

KYRA WOMEN'S PROJECT NEWSLETTER



March 2026
Monthly Email Newsletter

INTERNATIONAL WOMEN'S DAY EVENT 6 MARCH 2026

International Women's Day is fast approaching and our celebration event will take place on Friday 6th 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. As well as the bookable activities there will be a host of stalls, tombola, and of course everyone's favourite therapy dogs!

There will be a lovely vegan lunch made by Sally, available for a donation between 12-1pm, as well as teas/coffees and cakes all day. You can also join in at our Craft Table from 11am-1pm, or our Poetry Group between 11.15am-12.45pm.



Arrive at 10:30am for a free drink and pastry as you listen to our inspiring opening speeches!

Bookable sessions with available spaces:

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.

Breath, Body & Mind (Downstairs)

1pm - 1.30pm 2pm - 2.30pm

Simple, gentle breathing and movement techniques to care for mental health, reduce stress and avoid burnout.



TOMBOLA PRIZES NEEDED

We are looking for donations of prizes for our popular fundraising tombola on International Women's Day. If you are able to help, please bring anything in to the office by Wednesday 4th March. Thank you!



MINDFUL MARCH

In March here at Kyra we invite you to be mindful, to be aware of your body, mind, and feelings in the present moment, in order to create a feeling of calm as you prepare to welcome Springtime back into your life. The activities below are all available for booking now:



INTRODUCTION TO MINDFULNESS - USING MINDFULNESS AS A RESOURCE IN OUR EVERYDAY LIVES - (5 SESSION COURSE) STARTS FRIDAY 13TH MARCH 10.15am to 11.30am

Our modern world can feel so busy and pressured impacting us in many different ways. Mindfulness can be one resource to help us navigate our lives in ways that allow us to have more of a sense of stillness and ease. In this short introductory 5 session course, you will learn about the basics of mindfulness meditation. You will learn how to direct your attention in a deliberate manner to focus on the present experience of your body, mind and emotions. You will walk away with practical tools to start a mindfulness meditation practice of your own. The 5 sessions will include;

- Short talks on mindful meditation
- Guided meditations on mindfulness of the breath, body and emotions
- Post mediation discussion (including questions)



This is a single course and will run on the following Fridays at 10.15-11.30 am
13th March / 20th March / 27th March / 17th April / 1st May

The gaps for sessions 4 and 5 will give participants time to practise and report back.

CREATIVE MINDFULNESS & ART JOURNALLING - 11TH & 25TH MARCH 10am to 12pm

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. 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. WE ASK YOU TO JUST BOOK 1 OF THE 2 SESSIONS SO THAT AS MANY AS POSSIBLE CAN JOIN IN.

VISION BOARD ACTIVITY SESSION - WEDNESDAY 18TH MARCH 10.30AM TO 12PM

Join us for a mindful, creative, fun vision board activity session. We'll be letting our imaginations run wild in a safe, supportive, compassionate space. A chance to envisage the future in a fun, playful creative way. All you need to do is come along and have an open mind. All resources provided.



MINDFUL MARCH

Some of our members who recently completed the Boundaries and Selfcare Workshop have recommended some excellent mindful self-care ideas.



Emergency Toolbox

Creating a personal “emergency toolbox” (this can be a physical box or a list on your phone) filled with small things that help when you’re feeling overwhelmed. It might include grounding exercises, comforting objects, distraction ideas, affirmations, music, or reminders of support. The idea is to have something ready-made for those tougher moments.

Apps & digital resources

- Finch A self-care app where you look after a little virtual bird by completing your own self-care routines. It includes prompts for gratitude, confidence-building and healthy habits, and turns them into really doable daily achievable goals.
- Insight Timer A free meditation app with thousands of guided meditations, sound baths, poetry, Yoga Nidra and more. You can set daily goals and track your practice.
- WaterBear A free platform with uplifting and meaningful short films and documentaries about environmental and social change.
- Listening Books A charity providing free audiobooks for people with mental health conditions, chronic health conditions, neurodiversity, disabilities, and other additional needs. They have a large catalogue and use the Libby app.



MARCH WORKSHOPS

HABITS, GOALS AND VISION WORKSHOP – TUESDAY 10TH MARCH 5PM TO 7PM

Habits, Goals and Vision covers: making positive choices, forming healthy habits, setting goals, and imagining my future. This 2-hour workshop is designed to share tips and tools to help you manage your goals.

WOMEN’S WELLBEING WORKSHOP – WEDNESDAY 11TH MARCH 10.30AM – 12PM

Join us for an empowering workshop to explore the 5 ways to wellbeing – Connect, Give, Be Present, Keep Learning, Keep Active.

MANAGING EMOTIONS WORKSHOP – MONDAY 23 MARCH 10AM – 12PM

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.



BOUNDARIES & SELFCARE WORKSHOP - TUESDAY 31ST MARCH 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.



WOMEN CAN - BOWLS

York Railway Bowls & Social Club are looking at ways of involving more women in their sport, and if you are interested you can join them for the new season. As an outdoor club, it begins after Easter - YORK RAILWAY BOWLS & SOCIAL CLUB - ASHTON LANE, YO24 4HX. [Website](#)

There is also a national initiative to encourage participation called "women can" [Website](#)



UNABLE TO ATTEND - CANCELLING YOUR PLACE

We have recently noticed an increase again in members booking onto courses and activities and not letting us know that they are no longer able to attend. Please can you try to let us know going forward, with preferably at least 48 hours notice. There are very often other members waiting for a space, and it is such a shame if courses and activities are underutilised. You can cancel your booking in any of the following ways:

- Cancel on our online system Bookwhen
- Email contact@kyra.org.uk to let us know
- Phone the office on 01904 632332

thank
★ you ★

THANK YOU TO POOL BRIDGE FARM

A big thank you to Pool Bridge Farm Wild Swimming and everyone brave enough to take part in their New Year's Day Dip! £2,475 was raised to help Kyra continue our support of women across York.



STRUT SAFE

Strut Safe is a UK-wide phone line. If you're walking alone, their volunteers will be a friendly voice to keep you company and help you feel safe until you are through the door. They operate every night. Full details with times and phone number [here](#)



NUT FREE ZONE

A quick reminder that Kyra is a Nut Free Zone, due to some of our members having allergies. We thank you for your compliance with this.



WALKING GROUP – AFTER DARK

Our Walking Group recently traded the city's bustle for a magical after-dark experience in the York Museum Gardens. Immersed in the "dark skies" atmosphere, we absorbed a rare, profound silence while discovering the gardens' nocturnal secrets—from the shadows of St Mary's Abbey to the hidden wildlife and rare plants that thrive after sunset. Huge thanks to the Museum Gardens team and York St John University for hosting such an evocative evening. If you'd like to find your own moment of calm, come walk with Kyra on our next outing! (Maria - Group Leader)



UPCOMING SESSIONS AVAILABLE FOR BOOKING

KYRA VOICES – EVERY OTHER THURSDAY 6 – 7.30PM

our twice monthly Thursday evening singing group. we are now asking you to book your place. Please use these links for the March sessions.



CAPOEIRA

Brazilian martial art that combines dance, movement, and music, creating a nourishing space to feel empowered and uplifted. Thursdays from 1.15pm to 2.30pm



CRAFT GROUP – 5th MARCH 2 – 4PM

Express your creativity and join Rachel for her final Thursday afternoon Craft Group.



LEGAL SUPPORT

121 sessions with Legal Aid Family Solicitors from Ison Harrison and Crombie Wilkinson. Full details of what they can help with, please click on the booking link:
Ison Harrison 5 March 12.30pm 5 March 1pm
Crombie Wilkinson 19 March 10am 19 March 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

Managing Emotions Workshop
10am-12pm
23 March

Neurodiversity Group (1-2.30pm) (Full)

ORLA (Overcoming, recognising & learning from abuse)
1-3pm
Ends 16 March
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

ESTA (Enhancing Self-esteem)
10am-12pm (Full)
Email helenh@kyra.org.uk to join waiting list

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

Boundaries & Selfcare Workshop
10.30am-12.30pm
31 March

Habits, Goals & Vision Workshop
5-7pm
10 March

WEDNESDAY

Creative Mindfulness & Art Journaling
10am-12pm
11 March
25 March

Working for Yourself (Talk)
10am-11am
4 March (Full)

Women's Wellbeing Workshop

10.30am-12pm

11 March

Vision Board Activity Session

10.30am-12pm

18 March

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

Accessible Drop-in 19 March

10am-12.30pm at Friargate

Meeting House



Legal Support Sessions (CW)

19 March

10am

11am

Sandwich Lunch

12.30-1pm

Walking Group

10.30am-12.30pm

12 March

Legal Support Sessions (IH)

5 March

12.30pm

1pm

Capoeira Class

1.15-2.30pm

19 March

Craft Group

2-4pm

5 March

LGBTQ+ Group

3.30pm to 5pm

12 + 26 March

No need to book, just come along

Walking Group - Night Walk (Cropton)

4.30-8.45pm

5 March

Kyra Voices

6pm to 7.30pm

12 March

26 March

FRIDAY

Introduction to Mindfulness (Course)

10.15-11.30am

Starts 13 March

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 14 + 28 March Email glynis@kyra.org.uk 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 and we await further funding for future groups.



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 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 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.



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

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
- 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