

KYRA WOMEN'S PROJECT NEWSLETTER



***December 2025
Monthly Email
Newsletter***



CHRISTMAS OPENING / DROP-INS

Following on from our successful pilot last year, Kyra will be open for contact over the Christmas period on the following days/times:

Monday 22nd open 9am–3.30pm
Christmas Eve – closed
Tuesday 30th open 9am–3.30pm
Friday 2nd Jan – closed

Tuesday 23rd open 9am–3.30pm
Monday 29th – open 9am–3pm
New Year's Eve – closed
Monday 5th Jan – normal opening

Our Tuesday drop-ins will continue throughout the festive period, with drop-ins on the afternoons of 23rd and 30th December. Our final Thursday drop-in of 2025 will be on 18th December. (There is no drop-in at Kyra on 16th December as we are holding our Christmas Party that afternoon at Friargate).

WREATH MAKING WORKSHOP

Join Maisie for a cosy festive session on Tuesday 9th December, from 11.30am to 1pm, where we'll be making beautiful wreaths using real greenery and natural materials. There'll be mince pies, Christmas music, and plenty of good cheer – plus you'll get to take home your handmade wreath to hang proudly on your door!



SPARKS – CHRISTMAS CRAFT & TOY STALL 21 DECEMBER

Our ROSE Group (young women aged 18–30) are holding a fundraising Christmas Crafts and Toy Stall at Spark (Show Room upstairs, there is a lift) on Sunday 21st December, from 1–4pm. If you are in town doing your festive shopping or socialising, please call in to support us!



DECEMBER WORKSHOPS

POSITIVE THINKING WORKSHOP

Our next Positive Thinking workshop takes place on Monday 1st December, from 10am to 12pm. There are still a few spaces left. This 2 hour workshop is designed to share tips and tools to help you with practicing and boosting your positivity, and learning how to respond to challenges.

WOMEN'S WELLBEING WORKSHOP

Ashley from The Good Mental Health Project's third workshop exploring the Five Ways to Wellbeing will take place on Wednesday 3rd December from 10.30am-12pm. 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.



ART & CRAFT GROUPS

Join Rachel for her Thursday afternoon craft groups, every other Thursday afternoon, from 2-4pm. If you want to get in touch with your creative side in the run up to Christmas, please book on here:

4 December 18th December



After these sessions Rachel is taking a break but will be back in February 2026!

A VERY DOLLY CHRISTMAS – LAST FEW SPACES

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 10.30am to 12pm.



MEMBER CHRISTMAS PARTY



The member Christmas Party is now full. If you would like to join the waiting list in case anyone drop out, please leave your contact details here

KYRA VOICES IN DECEMBER

Our Kyra Voices sessions this month will be on 4th and 11th December (6-7.30pm) here at Kyra. You don't need to book, so if you fancy joining in some Christmassy songs, please come along! Voices will also be singing at our Member Christmas Party.



SUPPORT AROUND YORK THROUGHOUT THE FESTIVE SEASON

Kitchen for Everyone provides meals for people in vulnerable situations.

Helping Other People in Need Group (Hoping) operate from next to the Art Gallery on Sundays and do a brilliant takeaway Christmas Dinner with Carol singers, this year's date yet to be confirmed. You can check on their Facebook

Middle Feast on Lendal is offering Christmas dinners for homeless people and those working through the festivities for free, between 12pm and 3pm on Christmas Day.

Xmas Presence are an organisation who visit older people in York who live alone or live with dementia, and they provide a hot Christmas dinner or hamper. They can be contacted through Facebook or by email xmaspresenceuk@gmail.com

Don't forget Kyra will be open for drop-in on Tuesday 23rd and 30th December, from 1pm to 3.30pm. Come and join us for a warm chat, a hot drink and biscuits/cakes.

MORE CROCHET BUTTERFLIES NEEDED

Thank you to everyone who has previously crocheted butterflies for our fundraising Kyra keyrings. We have now run out, and would love it if anyone could magic up some more. [This is a tutorial about making them.](#) We would particularly like some in our Kyra colours.



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

1 December
11.30am FULL
12.30pm
1.30pm FULL



Neurodiversity Group (1-2.30pm) (Full)

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

Positive Thinking Workshop

10am-12pm
1 December



Rose + Project

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

TUESDAY

ORLA (Overcoming, Recognising & Learning about Abuse)

10am-12pm
Ends 2 December (FULL)
Email helenh@kyra.org.uk to join waiting list



Drop-in

1-3.30PM

No need to book, just come along
No drop-in 16 December due to Christmas Party

Very Dolly Christmas

10.30am-12pm
9 December



Christmas Party

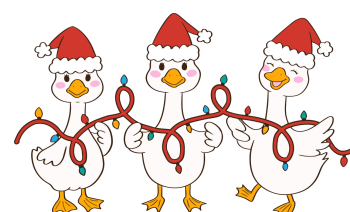
1.30-3.30PM

16 December at Friargate Meeting House
FULL



Christmas Wreath Making Workshop

11.30am-1pm
9 December



WEDNESDAY

Women's Wellbeing Workshop

3 December
10.30am-12pm

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

Last date of 2025 Thursday 18th December

Capoeira Class

1-3pm

4 December - FULL

Legal Support Sessions (CW)

18 December

10am

11am

LGBTQ+ Group

3.30pm to 5pm

11 December

No need to book, just come along

Legal Support Sessions (IH)

4 December

12.30pm

1pm



Kyra Voices

6pm to 7.30pm (Fortnightly)

4 + 11 December

No need to book, just come along



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

13 + 27 December

Email glynis@kyra.org.uk to join



*Christmas is forever, not for just one day,
for loving, sharing, giving, are not to put away
like bells and lights and tinsel, in some box upon a shelf.
The good you do for others is good you do yourself...
~ Norman Wesley Brooks*

SESSION INFORMATION

NEURODIVERISTY GROUP

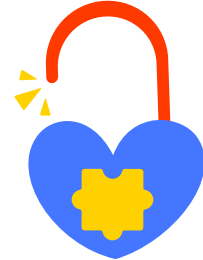
Neurodiversity Group for members who have either a medical or self diagnosis of neurodiversity. This will take place every other Monday afternoon.

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.



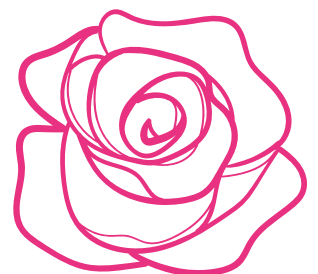
LOSS SUPPORT

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.



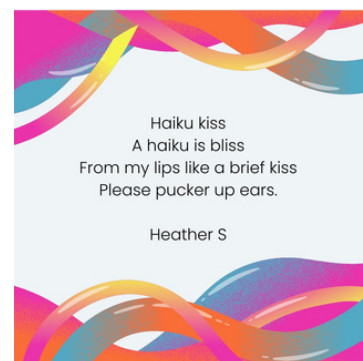
KYRA VOICES

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