

KYRA WOMEN'S PROJECT NEWSLETTER



June 2026

Monthly Email Newsletter

TELLING YOUR KYRA STORY

We would love to hear about member's experiences here at Kyra, and how we have helped you progress in your journey. We are particularly keen to hear from members who used our services a few years ago, about how your time with Kyra has helped you in the longer term and how we impacted your life as it is now. If you are happy to tell your story, please email us at contact@kyra.org.uk.



TEXTILE PROJECT ART, WOMEN & FAMILY

York Museums Trust and Kyra invite you to take part in an artist-led community project. The artwork from this textile workshop will be displayed as part of an upcoming exhibition at York Art Gallery. What it looks like will be decided by you, the members who make it: small or large, and with the potential to include a range of textile techniques. You'll be guided by artists and don't need to have any prior arts skill to take part.

- All materials will be provided
- Children and babies are welcome to come, and there will be activities for them to do

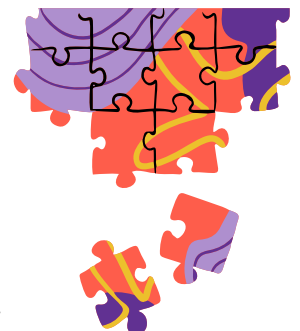
If you have any questions, please email Sammi at sammi.lukic-scott@ymt.org.uk

To join this 4-hour workshop, Tuesday 9th June, 10am to 2pm, at York Art Gallery, Book here



DEMENTIA DISCUSSION

Join us here at Kyra for a discussion/ information giving session on what to do when you or someone you know is having concerns about their memory. There are currently estimated to be 982,000 people with Dementia in the UK, but more than a third of people with the condition do not have a diagnosis. The number is expected to rise to 1.4 million by 2040. Rachel (York Memory Assessment Service) and Amanda ([Dementia Forward](#)) will be running this relaxed session, which will also include time for any questions you might have on this complex condition. To attend on Thursday 18th June, 11am to 12pm, Book here



BREATH, BODY & MIND 4-WEEK COURSE

Breath, Body, Mind is an evidence based approach that offers simple, gentle breathing and movement techniques to care for mental health, reduce stress and avoid burnout. Benefits of Breath, Body, Mind:

- reduces stress, anxiety, and overwhelm
- helps when things get too much
- leads to relaxation and improves sleep
- increases energy and reduces tension

To join the course which runs on Wednesdays, 11.30am to 1.30pm, from 24th June for 4 weeks Book [here](#)



HYPNOTHERAPY TASTER SESSION

This introductory experience will explore what hypnotherapy is, how it works, and the benefits it can bring to everyday life – from reducing stress to building confidence. Together, we'll discuss themes for future sessions based on your interests, and you'll be guided through a gentle relaxation exercise to give you a feel for the process. Whether you're just curious or ready to begin your journey, this session offers a calm, supportive space to start. The session will be run by Cate, and you can check out her website [here](#). To attend this taster on Monday 22nd June, 1.30pm – 3pm Book [here](#)



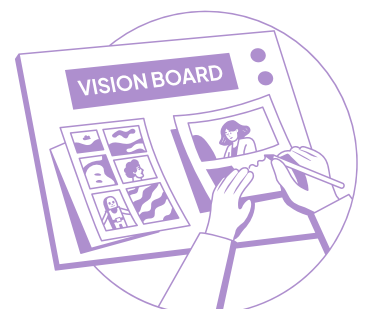
MEMBER'S WEEK 2026

Member's Week is coming to Kyra this August! From Monday 17th to Friday 21st August, we'll be handing the timetable over to our members and celebrating all the amazing skills, hobbies, and passions within our community. Throughout the week, members will have the chance to run their own sessions for other women at Kyra – whether that's crafts, yoga, journalling, crochet, creative writing, or anything else you'd enjoy sharing. Sessions don't need to be "perfect" or super formal – Member's Week is all about building confidence, trying something new, and creating space for women to share what they enjoy with others. If you'd like to run a session (or chat through an idea), please email Maisie at maisie@kyra.org.uk



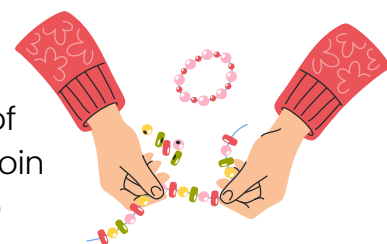
MINDFUL VISION BOARD

Join us for a mindful, creative, fun vision board activity session on Wednesday 10th June from 1pm – 2.30pm. 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 JEWELLERY MAKING

Making something mindfully can serve as a much deeper and more healing meditation than sitting in silence with your brain buzzing. Making your own DIY jewellery is also a wonderful form of self-expression. All materials will be provided. Come along and join us for this relaxed session on Monday 29th June, from 10.30am to 12pm.



AVIVA SPORTS TOURNAMENT REMINDER

AVIVA are once again 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



FUNDRAISING / DONATIONS

Thank you to everyone who supported our recent Art Exhibition. The total sales from the event have reached £450, plus £196 in donations.

Also, a very big thank you to Hannah for her amazing £500 donation and York Rhythm Tap who raised £153.87 for Kyra as part of their IWD celebrations.



TEABAGS TOTAL - YORK MELA

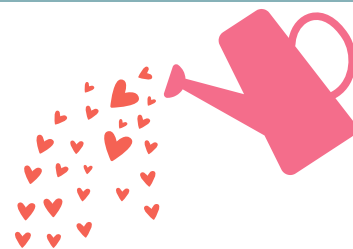
Our "Guess the number of teabags" was a big hit at this year's Art Mela, held in the Museum Gardens on Sunday 17th May. The total number was 473, and the winner was Oscar with a guess of 477. Thank you to everyone who came along and supported us on the day.



WARRIOR CARD SWAP

(Member Recommendation). The Warrior Card Swap was created specifically for people living with chronic illness or rare disease. Each month, participants send and receive personalized greeting cards filled with encouragement, understanding and kindness. There's something special about hearing from someone who knows what it's like to navigate life with health challenges. This is a global program open only to those living with an illness or disease. Simply register once, and from there, you can choose to join whenever you're feeling up to it. [Click here](#) for more information.

JUNE WORKSHOPS



POSITIVE THINKING WORKSHOP – MONDAY 1ST JUNE 10AM-12PM

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

GETTING OLDER & MENOPAUSE WORKSHOP – MONDAY 3RD JUNE 11am-12pm

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

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

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

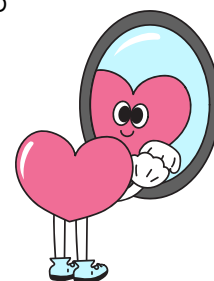


MANAGING EMOTIONS WORKSHOPS – MONDAY 15 JUNE 10AM – 12PM or TUESDAY 16TH JUNE 4.30 – 6.30PM

Managing Emotions covers: learning to control our responses, 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. To join on Monday 15th June (10-12) Book here or Tuesday 16th June (4.30-6.30) Book here

WELLBEING FOR BIG LIFE CHANGES – WEDNESDAY 17TH JUNE 10.30AM-12PM

Life transitions like retirement, unemployment, empty nest, health changes, relationship changes, or any major shift can stir up a mix of emotions. This session offers a warm, supportive space to reflect, share experiences, and discover simple strategies for looking after your mental and emotional health. Come connect with others navigating their own life transitions and leave with practical tools to support you through whatever comes next.



HABITS, GOALS & VISION WORKSHOP – TUESDAY 23RD JUNE 10AM-12PM

This workshop covers making positive choices, forming healthy habits, setting goals, and imagining your future. It is designed to share tips and tools to help you manage your goals.

BOUNDARIES & SELFCARE WORKSHOP – FRIDAY 3RD JULY 1.30-3.30PM

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.

take
care
of
YOURSELF

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. Voices dates in June are 11th and 25th.



CAPOEIRA

Brazilian martial art that combines dance, movement, and music, creating a nourishing space to feel empowered and uplifted. Thursdays 4th & 18th June – 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 4th June. Crombie Wilkinson Thursday 18th June.



SOUND MEDITATION

Julie's June sessions are every other Friday .(If the sessions are already full, please join the waiting list and you will get priority for Julie's July 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. This group will run on 11th and 25th June.



OUTDOOR DROP-INS

We will be meeting up again in the courtyard to enjoy our outdoor space, whether it's to sit and enjoy some fresh air, bring an activity or join in with tending to the plants. We are asking members to book on using the link at the top of this page. Tuesday 2nd , 9th and 23rd June.



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!

Wednesday 24th June [Book here](#)



FREYA Coffee Morning Wednesday 10th June 11am to 12pm

A relaxing cake, coffee and chat for FREYA members and anyone who is interested in finding out more about the programme. No need to book, just come along.



SESSION TIMETABLE

The booking links below may take you to the main booking page, but you can find your chosen activity on the menu down the lefthand side. 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
15 June

Positive Thinking workshop
10am-12pm
1 June

Mindful Jewellery Making
10.30am-12pm
29 June

York Chocolate Factory Tour
11.30am-12.30pm
1 June (FULL)

Neurodiversity Group
(times vary) (Full)

Hypnotherapy Taster
Session
1.30-3pm
22 June

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

TUESDAY

Textiles Workshop
(York Art Gallery)
10am to 2pm
9th June

Habits, Goals & Vision workshop
10am-12pm
23 June

Neurodiversity Writing
Group (online)
10.30am - 12pm

Drop-in
1-3.30PM

ESTA (Self Esteem)
10.30am - 12pm (Full)
Email helenh@kyra.org.uk to
join waiting list

Outdoor Drop-in
1pm - 3pm
2nd, 9th + 23rd June

Managing Emotions Workshop
4.30 - 6.30pm
16th June

WEDNESDAY

Creative Mindfulness &
Art Journaling
10am - 12pm
3rd + 17th June
FULL

Getting Older & Menopause
Workshop
3 June 11am - 12pm

Mindful Vision Board
10 June 1 - 3pm

Wellbeing through Big Life
Changes Workshop
17 June 10.30am - 12pm

FREYA Coffee Morning
10 June 11am

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

Breath, Body, Mind
(4-week course)
June 10.30am - 12pm
Starts 24 June

ICT with Anita
4 June
1.30pm **FULL**

Mum's Meet-up
1 - 2pm
24 June [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 18 June
10am-12.30pm at Friargate
Meeting House



Legal Support Sessions (IH)
4 June
12.30pm FULL
1pm

Legal Support Sessions (CW)
18 June
10am
11am

Capoeira
1.15 - 2.30pm
11 + 25 June

Craft Group
2-4pm
11 + 25 June

Walking Group
10.30am-12.30pm
11 June

LGBTQ+ Group
3.30pm to 5pm
11 June + TBC
No need to book, just come along

Dementia Discussion
11am - 12pm
18 June

Kyra Voices
6pm to 7.30pm
11 + 25 June

FRIDAY

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

Sound Meditation
10.15-11.30am
5 + 19 June

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

SATURDAY

Poetry Group (via Zoom)
12-2pm 6 + 20 June
Email glynis@kyra.org.uk to join



*The Solstice
Sunlight takes the stage,
Celebrating skies of blue,
Welcome summer's warmth.*

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.

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. Please note this group is currently full but you can add your name to the waiting list 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:

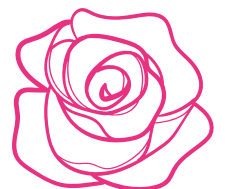
- Understand how anxiety is caused in the brain,
- Know how it affects us, and
- To recognise, change and turn off anxious thoughts.



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.



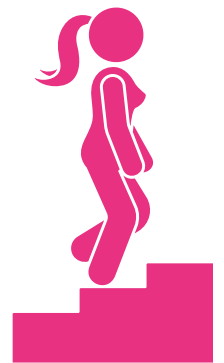
KYRA VOICES

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