

# KYRA WOMEN'S PROJECT NEWSLETTER



*February 2026*  
*Monthly Email Newsletter*

## CREATIVE MINDFULNESS & ART JOURNALING

You can now book onto 1 or more of these 4 sessions to provide an opportunity to create some artwork that helps to switch off from or reflect on general life. This can be in the form of an ongoing journal/sketchbook, or individual pieces of art work and crafts.

As an art teacher, Louise will provide some art skill guidance and support, whilst allowing you to direct the art in any direction you choose. There is no right or wrong way. These will be self directed sessions, where Louise can orchestrate ideas and instructions on how to achieve it, whilst allowing people full autonomy of their work.



## WORKING FOR YOURSELF – TALK

Janet from Momentic will be at Kyra on Wednesday 4<sup>th</sup> March, from 10am to 11am to talk about and give advice on working for yourself. You can join this basic Introduction to Self-Employment session, created especially for women who just don't know where to start. In a calm, supportive, and judgement-free space, we'll gently talk through:

- What self-employment really means
- Simple first steps (no jargon, no pressure)
- Common fears and how to manage them
- Building confidence at your pace
- How to access fully funded one to one support

You don't need a business idea, experience, or confidence to attend – just curiosity.

Friendly support. No expectations. Come as you are and leave feeling clearer, calmer, and more empowered.



## MEMBER CLOTHES SWAP

Back by popular demand, we will be holding another Clothes Swap in the Evie Room (top of the stairs) between 10am and 11am on Thursday 19<sup>th</sup> February. Bring along any good quality unwanted items to join a great sustainable, cost-free alternative to traditional shopping.



## INTERNATIONAL WOMEN'S DAY 2026



Join us for our International Women's Day Celebration on Friday 6<sup>th</sup> March from 10:30am to 3:00pm. 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!

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!

**Arrive at 10:30am for a free drink and pastry!**

10.30am Welcome by Dr Ira Lakeric-Ljubojevic followed by speeches from Rachael Maskell (MP) and Rachel Alsop (Head of Women's Studies, York University).

**IWD ACTIVITIES** (No booking required)

11am–1pm Craft table for all to dip in and out

11.15am–12.45pm Poetry Session with Glynis

12–1pm Homemade vegan light lunches (by Sally) available for donation

**BOOKABLE TASTER SESSIONS**

**Women's Wellbeing Workshop (Upstairs) 11am – 12.30pm**

Join us for an empowering workshop to explore the 5 ways to wellbeing.

**Group Coaching (Upstairs) 12pm – 1.30pm**

A one-off session with Bryony designed to support you with a blend of self-reflection, sharing and co-support.

**Capoeira (Upstairs) 1.30pm – 3pm**

Emily's popular Brazilian martial art that combines dance, movement, and music.

**Breath, Body & Mind (for unpaid carers) (Downstairs)**

1pm – 1.30pm 2pm – 2.30pm

Simple, gentle breathing and movement techniques to care for mental health, reduce stress and avoid burnout. This workshop is primarily for any members who have a caring responsibility at home.



## DARK SKIES WALKS

The York Dark Skies Festival is an annual event celebrating the region's status as an International Dark Sky Reserve promoting the beauty of truly dark skies and awareness of light pollution. York St John University have kindly invited a limited number of Kyra members to learn, explore and look up together beneath truly dark skies.



City Evening Walk through York Museum Gardens - Wednesday 19th February 2026  
Meeting 5.50pm at the entrance gate of Museum Gardens on Museum Street. Ends approx. 7.15pm

Join Kyra Volunteers & Members with Professors Jenny & Claire on a walk around York Museum Gardens at night. The gardens will open especially for this walk exclusive to Kyra, where we hope to see less light pollution to spot some stars.

Experience the Beauty of Truly Dark Skies with an Evening Walk through Woods near Pickering - Thursday 5th March 2026 Meeting 4.20pm at York St Johns Uni/Return to York YSJ 8.35pm

Join Kyra Volunteers & Members with Professors Jenny & Claire on a walk through woodland starting in the light and walking into the dark, walk through the woods at Cawthorne Camp, in Cropton, Near Pickering and into a clearing to view the stars. If the weather is cloudy we can connect to nature.

These walks form part of a research project on walking, women and darks skies (part of the Annual Dark Skies Festival). Photos will be taken. For safety reasons and to offer more members this experience, places are limited to 1 Dark Skies Evening Walk per member. We anticipate high demand for these walks yet, once full, please go on the wait list as places often become free.

## KYRA VOICES – BOOKING NOW REQUIRED

If you are coming to Kyra Voices, our twice monthly Thursday evening singing group, we are now asking you to book your place. Please use these links for the February sessions



## THANK YOU YORK CHOCOLATE STORY!

We would like to thank York Chocolate Story, for January's amazing Chocolate Making Workshop. 16 members took part and had lots of fun, taking home tasty treats. We are very grateful to local organisations who join us to create confidence-boosting experiences for our members.



## FEBRUARY WORKSHOPS

February is a bumper month for workshops here at Kyra. We have a variety to choose from, and they include in person, online, late afternoon/evening, and a weekend workshop to end the month.

### CONFIDENCE & ASSERTIVENESS WORKSHOP – MONDAY 9 FEBRUARY 10AM – 12PM

This 2 hour workshop is designed to share tools to help you access your natural confidence, and learn how to assert yourself in everyday situations. We cover this topic in a single workshop session.

### HABITS, GOALS AND VISION WORKSHOP – TUESDAY 10 FEBRUARY 10AM TO 12PM

This 2 hour workshop covers: making positive choices, forming healthy habits, setting goals, and imagining my future.

### BOUNDARIES AND SELFCARE WORKSHOP – FRIDAY 13 FEBRUARY 2.30PM TO 4.30PM ONLINE (VIA ZOOM)

This 2 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.

### BOUNDARIES & SELFCARE WORKSHOP – TUESDAY 17 FEBRUARY 5-7PM

This 2 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.

### WOMEN'S WELLBEING WORKSHOP – FRIDAY 20 FEBRUARY 10.30AM – 12PM

Ashley from The Good Mental Health Project's final workshop exploring the Five Ways to Wellbeing. 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 – THURSDAY 26 FEBRUARY 5-7PM

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

### POSITIVE THINKING WORKSHOP – SATURDAY 28<sup>TH</sup> FEBRUARY 10AM-12PM

This 2 hour workshop on is designed to share tips and tools to help you with practicing and boosting your positivity, and learning how to respond to challenges.

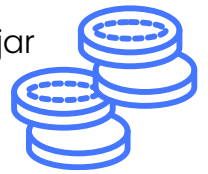




A great big thank you to Selby Burlesque Chair Dance, who are fundraising for Kyra, not only with their 2026 calendar but also at the upcoming show below. Tickets are now on sale.



Look out for our token jar on the Kyra sign in table for the first week of every month.



We'll be asking you to put a token in the jar if you agree with our Kyra Statement. Our first statement "Kyra's support and opportunities helped me transform my mental wellbeing" resulted in a full jar. Thank you very much! Watch out for the next one at the beginning of February.

Thank you to everyone who contributed to



our tea and coffee fund in January. Don't forget there are tins in all the rooms for your donations or you can use the QR code below!



## UPCOMING SESSIONS AVAILABLE FOR BOOKING

### CAPOEIRA

Brazilian martial art that combines dance, movement, and music, creating a nourishing space to feel empowered and uplifted.

Thursday 12<sup>th</sup> February

Thursday 26<sup>th</sup> February

### THURSDAY CRAFTING WITH RACHEL

Rachel is back for her final 2 Thursday afternoon Craft Groups at Kyra. Come and join her and embrace your creative side.

Thursday 19<sup>th</sup> February

Thursday 5<sup>th</sup> March



## SOUND MEDITATION

Julie is returning to Kyra for more of her wonderful Sound Meditation sessions. Sound can 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, and release negative emotions and thought patterns. WE ARE ASKING MEMBERS TO JUST BOOK ONTO ONE SESSION SO THAT AS MANY AS POSSIBLE CAN ATTEND.

Friday 13<sup>th</sup> February

Friday 27<sup>th</sup> February



## 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.

Ison Harrison

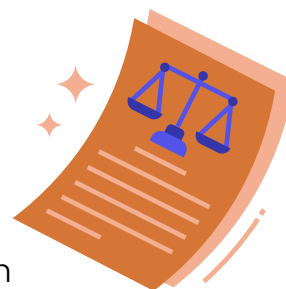
Thursday 5<sup>th</sup> February 12.30pm

Thursday 5<sup>th</sup> February 1pm

Crombie Wilkinson

Thursday 19<sup>th</sup> February 10am

Thursday 19<sup>th</sup> February 11am



# 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

Confidence & Assertiveness Workshop

10am-12pm

9 February

Neurodiversity Group (1-2.30pm) (Full)

ORLA (Overcoming, recognising & learning from abuse)

1-3pm

Starts 16 February

Rose + Project

(members aged 25 - 30 yrs)

5.30-7pm

Book: sherrie@kyra.org.uk

## TUESDAY

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

Habits, Goals & Vision Workshop  
10am-12pm  
10 February

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

Boundaries & Selfcare Workshop  
5-7pm  
17 February

## WEDNESDAY

Creative Mindfulness & Art Journaling  
10am-12pm  
4 February, 11 February, 18 February,  
25 February

ORLA (Overcoming, recognising & learning  
from abuse)  
1-3pm  
Ends 11 February (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)

## THURSDAY

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

Accessible Drop-in 12 February  
10am-12.30pm at Friargate  
Meeting House



Legal Support Sessions (CW)  
19 February  
10am  
11am

Walking Group  
10.30am-12.30pm  
5 February  
12 February

Legal Support Sessions (IH)  
5 February  
12.30pm  
1pm

Sandwich Lunch  
12.30-1pm

### Capoeira Class

1.15–2.30pm

12 February

26 February

### LGBTQ+ Group

3.30pm to 5pm

12 + 26 February

No need to book, just come along

### Craft Group

2–4pm

19 February

### Managing Emotions Workshop

26 February

5–7pm

### Kyra Voices

6pm to 7.30pm

12 February

26 February

## FRIDAY

### Sound Meditation

10.15–11.30am

13 February

27 February

### Steps to ROSE (Quiet Group)

10–11am or 11.30am–12.30pm

Email [sherrie@kyra.org.uk](mailto:sherrie@kyra.org.uk)

### Rose Project

#### Wellbeing session

(members aged 18 – 25 yrs)

1–2.30pm

Email [sherries@kyra.org.uk](mailto:sherries@kyra.org.uk)

### Boundaries & Selfcare Workshop ONLINE

2.30–4.30pm

13 February



### Women's Wellbeing Workshop

23 January

10.30am–12pm

## SATURDAY

### Positive Thinking Workshop

28 February

10am–12pm

### Poetry Group (via Zoom)

12–2pm

Email [glynis@kyra.org.uk](mailto:glynis@kyra.org.uk) for dates and 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

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.



## 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

## 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 . We are now asking you to book.



## 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.



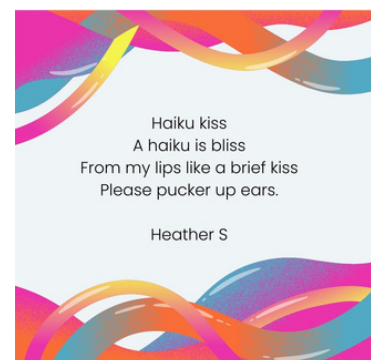
## STEPS 2 ROSE

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.

## 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