

KYRA WOMEN'S PROJECT NEWSLETTER



July 2025
Monthly Email Newsletter

FREE TOUR OF YORK'S CHOCOLATE STORY – MONDAY 14TH JULY

We currently have a fantastic opportunity for members to join a 70-minute guided tour through York's rich chocolate-making history at York's Chocolate Story in Kings Square. This will take place exclusively for 20 of our members on Monday 14th July, starting at 1pm. You'll hear stories about local brands like Terry's and Rowntree's, watch a live chocolate making demo, enjoy some sweet samples, and even make your own chocolate lolly to take home. If you would like to come along, please book via this link (20 places available on first come basis). Thank you to YCS for accommodating Kyra!



AVIVA SPORTS TOURNAMENT

We would like to say a huge thank you to Aviva and everyone who participated in or supported the recent Charity Sports Tournament at York University! 🏡⚽🏐 Thanks to your energy, generosity and team spirit, an amazing £23,800 was raised for Kyra and Menfulness! A massive well done to all the players. Our netball team even came away with the Runners Up Trophy.



UPDATE FROM THE GARDENING CLUB – NEXT SESSION TUESDAY 29TH JULY 1.30–3.30PM

Last month three new volunteers joined Julia on the gardening team. We will be in the courtyard on Tuesday afternoons, 1.30–3.30pm, for our weekly visit – tending the garden doing little jobs like watering, plant labelling, dead heading, seed collecting or planting, and a bit of weeding. We will be there most weeks during the drop-in session so from August, we would love it if members would like to join in and help us get creative with things like the label making and garden decorations while we're happy to share our garden and plant knowledge. Once a month we will run a gardening club workshop and share the planned activities in advance but first we thought we'd like members ideas and input into the workshop topics and also to help us choose a new name for the club so it would be amazing if anyone would like to get involved on the 29th of July during the downstairs drop in session, we will be around 1.30–3.30pm.

10th June 25 – We had a fantastic planting day and were even able to create an edible area having received lots of amazing donations of plants, seeds, pots, compost, and craft creations from local people, businesses and members.

24th June 25 – We found lots of plants already in flower and some strawberries (help yourselves) when we came to plant some more donations. We also have seedlings almost ready to plant out so will bring these down over the next few weeks to add to the empty planter boxes and baskets. We are really looking forward to seeing the colours erupt over the summer and we hope to see you in the garden.

Vicky Kitty Nicole



I've always liked being outdoors in the garden since I was a child foraging in my dad's garden. When I became ill in my late 20s and was unable to work, I volunteered in therapeutic community gardens. I haven't stopped gardening since. I'd really like others to feel the benefit I have of being amongst plants whether that's getting directly involved with your hands in the earth or creating artwork for the garden or just sipping your tea by a fragrant plant in the garden. Reconnecting with nature I believe is very nourishing to our wellbeing. (Kitty)





Come along to the St Clement's Summer Fair on 5th July, from 10am to 1pm and check out our plant stall, which will be there raising funds for our Neurodiversity Group (St Clement's Church, York, YO23 1NE).

DRAGON BOAT STALL – SUNDAY 13TH JULY

Although we don't have a Kyra Crew racing this year, we will be at the Dragon Boat Race on Sunday 13th July with our Kyra stall. Please feel free to call and see us down by the riverside. It is always a fun day with lots going on.

If anyone has any tombola prizes that they are able to donate, please drop them in at the office (kids prizes are always very popular on the day).



KYRA AT YORK PRIDE

On 7 June, Kyra marched in York Pride for the very first time. Staff, members, and volunteers walked together in rainbow colours. It was a joyful, empowering day—and a proud moment for all of us as a women's organisation showing up for our LGBTQ+ members. Next year, we hope to have a Kyra stall at Pride so we can connect with even more women in the community.



ACCESSIBLE CRAFT GROUP

Our next accessible craft group with Joy at the Friargate Meeting House will take place on Wednesday 23rd July, from 10.30am to 12.30pm. If you would like to join in, please book [here](#)



ACCESSIBLE DROP-IN

Our next Accessible Drop-in will take place on Tuesday 29th July 1–3.30pm.



HELP UNDERSTANDING A LOVED ONES LGBTQ+ IDENTITY

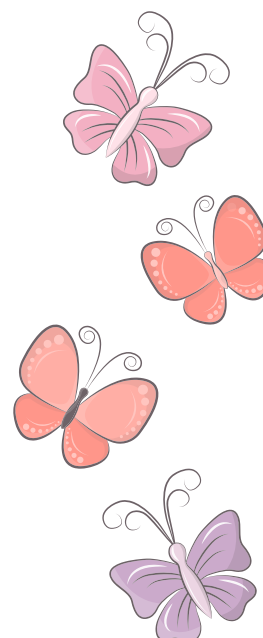
Has your son, daughter, grandchild, friend or colleague recently come out as LGBTQ+ and you're not sure what to say, how to support them, or what it all means? You're not alone. It's completely okay to feel confused or have questions — and it's better to ask than stay silent. Maisie is offering relaxed 1-to-1 chats for any Kyra members who'd like to talk things through. Whether you're looking for guidance, reassurance, or just someone to listen, she's here to help. If that sounds helpful, just drop her an email at maisie@kyra.org.uk to find out more.



LOSS SUPPORT AT KYRA

On Thursday 17th July we are holding a Loss Support Group session from 2pm to 3pm. This informal drop-in is for members who have attended the workshop / course to access additional support and chat with Molly in a friendly group. It might also be useful to you if you are thinking of joining one of our loss workshops or 4-week courses and would like to know more before you sign up. Please book on using this link

On Monday 21st July, from 11am to 12pm, we are running a 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). Please book on using this link



HEALTH TRAINER DROP-IN

Toni Dutton, City of York Health Trainer, will be returning to our drop-in on Thursday 3rd July (10am-12pm). Toni can give advice and support with getting active, healthy eating and lifestyle, drinking less and stopping smoking. Feel free to come along and talk to her 1:1. [York Health Trainers](#)



LGBTQ+ GROUP (DROP-IN)

The July sessions for our new LGBTQ+ Group will be on Thursday 10th and 24th July, from 3.30pm to 5pm. You can just come along to give it a try. If you would like any further information, please email maisie@kyra.org.uk



SUMMER WORKSHOPS

On Tuesday 8th July we are running an evening **Managing Emotions** Workshop from 10am-12pm. This covers learning to control our response, strategies and tactics to get through tough times, and achieving and maintaining balance. Please use this link to book your place.



Our next **Positive Thinking** Workshop will take place on Tuesday 15th July, from 10am to 12pm. It is designed to share tips and tools to help you with practicing and boosting your positivity, and learning how to respond to challenges. Please use this link to book your place.



On Tuesday 5th August, from 10am to 12pm, there will be a **Boundaries and Selfcare** Workshop. This two-hour session is designed to share tips and tools to help you with putting in place boundaries, prioritising your needs, and making time for self-care. Please use this link to book your place.



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

Her Money Matters

7 July

11.30am - 12.30pm [Book here](#)

12.30 FULL 1.30 FULL

Rose + Project

(members aged 25.5 - 30 yrs)

6.30-8pm

Book: sherrie@kyra.org.uk

Neurodiversity Lunch & Group (1-2.30pm)

(Full) Email helenh@kyra.org.uk to join waiting list

Loss Workshop

11am-12pm

21 July

TUESDAY

Managing Emotions Workshop

10am-12pm

8 July

Positive Thinking Workshop

10am-12pm

15 July

Drop-in
1-3.30PM

Accessible Drop-in

1pm to 3.30pm

29 July

No need to book, just come along



Gardening Club

1.30-3.30PM

29 July

No need to book, just come along

Steps to ROSE Zoom

6-7pm

Email sherrie@kyra.org.uk



WEDNESDAY

ESTA

10am-12pm

Ends 2 July (Full)

ICT with Anita

1-2pm (Fully Booked)

Accessible Craft Group

10.30am-12.30pm

23 July

Rose Project

Social session

(members aged 18 - 25 yrs)

6.30PM - 8PM

Book: sherrie@kyra.org.uk

THURSDAY

Drop-in

10 AM-12.30PM

Loss Support Group

2-3pm

17 July

Legal Support Session (CW)

17 July

10-11.30am (Full)

LGBTQ+ Group

3.30pm to 5pm

10 + 24 July

No need to book, just come along

Walking Group

10.20am - 1pm

10 July

24 July

Kyra Voices

6pm to 7.30pm (Fortnightly)

17 + 31 July

No need to book, just come along

Legal Support Session (IH)

3 July

12.30-1.30pm (Full)

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

Ends 11 July

Rose Project

Wellbeing session

(members aged 18 - 25 yrs)

1-2.30pm

Email sherries@kyra.org.uk

SATURDAY

Poetry Group (via Zoom)

12 + 26 July

Email glynis@kyra.org.uk to join



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.

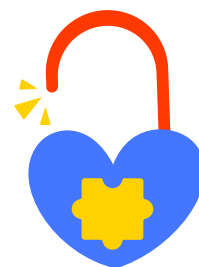
12.30-1pm Light Lunch

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

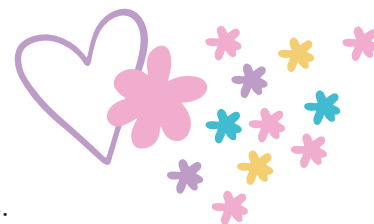
Attend our drop in sessions to re-connect to other members face-to-face in Kyra. We ask that members continue to be mindful of others and respect that others might want to keep social distancing while attending the session. Our drop-ins run weekly on Tuesday afternoons 1-3.30pm and Thursday mornings 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



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.



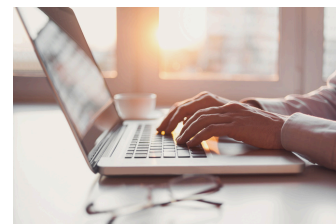
ARTS & CRAFTS GROUP

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



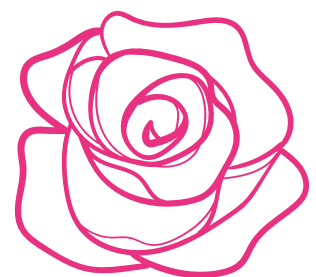
ICT WITH ANITA

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.



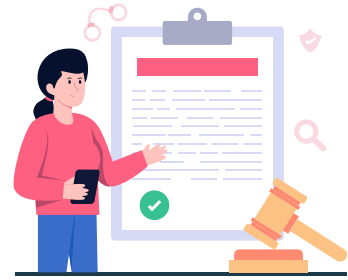
WALKING GROUP

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:

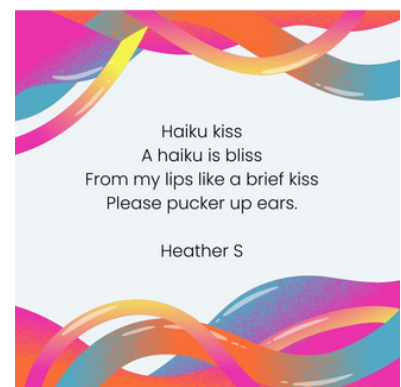
- Understand how anxiety is caused in the brain,
- Know how it affects us, and
- To recognise, change and turn off anxious thoughts.

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.

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



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



contact@kyra.org.uk



www.kyra.org.uk



@KyraYorkWomensCentre



@KyraWomen

PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA

CHARITY NO. 1154290