uk).



## A WONDERFUL POEM FROM A MEMBER OF OUR NEURODIVERSITY GROUP

### Sensory overload

These are the facts of sensory overload  
Confusing messages demanding a decode  
Overwhelming emotions impossible to off-load  
Frantic feelings – fight or flight mode  
Spiders crawling all consuming overload  
Taking paths that lead to the wrong road  
Shutdown back-up look for a different road  
Manic mayhem all controlling overload  
Deafening distress – live or die mode  
Suffocating thoughts screaming for an off-load  
Over-fuelled environment – inaccessible to decode  
These are the effects of sensory overload



Bekhi

## ROSE EASTER FAIR SUCCESS

ROSE members want to thank everyone who supported the event by buying their Easter crafts and refreshments. We raised over £120. The raffle draw to win the hamper will take place on Friday 25th April.



## ACCESSIBLE DROP-IN & GARDENING CLUB

Our next Accessible Drop-in will take place on Tuesday 13<sup>th</sup> May, 1-3.30pm. Our Gardening Club will take place on the same day, from 1.30-2.30pm.

# 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

Neurodiversity Writing Group

11am-1pm

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

Rose + Project

(members aged 25.5 - 30 yrs)

6.30-8pm

## TUESDAY

Managing Emotions Workshop

10am-12.30pm

20 May

Gardening Club

1.30-2.30PM

13 May

Boundaries & Selfcare Workshop

10am-12pm

27 May

Accessible Drop-in

1pm to 3.30pm

13 May

No need to book, just come along



Drop-in

1-3.30PM

Steps to ROSE Zoom

6-7pm



## WEDNESDAY

ESTA

10am-12pm

Starts 11 May (Full)

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)  
15 May  
10am + 11am

Walking Group  
10.20am - 1pm  
8 May  
22 May (Bus trip & walk on Strensall Common)

Legal Support Session (IH)  
1 May  
12.30-1.30pm (Full)

Loss Group  
1-2pm

Theatre Royal WINGS Group Taster  
1.45-3.15pm  
22 May

Art & Craft Group  
2-4pm  
8 May  
22 May

Confidence & Assertiveness Workshop  
6-8pm  
22 May

Kyra Voices  
6pm to 7.30pm (Fortnightly)  
8 + 22 May

## 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

## SATURDAY

Poetry Group (via Zoom)  
12pm-1:30pm  
3 + 17 May



# SESSION INFORMATION

## NEURODIVERISTY GROUP

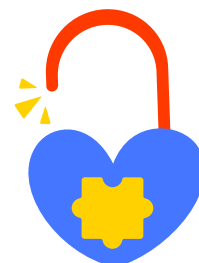
Neurodiversity Group for members who have either a medical or self diagnosis of neurodiversity. This will take place every other Monday afternoon.

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.



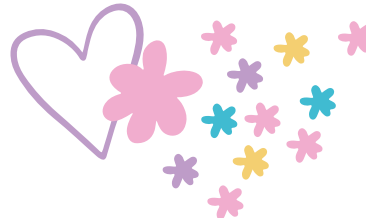
## ROSE +

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.



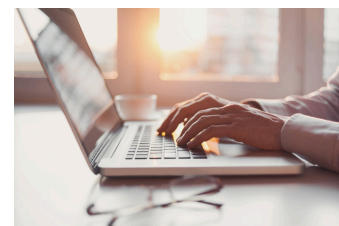
## ARTS & CRAFTS GROUP

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.



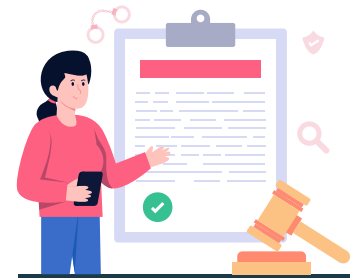
## LOSS WORKSHOP / GROUP

The Loss 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 session, you can then take part in our 4-week loss course where we will cover the topics in the workshop in more detail.



## LEGAL SUPPORT

121 sessions with Legal Aid Family Solicitors from Ison Harrison and Crombie Wilkinson. 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.



## 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)

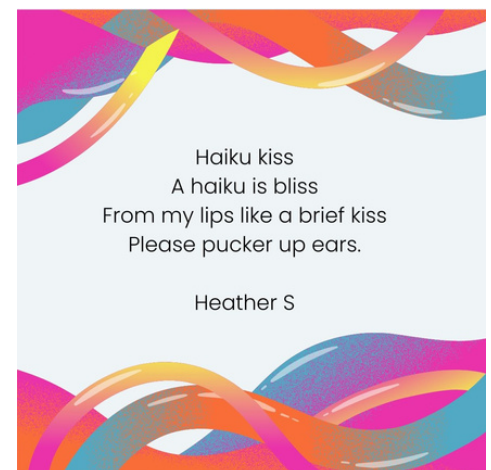
## KYRA WORKSHOPS

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

## FREYA



Following on from our successful Route to Recovery programme, FREYA (Finding Routes to Empower Your Actions) is a new 2.5 year project here at Kyra, funded by the National Lottery. It aims to give women access to structured and personalised support to set goals and tailor a pathway through their Kyra journey. Across the 2.5 years, FREYA will support at least 175 women, enabling them to fulfil their potential by working to address issues at the earliest stage.

## 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.



## 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.



## 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.



## 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



@KyraYorkWomensCentre



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



@KyraWomen



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

PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA

CHARITY NO. 1154290