

KYRA WOMEN'S PROJECT NEWSLETTER



November 2025
Monthly Email Newsletter

TRY SOMETHING NEW – CAPOEIRA CLASSES

Emily Lapworth is coming to Kyra in November, offering taster classes in Capoeira – a Brazilian martial art that combines dance, movement, and music. Together we'll explore accessible flows, build strength, and connect with rhythm – creating a nourishing space to feel empowered and uplifted.

Places are limited to 6, due to space. You will need to wear comfy shoes and clothes that you can move in. You can book on to any of the 3 Thursday sessions here:
6th November 20th November 4th December
Times – 1pm to 3pm
(If you have any medical conditions that Emily needs to be aware of, please email details to helenh@kyra.org.uk after you have booked on)



YORK CITY FOOTBALL TICKETS

As part of their mental health “Focus Fixture” following National Selfcare Week, York City Football Club Foundation have offered Kyra a number of free tickets for their men's home game on Saturday 29th November, kick-off 3pm. If you would like any tickets, please email helenh@kyra.org.uk before this Friday 31st October. They will be given out on a first come basis. Kyra will also be holding an information stall at the ground in the run up to kick-off.



MEMBERS CHRISTMAS PARTY

Our Christmas Party will take place on Tuesday 16th December, from 1.30pm to 3.30pm, at The Friargate Meeting House. (This is a fully accessible venue). If you wish to attend, please book your place using the link below. Come along and join in the festive cheer. We hope to see as many members there as possible,



NOVEMBER WORKSHOPS

WOMEN'S WELLBEING WORKSHOP

Ashley from The Good Mental Health Project's second workshop exploring the Five Ways to Wellbeing will take place on Wednesday 5th November from 12.30–2pm. Each workshop will focus on one of the five ways in more depth, offering practical tools, gentle reflection, and supportive conversation. Whether you're looking to reconnect with yourself, build new habits, or simply take time for your wellbeing, this is a welcoming space to do just that.



MANAGING EMOTIONS WORKSHOP

Monday 10th November 10am to 12pm (here at Kyra)

Managing Emotions covers: learning to control our response, strategies and tactics to get through tough times, and achieving and maintaining balance. This 2 hour workshop is designed to share tips and tools to help you manage your emotions.



LOSS WORKSHOP

Wednesday 19th November 11am to 12pm (here at Kyra)

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. Upon completion, you can sign up for our 4-week loss course where we will cover the topics in the workshop in more detail.



PLUS EXTRA LOSS SUPPORT

Our regular Loss Drop-in is meeting on Wednesday 12th November from 1pm to 2pm, at Kyra. This group is for anyone who has completed the Loss Course and is looking for further support and members who are thinking of joining the course.



ART & CRAFT GROUPS

Rachel is back at Kyra for her Thursday afternoon craft groups. Old and new members are welcome to come along, every other Thursday afternoon, from 2–4pm. If you want to get in touch with your creative side in a small, friendly group, please book on here:

6 November 20 November

We are also running an accessible Craft Group at James House on James Street, from 2–3.30pm on **Tuesday 18th November**. You can join Molly and Louise by booking here



A VERY DOLLY CHRISTMAS WITH SHARED STORIES CIC

Dolly Parton is one of the best selling female artists of all time, and when better to celebrate her than at Christmas! Join us at Kyra for stories of childhood Christmases and her Tennessee Mountain Home – tales of creativity, resilience and finding joy in small things. We'll also be making Christmas cards, celebrating both Dolly's generosity and love of rhinestones!



Shared Story CIC brings people together through storytelling to improve wellbeing, confidence and community connection. You can book to join us in Dollyland on Tuesday 9th December from 10.3am to 12pm.

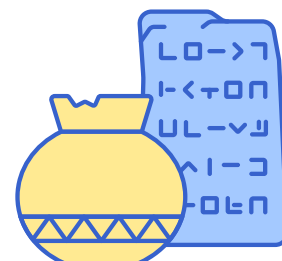


EASYFUNDRASING TO HELP KYRA

Sign up to Easyfundraising and when you Christmas shop online with your favourite retailers, they'll donate to us. It's free and your shopping won't cost you any extra – the retailers you shop with will donate, not you! You can sign up [here](#)

DIG IN COMMUNITY CAFE

Dig In is a new Wellbeing Cafe hosted by Wessex Archaeology at the Hub on Clarence Street. Each month there will be a short talk by experts followed by time for questions. There will then be the opportunity to buy tea/coffee and cake for The Hub's Cafe. Dig In is open to everyone and is an opportunity to meet new people and socialise. It will run from 10.30am to 12pm on Friday 21st November and 19th December. If you would like to know more please contact Arran Johnson at a.johnson@wessexarch.co.uk.



PARENTING TOOLBOX – 45 FREE PLACES FOR YORK RESIDENTS

The Parenting Toolbox is a self-led e-Learning course that gives you practical tools to feel more confident, connected, and calm in your parenting journey. Created by experienced parenting educators, it's packed with useful strategies that you can use right away – and designed to fit around real family life.

What makes it different?

- Access the course anytime, anywhere – day or night
 - Go at your own pace: complete it all in one go or in short sessions
 - No schedule, no pressure
 - Clear, relatable guidance you can put into practice straight away
 - **The course is fully funded for the first 45 York residents – just enter your postcode to access it for free!**
 - The course is available to all other participants, based outside of York, for £95.
- You can check it out [here](#)



Do you provide regular support to a friend, family member, or neighbour?

If you're helping someone with their daily life, our **FREE Breath, Body, Mind** sessions are here for you.

“A wonderful holistic experience that let me reflect on my self care and transform the way I deal with stressful and unsettling situations.”



Benefits of Breath, Body, Mind

- reduces stress, anxiety, and overwhelm
- helps when things get too much
- leads to relaxation and improves sleep
- increases energy and reduces tension

Ran by Partners in Dementia and funded by the National Lottery Community Fund



These sessions are for you, if you support someone in York or a nearby village.

If you care for someone due to frailty, mental or physical illness, addiction, disability, autism or another condition, you're welcome to join.

We offer:

- in-person and online options
- flexible times and locations
- short, practical sessions

Breath, Body, Mind offers simple, gentle breathing and movement techniques to calm thoughts and ease tension.



If you're unsure if this is right for you or if joining feels difficult, please get in touch, we'll do our best to support you.

Contact us for upcoming dates

email: partnersindementia@gmail.com

call: 07932 420726.

visit: partnersindementia.org



Scan to find out more



Coffee & Cake with RISE2THRIVE & Trailblazer



Come & join Laura & Briony for coffee & cake with an informative chat about RISE2THRIVE and Trailblazer. We are reaching out to women who are in need of help to gain employment in a supportive & caring environment. Open to current participants & anyone interested in signing up for the programme. Email laurac@kyra.org.uk or briony@kyra.org.uk



Tuesday 18th Nov 2025 – 10.30am – 11.30am

Funded by the UK Shared Prosperity Fund and the Mayoral Combined Authority



Funded by UK Government

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

3 November

1.30-2.30pm

Neurodiversity Group (1-2.30pm) (Full)

Email helenh@kyra.org.uk to join waiting list

Managing Emotions Workshop

10am-12pm

10 November

Rose + Project

(members aged 25 - 30 yrs)

5.30-7pm

Book: sherrie@kyra.org.uk

TUESDAY

ORLA (Overcoming, Recognising & Learning about Abuse)

10am-12pm

Starts 4 November (FULL)

Email helenh@kyra.org.uk to join waiting list

ESTA (Self Esteem)

6-8pm (Full)

Email helenh@kyra.org.uk to join waiting list]

Drop-in

1-3.30PM

No need to book, just come along

Steps to ROSE Zoom

6-7pm

Email sherrie@kyra.org.uk



Crafting Workshop (Accessible) (at James House)

2pm to 3.30pm

18 November



WEDNESDAY

Women's Wellbeing Workshop

5 November

10.30am-12pm

Loss Workshop

19 November

11am-12pm

Loss Drop-In

12 November

1-2pm

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

No need to book, just come along

Legal Support Sessions (CW)

20 November

10am

11am

Walking Group

10.20am - 1pm

13 November

27 November

Legal Support Sessions (IH)

6 November

12.30pm FULL

1pm

Capoeira Class

1-3pm

6 November

20 November

LGBTQ+ Group

3.30pm to 5pm

13 + 27 November

No need to book, just come along

Kyra Voices

6pm to 7.30pm (Fortnightly)

6 + 20 November

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

SATURDAY

Poetry Group (via Zoom)

12-2pm

1st Nov, 15th Nov, 29th Nov



SESSION INFORMATION

NEURODIVERISTY GROUP

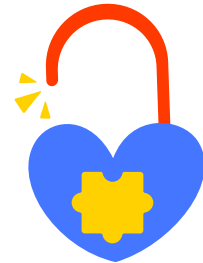
Neurodiversity Group for members who have either a medical or self diagnosis of neurodiversity. This will take place every other Monday afternoon.

12.30-1pm Light Lunch

1.00-1.45pm Information Session

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.



ORLA

Kyra's 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.



OVERCOMING, RECOGNISING &
LEARNING ABOUT ABUSE

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.



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

ARTS & CRAFTS GROUP

Our Kyra art and craft groups are there to help you try new things and get creative. You'll explore different themed projects as you express your creativity.



LOSS SUPPORT

Our loss support includes a Loss workshop, a 4 week course and a monthly drop-in. We aim to provide 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.



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.



CAPOEIRA CLASS

Emily Lapworth is offering taster classes in Capoeira – a Brazilian martial art that combines dance, movement, and music. Together we'll explore accessible flows, build strength, and connect with rhythm – creating a nourishing space to feel empowered and uplifted. Places are limited to 6, due to space. You will need to wear comfy shoes and clothes that you can move in. (If you have any medical conditions that Emily needs to be aware of, please email details to helenh@kyra.org.uk after you have booked on)



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.



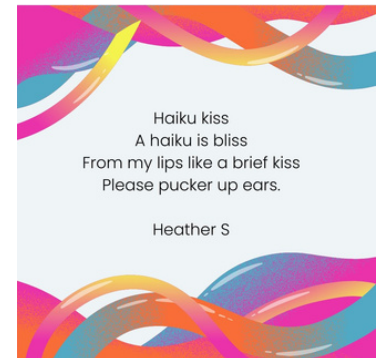
KYRA VOICES

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 2 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



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