

KYRA WOMEN'S PROJECT NEWSLETTER



June 2025

Monthly Email Newsletter

CROCHET A BUTTERFLY FOR KYRA

Calling all crocheters! We are looking for some butterflies to make Kyra keyrings to go on future information stands at local events. If you can help out [here is the pattern](#) or if you prefer [this is a video tutorial](#) (20 minutes long as takes it slowly so easy to follow).



RISE2THRIVE SECURED

RISE2THRIVE has secured funding to restart in June, to help women feel ready and confident to take steps back into work or education. It includes friendly 1-to-1 mentoring, tailored to you, with support, encouragement and practical help along the way. If you're feeling unsure but know you want more, this could be the gentle push you've been waiting for. Get in touch with Laura at laurac@kyra.org.uk to find out more – we'd love to have you with us.



RISE2THRIVE

Have you thought about finding work but it seems overwhelming?
Receive 1-1 help and guidance from your own personal mentor.

Working with you in understanding the importance of your wellbeing and health, working towards employment, along with CV's and interview skills.

Contact for more information: laurac@kyra.org.uk

Starting June 2025

This project is funded by the UK Government through the UK Shared Prosperity Fund



Funded by
UK Government

CITY OF
YORK
COUNCIL

Better
Connect.

YORK
& NORTH
YORKSHIRE
COMBINED AUTHORITY

DAVID
SKAITH
MAYOR



SOUND MEDITATION WITH JULIE

Julie is back with 3 dates in June / July for her popular Sound Meditation sessions. This is a type of mindfulness meditation that uses sounds to focus the mind. The idea is that the sound will help to anchor the mind in the present moment and allow you to let go of distractions. Therapeutic sound can help to: Reduce stress, anxiety and depression, Release negative emotions and thought patterns. Manage and reduce pain, improve sleep and increase energy levels. Improve concentration and improve wellbeing. We are initially asking that you only book yourself onto 1 session in order to make this experience available to as many members as possible. (If any extra spaces are left we will let attendees know closer to the time).



NEW LGBTQ+ WOMEN'S GROUP AT KYRA

We're launching a new group for LGBTQ+ women and non-binary members at Kyra! The group will be a relaxed, welcoming space to connect, create, and explore identity together. Expect things like: creative activities, gentle discussions, film clips, queer media, and the chance to help shape future sessions (and even get involved with planning Kyra's Pride stall next year!).

The first session is on Thursday 12th June, from 3:30pm to 5:00pm, in the Evie Room (that's the big living room at the top of the stairs). After that, we'll meet every other Thursday afternoon. There is no need to book, you can just come along. No pressure to stay the whole time — you're very welcome to drop in and out whenever works for you.

If you want to chat about the group please speak to Maisie or email maisie@kyra.org.uk



JOIN KYRA AT YORK PRIDE – SATURDAY 7TH JUNE

We're marching in the York Pride parade this year and would love for you to join us! It's a joyful, welcoming event celebrating LGBTQ+ communities—and allies are absolutely welcome too. We'll meet at 11:30 AM next to the war memorial on Duncombe Place (by York Minster). The parade sets off at 12 and finishes at the Knavesmire around 1:00–1:30 PM. The walk is about 2.4 miles at a slow, gentle pace with plenty of stops.

Maisie will bring Kyra T-shirts for anyone who'd like to wear one, and we encourage glitter, flags, and face paint if you fancy it! Once we reach the Knavesmire, the Kyra part of the day ends—but you're welcome to stay and enjoy the Pride festival, or head off whenever suits you. Any questions? Just ask Maisie, or email at maisie@kyra.org.uk.



MAKING GYMS SAFER FOR WOMEN

This month, we've been working on a project to help make local gyms feel safer and more welcoming for women. We contacted gyms across York with suggested Codes of Conduct—simple, practical ideas they could adopt to tackle harassment and build a more respectful culture. We're really pleased that some gyms have already taken us up on it, putting these ideas into action. It's all part of how we try to support women not just at Kyra, but out in the wider community too.



HER MONEY MATTERS – FINANCIAL SUPPORT

Her Money Matters returns in June, with Peasholme Charity advisers on hand to offer one-hour advice sessions to anyone within the City of York council boundary, alongside teaching skills around managing your money (excluding debt advice).

Jo is here to help with the following:

- Benefits advice
- Basic budgeting
- Help with arrears
- Help with council tax
- Help for people on low incomes
- Disagreeing with a benefit decision



NEW ROOM NAMES

Thank you for all the suggestions for naming our remaining rooms.

Room 7 will be **The Evie Room** (named after our founder Yvonne Copley MBE). This room is used for drop-ins, large groups and courses. Thank you to Glynis for the suggestion.



Room 4 will be **The Iris Room** (Iris is goddess of the rainbow and another messenger for the gods in Greek mythology. She is depicted as a beautiful golden goddess, with wings, sandals, a staff, and a tunic.). Thank you to Olivia M for the suggestion. This room is used for group activities, workshops and counselling.



Room 6 will be **The Lotus Room** (The lotus flower symbolises that even though things (us) come from mud (bad stuff) we can become like the lotus. It represents that even though we go through trauma, that does not define us or mean we can not be the best that we can be.). Thank you to Jazz C for this suggestion. This room is used for our FREYA and RISE projects.



ACCESSIBLE CRAFT GROUP

Our monthly accessible craft groups with Joy are back for the summer at the Friargate Meeting House. The June group will take place on Tuesday 24th June, from 10.30am to 12.30pm. I



1 MEMBER'S WEEK SESSION STILL FREE

If you would like to run your own session during Member's Week, there is just 1 slot still free – Wednesday 27th of August at 9.30am–11am. Please contact maisie@kyra.org.uk



BIKE MAINTENANCE WORKSHOP & RIDE – **LAST FEW PLACES AVAILABLE**

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 16th July, the workshop from 1pm to 2.30pm, and the ride from 3pm to 5pm. The ride will take place outdoors whatever the weather, therefore please wear suitable clothes. Ride starts and finishes at Get Cycling.



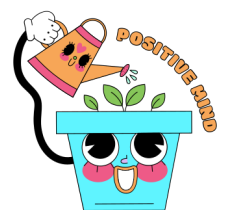
ROSE 6TH BIRTHDAY

Happy 6th birthday to the Rose Project, our wellbeing group for young women. We celebrated with a fun scavenger hunt and cake. Poems were created and some of these will be shared in future newsletters.

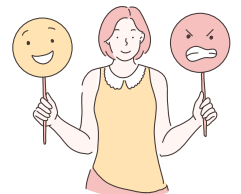


JUNE WORKSHOPS

Our June Positive Thinking Workshop will take place on Tuesday 10th June, from 10am to 12.15pm. It is designed to share tips and tools to help you with practicing and boosting your positivity, and learning how to respond to challenges.

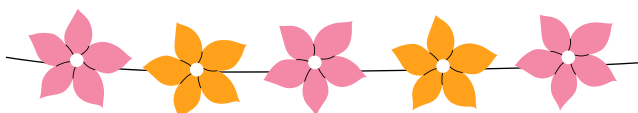


On Tuesday 17th June we are running an evening Managing Emotions Workshop from 6.30–8.30pm. This covers learning to control our response, strategies and tactics to get through tough times, and achieving and maintaining balance.



ACCESSIBLE DROP-IN & GARDENING CLUB

Our next Accessible Drop-in will take place on Tuesday 10th June 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
16 June

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

Her Money Matters
9 June
11.30am
12.30am
1.30pm

Rose + Project
(members aged 25.5 - 30 yrs)
6.30-8pm
Book: sherrie@kyra.org.uk

TUESDAY

Positive Thinking Workshop
10am-12.30pm
10 June

Gardening Club
1.30-2.30PM
10 June
No need to book, just come along

Sound Meditation
10am-11am
3rd June
17th June
1st July

Accessible Drop-in
1pm to 3.30pm
10 June
No need to book, just come along



Drop-in
1-3.30PM
No need to book, just come along

Steps to ROSE Zoom
6-7pm
Email sherrie@kyra.org.uk



Managing Emotions Workshop
6.30-8.30pm
17 June

WEDNESDAY

ESTA

10am-12pm

Started 7 May (Full)

ICT with Anita

1-2pm (Fully Booked)

i

Rose Project

Social session

(members aged 18 - 25 yrs)

6.30PM - 8PM

Book: sherrie@kyra.org.uk

Neurodiversity Writing Group

11am-1pm

4, 11, 25 June

THURSDAY

Drop-in

10 AM-12.30PM

No need to book, just come along

Legal Support Session (IH)

5 June

12.30-1.30pm (Full)

Legal Support Session (CW)

19 June

10-10.30am

11-11.30am

Kyra Voices

6pm to 7.30pm (Fortnightly)

5 + 19 June

Walking Group

10.20am - 1pm

5 June

26 June

FRIDAY

Steps to ROSE (Quiet Group)

10-11am or 11.30am-12.30pm

Email sherrie@kyra.org.uk

Rose Project

Wellbeing session

(members aged 18 - 25 yrs)

1-2.30pm

Email sherries@kyra.org.uk

SOFIA (Anxiety Solutions)

10am-12pm

Starts 20 June

SATURDAY

Poetry Group (via Zoom)

12pm-1:30pm

14 + 28 June



SESSION INFORMATION

NEURODIVERISTY GROUP

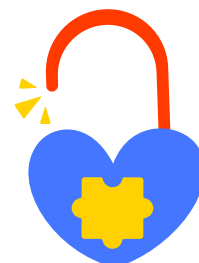
Neurodiversity Group for members who have either a medical or self diagnosis of neurodiversity. This will take place every other Monday afternoon.

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 Spring 2026.



HER MONEY MATTERS

Her Money Matters returns in June, with Peasholme Charity advisers on hand to offer one-hour advice sessions to anyone within the City of York council boundary, alongside teaching skills around managing your money (excluding debt advice).



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.



SOUND MEDITATION

A type of mindfulness meditation that uses sounds to focus the mind. The idea is that the sound will help to anchor the mind in the present moment and allow you to let go of distractions. Therapeutic sound can help to: Reduce stress, anxiety and depression, Release negative emotions and thought patterns. Manage and reduce pain Improve sleep and increase energy levels. Improve concentration and improve wellbeing.



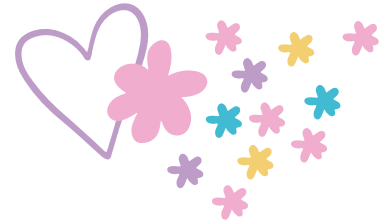
DROP IN

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.



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.



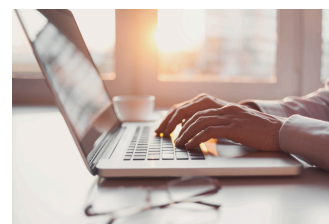
ARTS & CRAFTS GROUP

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.



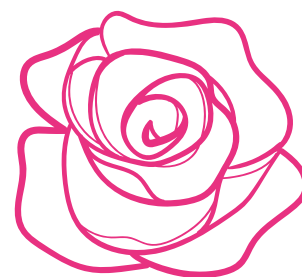
ICT WITH ANITA

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 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.



SOFIA

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

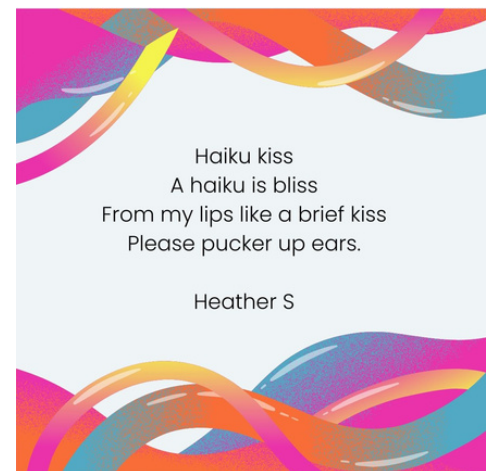
- Understand how anxiety is caused in the brain,
- Know how it affects us, and
- To recognise, change and turn off anxious thoughts.

It is solution focussed and looks to the future; and how we can manage anxiety and achieve our best hopes. We don't dwell on the past, or how we got to where we are.



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.



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.

RISE2THRIVE

RISE2THRIVE was set up to help women feel ready and confident to take steps back into work or education. It includes friendly 1-to-1 mentoring, tailored to you, with support, encouragement and practical help along the way. If you're feeling unsure but know you want more, this could be the gentle push you've been waiting for. Get in touch to find out more - laurac@kyra.org.uk



RISE2THRIVE

Have you thought about finding work but it seems overwhelming?
Receive 1-1 help and guidance from your own personal mentor.

Working with you in understanding the importance of your wellbeing and health, working towards employment, along with CV's and interview skills.

Contact for more information: laurac@kyra.org.uk

Starting June 2025

This project is funded by the UK Government through the UK Shared Prosperity Fund

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.



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.



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



@KyraYorkWomensCentre



contact@kyra.org.uk



@KyraWomen



www.kyra.org.uk

PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA

CHARITY NO. 1154290