

KYRA WOMEN'S PROJECT NEWSLETTER



April 2026

Monthly Email Newsletter

MONTHLY MUM'S MEET-UP

In collaboration with The Well, York, we are happy to announce our first Mum's Meet-up on Wednesday 15th April. Bring your little ones along to explore toys, make new friends, and enjoy a cuppa while meeting other local mums in a welcoming, supportive environment at The Citadel, Gillygate, York YO31 7EA.



INTERNATIONAL WOMEN'S DAY SUCCESS

Thank you to everyone who came to support our International Women's Day event on 6th March. As well as all the partner stalls, refreshments and taster activities, we raised over £1476. The downstairs hall was thriving and we had another fantastic day celebrating women! Special thanks to Crombie Wilkinson Solicitors for sponsoring us this year. Several members have asked for a recording of Rachael Maskell's opening speech, and here it is. Please click on the link below to watch.

[RACHAEL MASKELL \(YORK CENTRAL MP\),
OPENING SPEECH, KYRA IWD 2026](#)



FUNDRAISING THANK YOUS!

Kyra would like to say a huge thank you to everyone who fundraised for us around International Women's Day:
Millthorpe School Bake Sale £133, Emily at Emerge Dance £40, Ouse Lea Village Coffee Morning £70, Quench Cafe, Bishopthorpe £100.



FREYA COFFEE MORNING

Participants in our FREYA project are invited to join Glynis and Louise for a Coffee Morning on Tuesday 28th April, from 11am to 12pm. Other Kyra members who are interested in finding out more about FREYA are also welcome to join us. There is no need to book, you can just come along on the day.



THURSDAY CRAFT GROUP

Our lovely volunteer Joanne has offered to continue running our Thursday afternoon Craft Groups. Come along and embrace your creative self! The dates below are now available for booking:

2nd April 16th April 30th April



SMART WORKS INFORMATION SESSION

Smart Works is a UK-wide charity offering free career coaching, interview clothing and interview preparation support to women who are unemployed or on a zero-hours contract. They support all women who feel their gender expression connects with the Smart Works service and wardrobe. The Interview Dressing and Preparation Service provides hand-picked interview clothing that suits your style and preferences along with personalised interview coaching.

They can help you if....

- You are a woman, or a non-binary person who feels their gender expression connects with the Smart Works service and wardrobe
- Have a confirmed job interview coming up or seeking support in securing a job interview.
- Are unemployed or on a zero-hours contract.
- Are aged 16 or above.

Kay Rafferty from Smart Works will be running an information session here at Kyra on Tuesday 21st April from 11am-12pm.

[Smart Works website](#)



WALKING GROUP – DARK SKIES WALK

Our Walking Group recently traded the city's bustle for a magical after dark experience at Cawthorn Roman Camp, near Pickering. Immersed in the "dark skies" atmosphere, we took a walk through woodland starting in the light and walking into the dark, walking through the woods into a clearing to view the stars. Huge thanks to York St John University for hosting such a special experience. To find your own moments of calm, come on a walk with Kyra (Maria, Group Leader).



BURLESQUE FUNDRAISER

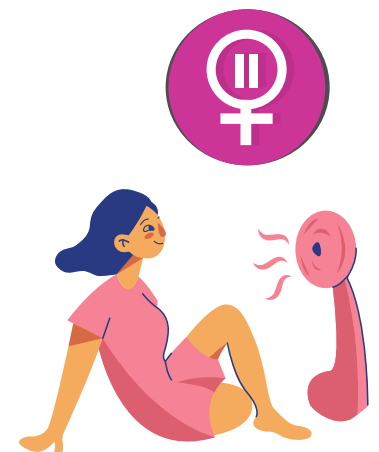
We were thrilled to be invited to attend a fantastic cowboy-themed burlesque show in Selby on Saturday 14th March, which along with a 2026 calendar, raised an incredible £3802 for Kyra. With over 20 amazing acts and brilliant performances throughout, it was a truly memorable evening – thank you to everyone who made it happen!



APRIL WORKSHOPS

WELLBEING & MENOPAUSE WORKSHOP – THURSDAY 16 APRIL
10.30AM-12PM

Join Ashley for a supportive Menopause & Wellbeing workshop exploring how the Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give, can help you navigate menopause with confidence and calm. We'll look at practical ways to boost your emotional wellbeing and build meaningful connections with others going through similar experiences. A warm, relaxed space to share, learn, and feel supported.



POSITIVE THINKING WORKSHOP – MONDAY 20 APRIL 10AM-12PM

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. We cover this topic in a single workshop session.



LOSS WORKSHOP – WEDNESDAY 22 APRIL 11AM-12PM

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.



UPCOMING SESSIONS WITH AVAILABLE PLACES

THURSDAY LUNCHES 12.30-1PM

Our April Thursday Lunches will take place on 2nd, 9th, 23rd, 29th.



KYRA VOICES – EVERY OTHER THURSDAY 6 – 7.30PM

Our twice monthly Thursday evening singing group. We are now asking you to book your place.



CAPOEIRA

Brazilian martial art that combines dance, movement, and music, creating a nourishing space to feel empowered and uplifted. Thursdays – 2nd & 16th April from 1.15pm to 2.30pm.



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 1pm 2 April
Crombie Wilkinson 10am 16 April 11am 16 April



CREATIVE MINDFULNESS & ART JOURNALING

Louise will be back every Wednesday in April for more of her popular sessions. We are asking you to book onto no more than 2 SESSIONS A MONTH. This means more of our members have the chance to attend. For any 1 or 2 dates from 1st, 8th, 15th, 22nd & 29th April, please book here



SOUND MEDITATION

Julie's April sessions are on Friday 10th & 24th. Please book your place here (if they are already full, please join the waiting list and you will get priority for Julie's May dates).



Could you be a Parent Advocate?

Do you have personal experience of Children's Social Care Services, either as a parent or a supportive family member?

Could you draw on your own experience to help others navigate the Child Protection Process?

Could you empower other parents to speak up and be heard when they are at their most vulnerable?

Get in touch with the Volunteer Team at City of York Council today by emailing volunteer@york.gov.uk or call us on 07542 510430



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

Positive Thinking Workshop

10am-12pm

20 April

Neurodiversity Group (1-2.30pm) (Full)

Rose + Project

(members aged 25 - 30 yrs)

5.30-7pm

Book: sherrie@kyra.org.uk

TUESDAY

Neurodiversity Writing Group

10.30am - 12pm

7 + 21 April (Full)

Smart Works Information Session

11am - 12pm

21 April

Drop-in

1-3.30PM

No need to book, just come along



WEDNESDAY

Creative Mindfulness & Art Journaling
10am-12pm Every Wednesday

Mum's Meet-up
1 - 2pm
22 April (At The Citadel, Gillygate)

SOFIA (Anxiety Solutions)
10.30am - 12.30pm
Starts 29 April
Email helenh@kyra.org.uk
to join waiting list

Rose In Focus
5-6.30pm
Book: sherrie@kyra.org.uk

Loss Workshop
11am - 12pm
22 April



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 (IH)
2 April
12.30pm
1pm

Accessible Drop-in 16 April
10am-12.30pm at Friargate
Meeting House



Sandwich Lunch
12.30-1pm

Capoeira Class
1.15-2.30pm
2 + 16 April

Legal Support Sessions (CW)
16 April
10am
11am

Craft Group
2-4pm
1, 15, 29 April

Walking Group
10.30am-12.30pm
16 April



LGBTQ+ Group
3.30pm to 5pm
9 + 23 April
No need to book, just come along

Wellbeing & Menopause Workshop
10.30am-12.30pm
16 April

Kyra Voices
6pm to 7.30pm
9 + 23 April

FRIDAY

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

Introduction to Mindfulness
(Course full)
10.15-11.30am
17 April



Sound Meditation
10.15-11.30am
10 + 24 April

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

SATURDAY

April showers
the thought of winter
washed away

Poetry Group (via Zoom)
12-2pm 11 + 25 April
Email glynis@kyra.org.uk to join



April arriving
Daffodils everywhere
The earth is arming

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.

FOOD BANK VOUCHER

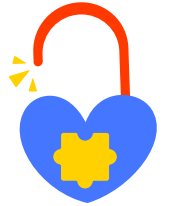
Kyra can issue vouchers for our members to access a 3-day emergency parcel of food from York Food Bank. If you need this support please email contact@kyra.org.uk or give us a call on 01904 632332. We will need to complete an online form with you to request an emergency food parcel for your household, so the process may take a few days. Please note we can usually only arrange one voucher in six months per household.



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.



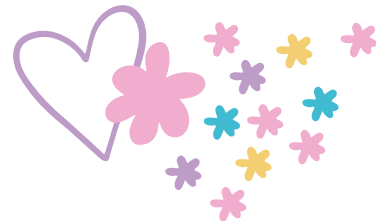
ROSE +

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 9 weeks. Email helenh@kyra.org.uk to join the waiting list.



- 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.

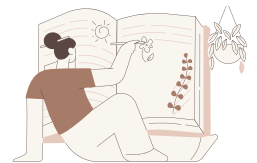
ROSE PROJECT

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.



CREATIVE MINDFULNESS & ART JOURNALING

Join us for an opportunity to create some artwork that helps to switch off from or reflect on general life. 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 way or wrong. 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.



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.



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)

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.



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