

KYRA WOMEN'S PROJECT NEWSLETTER



August 2025 *Monthly Email Newsletter*



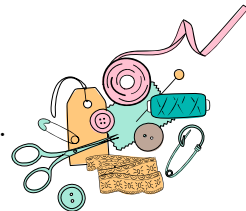
KYRA MEMBER'S WEEK

To celebrate our 2025 Member's Week from 26th to 29th August, 5 of our members will be running relaxing sessions as highlighted below. This is a great opportunity to try something new. By attending these sessions you are also showing your support for fellow members.

Tuesday 26th August (9.30-11am)

Hand Sewing with Imogen

Sewing mends the soul and the best things in life are handmade.



Tuesday 26th August (12-1.30pm)

Art Journaling with Kate

Art Journaling is a creative form of self-care that combines the elements of art and journaling into a visual diary.



Wednesday 27th August (12-1.30pm)

Creative Writing with Martha

Creative writing is best defined as using words to convey emotion to the reader through imagination and invention.



Thursday 28th August (2.30-4pm)

Crochet for Beginners with Moira

"Crocheting acts as a mental and physical therapy and there are many beautiful things that are created in the process."



Friday 29th August (9.30-11am) 1:1 CV Writing with Louise

1:1 sessions to help you with your CV Writing and preparation.



Many of our course and activity facilitators take a well earned break in August, but our twice weekly drop-ins will continue over the summer. Our Member's Week drop-ins are on Tuesday 26th (1-3.30pm) and Thursday 28th (10-12.30pm). If you haven't been for a while, feel free to come along and chat to other members and our lovely volunteers. If the weather is fine, you can sit out in the courtyard. There might even be extra cake!



NEW PARTNERSHIP WITH JAMES HOUSE FOR ACCESSIBLE SPACE

We are happy to announce a new partnership with James House on James Street (YO10 3WW) which will enable us to run accessible workshops there. These workshops are open to all Kyra members and will be very helpful to those who struggle with our stairs. Our first workshop there will be CONFIDENCE & ASSERTIVENESS which will take place on Tuesday 19th August from 2pm to 3.30pm.



ORLA – OVERCOMING, RECOGNISING AND LEARNING ABOUT ABUSE

Kyra is launching a new course for members experiencing or having survived domestic abuse.

- Are you aware of the different types of abuse?
- Have you suffered or are suffering abuse from a partner, wife/husband, parents, children, close family members or close friends?

The ORLA course will give you space and time to overcome abuse by helping you develop self-awareness, building strengths, learn tools for moving on. Most of all, you will understand the cycle of abuse, patterns of abusive behaviour and spot any warning signs for the future.

The first five-week course starts on Tuesday 4th November 2025. and further courses will follow in 2026.

If you would like to join the ORLA waiting list, please email helenh@kyra.org.uk with your phone number (let us know if we can leave a message) and a safe email address.

ORLA will replace Freedom and MODA at Kyra. Please note that members will not automatically be transferred from our old MODA or Freedom waiting lists. You do need to get in touch if you wish to be transferred.



OVERCOMING, RECOGNISING &
LEARNING ABOUT ABUSE

AUGUST LOSS SUPPORT GROUP – TUESDAY 12TH AUGUST 11.30–12.30

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.



WOMEN'S WELLBEING WORKSHOP

Join us for a Women's Workshop on Monday 18th August from 12pm to 2pm. We will be exploring the 5 ways to wellbeing with Ashley from the Good Mental Health Project. We will reflect, recharge and reimagine what wellbeing looks like.

"Just be true to yourself.
Listen to your heart. The
rest will follow"
Samantha Tonge
(Author)

Women's Wellbeing Workshop**Good Mental Health Project**

The next **Wellbeing Workshop** will be held:

Monday 18th August
at
Kyra Women's Project, St. Saviourgate, York,
YO1 8NQ
Time: 12.00–14.00

About:
Join us for an empowering workshop to explore **The Five Ways to Wellbeing**. Let's reflect, recharge, and reimagine what wellbeing looks like for ourselves and for all women across York.

How to book:
In partnership with:

 **kyra** women's project
supporting women to make change

 **CITY OF YORK COUNCIL**

HOLLOWAY FILM + Q&A

Molly and Maisie will be representing Kyra on a panel on August 4th at an event showcasing a new film (called Holloway) which is all about a group of women who went to Holloway prison, and then they return to the (now disused) prison and talk about their experiences. This takes place at City Screen Cinema at 5.40pm on Monday 4th August.

[Ticket link for the event](#)

[Youtube trailer](#)

HOLLOWAY

BOOK NOW

CITY SCREEN, YORK
4 AUG | 5:40PM
SPECIAL SCREENING
AND Q&A

Picture house
— CITY SCREEN —

SOCIAL PRESCRIBING IN YORK

Social Prescribing links people to non-medical sources of support, to improve their health and wellbeing. Social Prescribers work with individuals to find out what matters to them. They provide support to access local VCSE sector activities and statutory services with the aim of supporting them to self-manage their health and wellbeing. This is a non-judgemental service to help individuals to make small changes, that could make a big impact on their quality of life. If you would like to access this service or find out more call 01904 437 911.

ROSE BIRTHDAY POETRY

Kyra is a safe place to be
It helps so many women like me
The volunteers and Sherrie are so kind
Coming to ROSE helps me forget what's
on my mind
Kyra is a supportive place
For many women it is a space
To learn and trust and heal
The positive impact it has is real



R espect confidentiality
O pen to almost everyone (not men)
S uper sexy people only
E veryone likes fidget toy

I spy with my little eye
S omething beginning with

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CLIFTON PHOTOGRAPHY WORKSHOP

Discover and celebrate unseen and unexpected Clifton through the art of photography in this Community Art Project. Join a workshop or simply share your photos of Clifton on Thursday 14 August 2025, 11am – 12:30pm or Thursday 14 August 2025, 1pm – 2:30pm. Please call 01904 554277 or email york.learning@york.gov.uk if you wish to take part.



BREASTFEEDING GROUP

About: Treasure Chest aims to provide new families a chance to talk with peer supporters as well as other families who are breastfeeding or combination feeding.

Facilitated by: Treasure Chest

Duration: 10:00 – 11:30am

Location: York St John University's Chapel on Campus

Fee: FREE

Dates: Every Tuesday

[Further information](#)



YORK BIKE BELLES

York Bike Belles is an award-winning charitable organisation, that enables residents of all ages, abilities and life situations to walk and cycle as the natural way to get around York, while improving well-being, community life, and tackling inequalities and the climate and nature crises. Up to 13th August you can take the Green Route and enjoy a healthy outdoor lifestyle on Tuesday and Wednesday Nature Walks and Rides and Gardening on new Wilder Spaces, plus Weekend Nature Workshops and Socials.



Take the
**Green
Route**

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

Women's Wellbeing Workshop
12-2pm
18 August

Her Money Matters
4 August
11.30am & 12.30pm Fully Booked
1.30pm

Neurodiversity Group (1-2.30pm) (Full)
Email helenh@kyra.org.uk to join waiting list

Rose + Project
(members aged 25 - 30 yrs)
5.30-7pm
Book: sherrie@kyra.org.uk

TUESDAY

Hand Sewing (Members Week)
26 August 9.30-11am
See Booking links on front page

Loss Support Group
11.30am-12.30pm
12 August

Art Journaling (Members Week)
26 August 12-1.30pm
See Booking links on front page

Drop-in
1-3.30PM

Accessible Drop-in date tbc

Gardening Club
1.30-3.30pm date tbc
No need to book, just come along

Confidence & Assertiveness Workshop
(Accessible - at James House)
2-3.30pm
19 August



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



WEDNESDAY

Creative Writing (Members Week)
27 August 12-1.30pm
See Booking links on front page

ICT with Anita
13 August 1-2pm (Fully Booked)

Rose In Focus
5-6.30pm
Book: sherrie@kyra.org.uk

Rose Project
Social session
(members aged 18 - 25 yrs)
6.30PM - 8PM
Book: sherrie@kyra.org.uk

THURSDAY

Drop-in
10 AM-12.30PM

Legal Support Sessions (CW)
21 August
10-11.30am (Full)

Walking Group
10.20am - 1pm
14 August
28 August

Legal Support Sessions (IH)
7 August
12.30-1.30pm (Full)

Crocheting for Beginners (Members Week)
28 August 2.30-4pm
See Booking links on front page

LGBTQ+ Group
3.30pm to 5pm
7 + 21 August
No need to book, just come along

Kyra Voices
6pm to 7.30pm (Fortnightly)
14 + 28 August
No need to book, just come along

FRIDAY

CV Writing with Louise (Members Week)
29 August
See Booking links on front page

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

SATURDAY

Poetry Group (via Zoom)
Taking a break for August
Back in September!



SESSION INFORMATION

NEURODIVERISTY GROUP

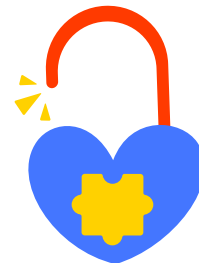
Neurodiversity Group for members who have either a medical or self diagnosis of neurodiversity. This will take place every other Monday afternoon.

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 2025, 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.



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. RETURNS IN THE AUTUMN



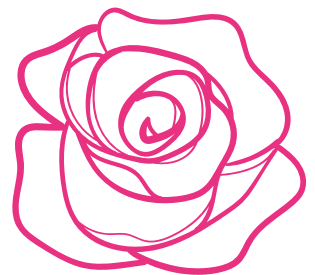
ICT WITH ANITA

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.



LGBTQ+ GROUP

A relaxed, peer-led group for LGBTQ+ women and non-binary members. Come along to chat, get creative, or just spend time with people who get it. Activities include things like crafts, film nights, and guest speakers, but there's always space to just be. The group runs every other Thursday from 3.30–5pm in the Evie Room. No need to book – just drop in when you feel like it.



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

KYRA WORKSHOPS

We are currently offering 5 one-off workshops:

Boundaries and Selfcare

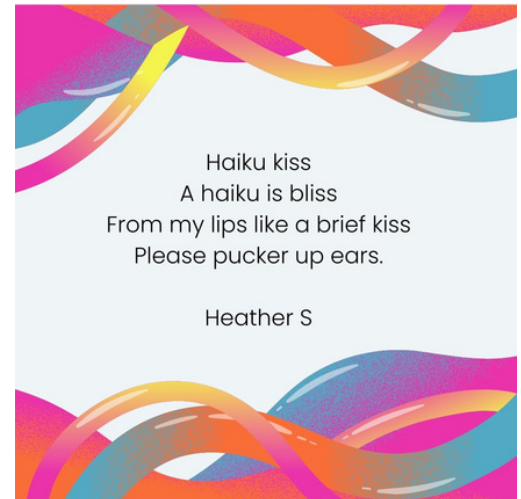
Confidence and Assertiveness

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.

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



TRAILBLAZERS



Funded by
UK Government

We can provide regular 1-to-1 mentoring to help you address your needs and challenges, and access employment/self-employment/education/training. Whether you need support to improve your self-esteem and confidence, improve CV writing, job search and interview skills, address mental health and wellbeing, or help with accessing training, education or volunteering opportunities, the Trailblazer Programme may be just what you need to get back on track!

Eligibility criteria:-

Not currently in employment and have not been looking for the past month, and one or more of the following:-

- Aged 18-24, or
- Aged 50-64, or
- Have a long term illness lasting or expected to last 12 months or more, or
- Live in a rural area in North Yorkshire, or
- Live in a coastal area in North Yorkshire

Please contact Briony@kyra.org.uk to enquire about the Programme or to arrange an appointment.

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.

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.



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