

# KYRA WOMEN'S PROJECT NEWSLETTER



**January 2026**  
**Monthly Email Newsletter**

## 2026 WRITING FOR WELLNESS GROUP

The Writing for Wellness Group will begin again in March 2026 and run one session a week for six weeks. The group is led by a Consultant Clinical Psychologist and looks to strengthen emotional wellbeing and mental health through completing short writing activities in a supportive and guided setting. It's a chance to make new friends, have some fun, and learn how to 'write yourself' into a stronger version of you. You don't have to be a good writer to join us, and you don't have to share anything you write about if you don't feel comfortable.



If you would like to apply for a free place on the group, or find out more about it, then please contact Dr Melanie Forster:  
[melanie.forster@york.ac.uk](mailto:melanie.forster@york.ac.uk)

## ACCESSIBLE DROP-INS NOW AT FRIARGATE

For 2026, our accessible drop-ins are moving to a Thursday morning at the Friargate Meeting House (once a month). We hope that our room here will be much cosier (and warmer) than the downstairs room at CMC. The first 3 dates will be 15<sup>th</sup> January, 12<sup>th</sup> February, 19<sup>th</sup> March. you don't have to book you can just come along between 10am-12.30pm.  
[Friargate Meeting House](#)



## CHOCOLATE MAKING MASTERCLASS

Fancy an afternoon of creativity, sweetness, and a bit of delicious chaos? Join us for a hands-on Chocolate Making Masterclass at York's Chocolate Story (just a 2-minute walk from Kyra, right on King's Square). Maisie will guide you through making your own chocolate lollies, bars, truffles, and more. No experience needed, just enthusiasm (and a willingness to get a tiny bit messy).

**YORK'S  
CHOCOLATE  
STORY**

## TEA & COFFEE FUND DONATIONS

We have noticed in 2025 that the donations towards our tea / coffee and biscuits provision have dropped off. We appreciate that members don't always carry cash any more, but we would ask that you consider putting either a small amount in one of our collection tins or using the QR code displayed in each room if you are attending a course, activity or drop-in. Many thanks in anticipation of your continued support.



## CAPOEIRA RETURNS!

Emily is turning in 2026 with her popular Capoeira classes. Capoeira is a Brazilian martial art that combines dance, movement, and music. The January dates are Thursday 8<sup>th</sup> and 22<sup>nd</sup>, from 1pm to 3pm. You will need to wear comfortable clothing and let us know in advance of any health issues Emily should be aware of. If the session is full, please add your name to the waiting list as Emily will be doing more sessions in future months, and you will get priority.



## KYRA WINTER LUNCHES

Thanks to a very generous donation from Nicola, our Chair of Trustees, our Winter lunches will recommence in January and run to the end of April. You can now book on the following dates – Thursday 8<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> January, from 12.30pm to 1pm. (There is no lunch on 15<sup>th</sup> as drop-in is at Friargate that day). Please book below:



## FEMALE PETANQUE GROUP

Fancy trying something new? One of our lovely members, Wendy, is part of a free Pétanque group (a French game a bit like bowls) that meets at Stockton-on-the-Forest Village Hall. It's friendly, fun, and open to all experience levels – and it's easy to get to by bus. If you're interested, let us know – if a few members are up for it, Wendy would be happy to organise a Kyra outing to go along together! If you're interested, just email [maisie@kyra.org.uk](mailto:maisie@kyra.org.uk)



## RECENT DONATIONS

Thank you so much to the following for their recent donations to Kyra – Specsavers York, Clifton Bingo, York Minster Chapterhouse Choir and the University of York School of Arts & Creative Technologies.



## PENELOPE STEPPING DOWN

Our Kyra Patron, Dame Penelope Wilton, is stepping down in 2026. We wish to thank Penelope for all her support and everything she has done for Kyra since she joined us in 2014. We know that our members particularly have fond memories of meeting Penelope at our Queen's Jubilee Celebrations in 2022.



## JANUARY WORKSHOPS

### BOUNDARIES & SELFCARE WORKSHOP – TUESDAY 6 JANUARY 10.30AM – 12.30PM

This two-hour workshop is designed to share tips and tools to help you with putting in place boundaries, prioritising your needs, and making time for self-care.

### MANAGING EMOTIONS WORKSHOP

#### MONDAY 12 JANUARY 10AM – 12PM

This workshop covers: learning to control our response, strategies and tactics to get through tough times, and achieving and maintaining balance.



### HABITS, GOALS & VISION WORKSHOP – TUESDAY 20 JANUARY 10AM – 12PM

This 2-hour workshop is designed to share tips and tools to help you make positive choices, form healthy habits, set goals, and imagine your future.

### WOMEN'S WELLBEING WORKSHOP- FRIDAY 23 JANUARY 10.30AM – 12PM

Ashley from The Good Mental Health Project's 4th workshop exploring the Five Ways to Wellbeing. 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.



## SAVE THE DATE – INTERNATIONAL WOMENS DAY – 6<sup>TH</sup> MARCH

We're excited to announce that Kyra's International Women's Day celebration will be taking place on Friday 6th March 2026, from 10:30am to 3:00pm, right here at Kyra!

This year's theme is "Still We Rise" – a celebration of strength, survival, and solidarity across generations, identities, and communities. Expect a brilliant day filled with:

♥ Inspiring welcome speeches ♥ Taster sessions ♥ Stalls from Kyra groups and local organisations ♥ Tea, coffee, cake and (of course) therapy dogs!

Arrive at 10:30am for a free drink and pastry! No need to book – just pop it in your diary and join us for a day of connection, creativity, and celebration. We'd love to see you there!

# 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

Managing Emotions Workshop  
10am-12pm  
12 January

Neurodiversity Group (1-2.30pm) (Full)

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

## TUESDAY

ESTA (Enhancing Self-esteem)  
10am-12pm  
Starts 6 January (FULL)

Habits, Goals & Vision Workshop  
10am-12pm  
20 January

Boundaries & Selfcare Workshop  
10.30am-12.30pm  
6 January

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

SOFIA (Anxiety Solutions)  
10.30am-12.30pm  
Starts 7 January (FULL)

Chocolate Making Masterclass  
2-3.30pm  
21 January

ORLA (Overcoming, recognising & learning from abuse)  
1-3pm  
Starts 14 January (Full)

Rose In Focus  
5-6.30pm  
Book: [sherrie@kyra.org.uk](mailto:sherrie@kyra.org.uk)

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

## WEDNESDAY

## THURSDAY

Drop-in  
10 AM-12.30PM  
No need to book, just come along

Accessible Drop-in 15 January  
10am-12.30pm at Friargate  
Meeting House



Legal Support Sessions (cw)  
15 January  
10am  
11am

Walking Group  
10.30am-12.30pm  
8 January  
22 January

Legal Support Sessions (IH)  
8 January  
12.30pm  
1pm

Sandwich Lunch  
12.30-1pm

Capoeira Class  
1-3pm  
8 January  
22 January

LGBTQ+ Group  
3.30pm to 5pm  
15 + 29 January  
No need to book, just come along

Kyra Voices  
6pm to 7.30pm (Fortnightly)  
Dates TBC  
No need to book, just come along

## FRIDAY

Sound Meditation  
10.15-11.30am  
16 + 30 January (Full)

Steps to ROSE (Quiet Group)  
10-11am or 11.30am-12.30pm  
Email [sherrie@kyra.org.uk](mailto:sherrie@kyra.org.uk)

Women's Wellbeing Workshop  
23 January  
10.30am-12pm

Rose Project  
Wellbeing session  
(members aged 18 - 25 yrs)  
1-2.30pm  
Email [sherries@kyra.org.uk](mailto:sherries@kyra.org.uk)

## SATURDAY

Poetry Group (via Zoom)  
12-2pm  
10 + 24 January  
Email [glynis@kyra.org.uk](mailto:glynis@kyra.org.uk) to join



# SESSION INFORMATION

## NEURODIVERSITY 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 currently full.



## 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.



## 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

All members are welcome to attend our drop-in sessions to socialise and connect with other members and volunteers face-to-face in Kyra. Come along and enjoy a cuppa and good chat. We also have a craft table in the kitchen throughout. Our drop-ins run weekly on Tuesday afternoons 1-3.30pm and Thursday mornings 10am-12.30pm. Once a month we hold an Accessible Drop-in at the Friargate Meeting House.



## 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.

## 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?



OVERCOMING, RECOGNISING &  
LEARNING ABOUT ABUSE

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.

## 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 join us on selected Thursdays at 10.30am for a relaxed group walk. We'll explore some lovely city centre views, enjoy friendly chats in a small, welcoming group, and stop for a cuppa along the way. It's a great chance to boost both your physical and mental wellbeing while connecting with others. Got questions? Email [walking@kyra.org.uk](mailto:walking@kyra.org.uk) to chat.



## 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.



## 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](mailto:helenh@kyra.org.uk) after you have booked on)



## 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.



## 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 Improve wellbeing.



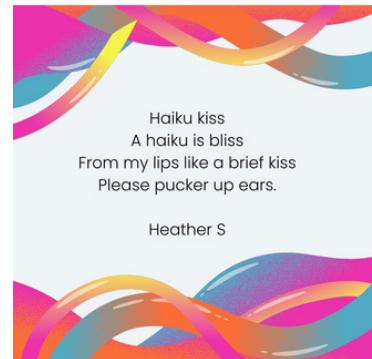
## STEPS 2 ROSE

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.



## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:INFO@IDAS.ORG.UK) LIVE WEBCHAT (3-6PM): [WWW.IDAS.ORG.UK](http://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](http://WWW.SURVIVE-NORTHYORKS.ORG.UK)  
01904 638813 [SURVIVE@SURVIVE-NORTHYORKS.ORG.UK](mailto: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](mailto:INFO@YORKINRECOVERY.ORG.UK)  
[WWW.YORKINRECOVERY.ORG.UK/](http://WWW.YORKINRECOVERY.ORG.UK/)

## CONTACT KYRA



Central Methodist Church, St Saviourgate, York, YO1 8NQ



01904 632332



@KyraYorkWomensCentre



[contact@kyra.org.uk](mailto:contact@kyra.org.uk)



@KyraWomen



[www.kyra.org.uk](http://www.kyra.org.uk)

**PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA**

CHARITY NO. 1154290