

KYRA WOMEN'S PROJECT NEWSLETTER



May 2026
Monthly Email Newsletter

KYRA "WOMEN IN ART" EXHIBITION 9-10 MAY

We are thrilled to announce details of our Kyra Art Exhibition "Women In Art", celebrating creativity, connection and women's voices. The work on display is by local artists as well as Kyra members. The exhibition will take place at SPARK and be open for viewing on Saturday 9th May and Sunday 10th from 10am to 4pm. You can browse (and buy) the artwork. We hope you will come along and support these local female artists.



MAKING YOUR BUDGET WORK FOR YOU

On Tuesday 12th May (10-11), Philippa from Yorkshire Building Society will be hosting a 'Making Your Budget Work for You' money minds session at Kyra. Almost half of all UK adults regularly worry about money. We want to break the stigma surrounding personal finances and get talking about money. The purpose of this session is to work together to understand how to identify current outgoings, the principles of a basic budget and maintaining a realistic savings habit. Join us for a relaxed, informed and practical conversation about budgeting and saving toward your goals, focusing on long-term financial wellbeing, taking control of your money, and building habits that support the future you want.



OUTDOOR DROP-IN SESSIONS

"Sunny skies chase the blues away". As the sun is starting to shine, we are relaunching our outdoor drop-ins in the Kyra Courtyard. You can join us to enjoy our outdoor space, whether you'd like to sit and enjoy some fresh air, bring an activity outside (colouring, sketching, etc) or join in with tending to the plants. These will take place on selective Tuesday afternoons from 1pm to 3pm. We are asking members to book on if possible, please click on the date(s) you wish to attend.



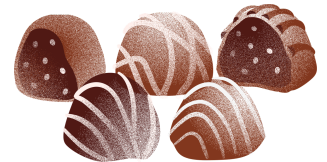
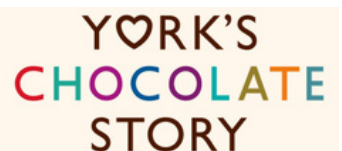
YORK PRIDE – 30 MAY 2026

We're really excited to be taking part in York Pride this year on Saturday 30th May! We'll be marching in the parade and hosting a stall on the Knavesmire from 11am–5pm, so come along and say hello if you're around. If you'd like to join us for the march, you're all very welcome. We'll be meeting at 11.45am on Duncombe Place (outside the Minster, by the picnic tables near the war memorial). We'll be wearing Kyra shirts so you can find us. Feel free to bring flags, glitter, face paint – whatever you fancy. Allies are more than welcome too! If you'd like more information or have any questions at all, just drop us an email at maisie@kyra.org.uk.



CHOCOLATE STORY TOUR

York's Chocolate Story have kindly offered Kyra members a free guided tour on Monday 1st June from 11:30am–12:30pm. It's a really fun and interactive experience where you'll learn all about York's chocolate-making history, and you'll get to enjoy some samples along the way too! York's Chocolate Story is based in King's Square in York city centre, just a 2-minute walk from Kyra, and the venue is fully accessible with lifts, so it's nice and easy for everyone to get to and around. Please note that this is the same tour as our members were offered on Monday 14th June 2025, so if you attended that date, please don't book again.



HEALTH TRAINER VISIT – 7 MAY

York City Council Health Trainer, Toni Dutton, will be attending our Drop-in on Thursday 7 May from 10am to 12pm. You don't need to book, you can just come along and have a private chat with her. Toni can advise on any of the following:

- healthy eating advice and weight management
- finding new ways to be more active
- quitting smoking
- reducing your alcohol intake
- helping you find groups and activities to get back out in the community



THURSDAY
LUNCHES
ENDING

Our final Thursday lunch for 2026 will take place on 30th April. We hope to resume these in January 2027. Thank you again to Trustee Nicola Winter for funding them.

MAY WORKSHOPS

WELLBEING FOR PARENTS AND CARERS WORKSHOP - FRIDAY 15 MAY 10.30AM-12PM

Join us for a relaxed wellbeing workshop designed for parents, carers, parent carers, and single parents who want space to pause, reflect, and reconnect with themselves. Using the Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give, we'll explore simple, practical ways to look after your mental and emotional health while juggling the realities of family life. This is a supportive space to share experiences, learn new wellbeing tools, and connect with others who understand the challenges of parenting and caring.



CONFIDENCE & ASSERTIVENESS WORKSHOP - MONDAY 18 MAY 10AM - 12PM

This 2 hour workshop on 'Confidence and Assertiveness' is designed to share tools to help you access your natural confidence, and learn how to assert yourself in everyday situations.



BOUNDARIES & SELFCARE WORKSHOP - TUESDAY 26 MAY 4-6PM

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



GETTING OLDER & MENOPAUSE WORKSHOP

Renni returns to Kyra for a one-off workshop on Monday 3rd June to help you take better care of yourself as you age through midlife:

- talking about menopause symptoms
- talking about available support
- sharing experience (if participants want to)
- do a few relaxation exercises

The session will be very relaxed, and you can book here



AVIVA SPORTS TOURNAMENT 2026

We are happy to announce that AVIVA will once again be raising funds for Kyra at their Wellbeing Sports Tournament on Friday 12th June, at the University of York Sports Centre. We hope that you will be able to come along and support us. We will be entering our own netball team, so if you would like to join in, please email contact@kyra.org.uk



DONATIONS – THANK YOU!

*So Grateful
for Your
Support!*

Thank you so much to the following for supporting Kyra with your fundraising and/or donation: Burlesque Night final total £3821.21 plus £651.56 gift aid, Anne Lister Netball £158, David Kato College £50, and a member donation of £30.

EMBERS & EASE

Hi, I'm Esmé, the creator of Embers & Ease. I make digital wellness and mindful parenting resources, along with relaxing audio stories for sleep and rest. I started Embers & Ease last year, drawing on what I learned through my own healing journey. Everything I create is made with care, in the hope of supporting others in a meaningful way. Part of my growth came through the support of the amazing counsellors at Kyra, and I'm incredibly grateful for the care I received. What I gained from that experience has stayed with me, and my life now reflects that in ways I'm deeply thankful for.

Because of this, I want to offer something back by supporting the women of Kyra. So, if there's anything on my Etsy shop you'd like you can email me at embersandease@gmail.com and I'll send it to you for free. Just include E&EFREEFORKYRA in your message so I know you're a Kyra member. With the busyness of life, I might be a little slow at times, but I'll do my best to get everything sent out to you as soon as I can. I also share sleep stories on Insight Timer and YouTube, offering a calm space to unwind and drift off. The subtle relaxation cues and meditation techniques woven through the narrative mean they can be especially helpful for anyone who has difficulty sleeping. (Esme)



embersandease.etsy.com
insig.ht/ejdmvpc351b
youtube.com/@embersandease

YORK HEALTH & ARTS MELA

The Award Winning York Health & Arts Mela is a free event open to anyone who wants to learn more about NHS services, Voluntary sector services, the Arts and Performing sector, meet new people, enjoy diverse music, arts, crafts and food from a range of different cultures and backgrounds in the heart of York. The programme includes traditional displays of music/dance performances, with a range of stalls selling traditional food and other stands offering information and advice on services. York Health & Arts Mela is a family event appealing to all ages and ethnicities, with everyone welcome to come and enjoy the event in a relaxed atmosphere.

Kyra will be holding an information stall here, so please come along and say hello.

SAVE THE DATE

York Health and Arts Mela is back!

Sunday 17th May 2026, 10am to 5pm

York Museum Gardens, Main Lawn YO1 7FR.
The nearest car park is Marygate, YO30 7DT.

Join our award-winning vibrant Multi-Cultural celebration of Healthcare, Wellbeing, Arts, Diverse Food, Entertainment, Awareness and much more. Follow us on social media for updates.

Facebook
Instagram

FREE ENTRY



York Museums Trust



UPCOMING SESSIONS WITH AVAILABLE PLACES

Please use this link to book on, and choose the activity you wish to book from the menu on the lefthand side.

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 7 + 21 May – from 1.15pm to 2.30pm.



LEGAL SUPPORT

121 sessions with Family Law Solicitors from Ison Harrison and Crombie Wilkinson. For full details of what they can help with, please click on the appropriate entry from the booking link above. Ison Harrison Thursday 7th May. Crombie Wilkinson Thursday 21st May.



CREATIVE MINDFULNESS & ART JOURNALING

Louise will be back on Wednesdays in May 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.



SOUND MEDITATION

Julie's April sessions are every other Friday. (If the sessions are already full, please join the waiting list and you will get priority for Julie's June dates).



THURSDAY CRAFT GROUP

Join Joanne for our Kyra Art and Craft Group to try new things and get creative. You'll explore different themed projects as you express your creativity. Due to Joanne's holiday, the group will only run on 14th May.



ICT with Anita

A 1:1 session with Anita, who will work with you on your chosen IT topic. Wednesday 13th May, 1pm and 2pm.



MUM'S MEET-UP

A collaboration between Kyra Women's Project and The Well York. Join us for a free, friendly space. 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.

Where: The Citadel, Gillygate, York YO31 7EA

In order for us to have an idea of numbers, please book a space if you can! Book here (Open to non-members).



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
18 May

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

Neurodiversity Group (times vary) (Full)

TUESDAY

Making Your Budget Work For You
10am - 11am
12 May

Drop-in
1-3.30PM

ESTA (Self Esteem)
10.30am - 12pm
Starts 5 May (Full)

Boundaries & Selfcare
Workshop
4-6pm
26 May

Neurodiversity Writing
Group (online)
10.30am - 12pm
5 + 19 May (Full)

WEDNESDAY

Creative Mindfulness & Art Journaling
10am - 12pm

ICT with Anita
13 May
1pm
2pm

SOFIA (Anxiety Solutions)
10.30am - 12.30pm
Ends 20 May (Full)

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

Mum's Meet-up
1 - 2pm
20 May [Book here](#)
(At The Citadel, Gillygate)

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

THURSDAY

Drop-in

10 AM-12.30PM

Accessible Drop-in 14 May
10am-12.30pm at Friargate
Meeting House



Legal Support Sessions (CW)

21 May

10am

11am

Walking Group

10.30am-12.30pm

14 May

Legal Support Sessions (IH)

7 May

12.30pm

1pm

Capoeira Class

1.15-2.30pm

7 + 21 May

Craft Group

2-4pm

14 May

LGBTQ+ Group

3.30pm to 5pm

14 + 28 May

No need to book, just come along

Kyra Voices

6pm to 7.30pm

7 + 21 May

FRIDAY

Steps to ROSE (Quiet Group)

10-11am or 11.30am-12.30pm

Email sherrie@kyra.org.uk

Wellbeing for parents & carers

10.30am -12pm

15 May

Introduction to Mindfulness

(Course full)

Ends 1st May

10.15-11.30am

Sound Meditation

10.15-11.30am

8 + 22 May

Rose Project

Wellbeing session

(members aged 18 - 25 yrs)

1-2.30pm

Email sherries@kyra.org.uk

SATURDAY

Poetry Group (via Zoom)

12-2pm 9 + 23 May

Email glynis@kyra.org.uk to join



CLOUD.

(With apologies to W.Wordsworth)

I am a lonely cloud

Floating in the blue sky above

I love the daffodils

Ann G

ONGOING PROJECTS

FREYA



Following on from our successful Route to Recovery programme, FREYA (Finding Routes to Empower Your Actions) is a 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 individual booking link.



ICT SUPPORT

Individualised IT training sessions of 1 hour each. Anita will work with you on your chosen topic. Please bring your laptop/tablet/mobile with you if you can.



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.



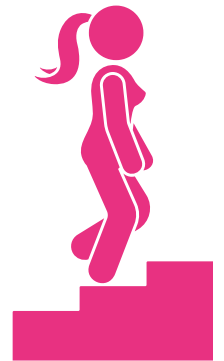
KYRA VOICES

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