

KYRA WOMEN'S PROJECT NEWSLETTER



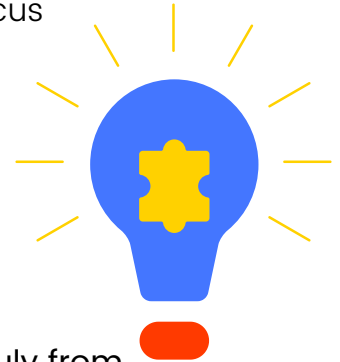
July 2026

Monthly Email Newsletter

NEW PROJECT FOCUS GROUP – MEMBERS NEEDED

We are launching a new project around our members who are affected by Neurodiversity and Domestic Abuse and will be running a series of focus groups to explore topics such as:

- Barriers to accessing specialist domestic abuse services
- What would help to access these services
- Ideas on what resources would help support in a domestic abuse situation
- Any other ideas, thoughts, voices, sharing of experience welcome



The dates of the focus groups are **Wednesday 8th, 15th, 22nd, 29th July** from **12pm–1.30pm**. If you are neurodiverse – self or medically diagnosed and have experienced domestic abuse, and feel you are able to offer feedback and ideas please contact Sherrie@kyra.org.uk (Please note – focus groups can also be arranged at another time or online or even in a 1-1 situation, so if the Wednesday sessions don't suit you, please still get in touch).

“WINGS” DRAMA GROUP INFORMATION SESSION

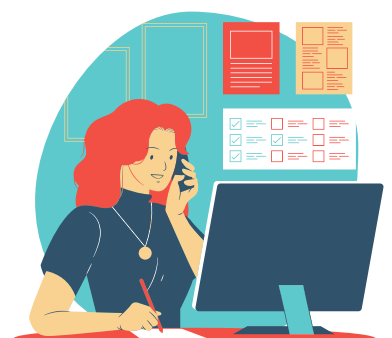
Come along to an informal drop-in session (at Kyra) with York Theatre Royal on Thursday 2nd July, 1.30pm to 2.30pm, to learn more about their weekly drama group, WINGS, which takes place at the theatre and offers women a space to be creative, build confidence, and explore character and scene work together. You'll also have the chance to try a craft activity and ask any questions you may have to Lydia and Gracie. This session won't include any drama activities—just a relaxed opportunity to get creative and find out more.



EMPLOYABILITY WORKSHOPS

York Cares will be running 3 workshops here for Kyra members on Fridays from 12.30pm to 2pm. Please email sherrie@kyra.org.uk to book a place or if you would like further information.

- July 24th – applying for jobs
- July 31st – succeeding at interviews
- August 8th – focusing on support for applying for roles if you have a disability/are neurodivergent,



NEURODIVERSITY WAITING LISTS

Our neurodiversity waiting lists are now open again. Members who have either a medical or self diagnosis of neurodiversity can put their name down for our 10 week course and/or 1:1 support. Please email helen@kyra.org.uk stating which list you wish to go on. (If you have previously put your name on an ND waiting list, feel free to check you are still there).



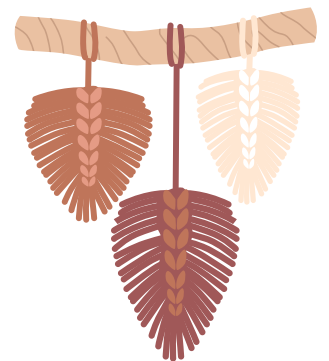
MINDFUL JEWELLERY MAKING

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 for this relaxed session on Thursday 23rd July 2-4pm.



MINDFUL MACRAME

Macramé is a centuries-old textile art form that uses knotting techniques, rather than knitting or weaving, to create decorative and functional items. This is an opportunity to meet new people, build your creative skills and enjoy making something new for yourself or others in a friendly space.



KYRA AT PRIDE 2026

A huge thank you to everyone who joined us at York Pride on Saturday 30th May! It was absolutely boiling hot, but that didn't stop our fantastic mix of staff, volunteers, and members from taking part in the parade and representing Kyra. For the first time, we also had a stall at the Knavesmire. We had lots of lovely conversations, and even welcomed a visit from the Mayor. It was lovely to see members popping by throughout the day to say hello! Pride is always a special day, and we were proud to celebrate, support, and cheer on our LGBTQ+ members, staff, volunteers, and the wider community.



SEND – FREE WORKSHOPS FOR PARENTS

If you are a parent of a child with special educational needs, you can join a series of free online workshops run by Growth Spurt that have been curated to help you find the information you need, to advocate for your child and to reduce burnout. [Full details here](#)

**GROWTH
SPURT**
Growing Careers, Kids,
Companies

JULY WORKSHOPS AT KYRA

MANAGING EMOTIONS WORKSHOP – MONDAY 13 JULY 10AM – 12PM

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 13th July (10-12) [Book here](#)



PARENTING WELLBEING AND RESILIENCE WORKSHOP – TUESDAY 14 JULY 10.30AM – 12PM

A supportive space for parents to pause, reflect, and reconnect with their wellbeing. This session focuses on the Five Ways to Wellbeing, helping you to build connection (Connect), find small ways to recharge (Be Active), and create moments of calm in busy days (Take Notice). Through shared experiences and practical tools, we'll explore how to strengthen resilience, learn new coping strategies (Keep Learning), and recognise the value you bring to yourself and your family (Give). [Book here](#)

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 July are on 9th and 23rd.



CAPOEIRA

Brazilian martial art that combines dance, movement, and music, creating a nourishing space to feel empowered and uplifted. Emily's final session before her summer break is on Thursday 9th July 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 2nd July is FULL. Crombie Wilkinson spaces on Thursday 16th July.



SOUND MEDITATION

Julie's July sessions are on 3rd, 10th and 31st July. Please use the link at the top of this section to check for spaces.



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 9th July.



CREATIVE MINDFULNESS AND ART JOURNALING

Louise will be back on Wednesdays for more of her popular art journaling sessions, on 1st, 8th and 15th July.



ICT WITH ANITA

Anita will be here for more 1:1 ICT support sessions on Thursday 23rd July, 1pm and 2pm slots available. If possible, please bring your device with you if you can.



MUM'S MEET-UP 15 July

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 15th July [Book here](#)



FREYA Coffee Morning Wednesday 22 July 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.



Outdoor Drop-ins 14th & 28th July

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 section.

Unfortunately this week we had to cut back a lot of plants that had dried up beyond repair but keep a look out they should spring back to life in a few weeks. On 14th July, we will be hopefully planting a new big pot full of colour, deadheading which helps the flowers keep flowering and watering up not once but twice in the session so they can absorb the water! Come get some nature therapy getting your hands earthy or just sitting with us sipping your tea.



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
13 July

Textiles Workshop (York Art Gallery)
10am to 2pm
6 July
FULL

Neurodiversity Group
(12.30 - 2pm) (Full)

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

TUESDAY

Parenting Wellbeing Workshop
10.30am-12pm
14 July

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

Outdoor Drop-in
1pm - 3pm
14 + 28 July

WEDNESDAY

FREYA Coffee Morning
11am - 12pm
22 July
Just come along

ICT with Anita
23 July
1pm
2pm

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

Creative Mindfulness & Art Journaling
10am - 12pm
1st, 8th + 15th July

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

Breath, Body, Mind
(4-week course)
June 10.30am - 12pm
Ends 15 July
FULL

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 30th July

10am-12.30pm at Friargate Meeting House



Legal Support Sessions (CW)

16 July

10am

11am

Walking Group

10.30am-12.30pm

9 July

16 July

Legal Support Sessions (IH)

2 July

12.30pm FULL

1pm FULL

Capoeira

1.15 - 2.30pm

9 July

"WINGS" Info session

1.30pm - 2.30pm

2 July

Craft Group

2-4pm

9 July

Mindful Jewellery Making

2pm - 4pm

23 July

Mindful Macrame

2pm - 4pm

30 July

LGBTQ+ Group

3.30pm to 5pm

2, 16 + 30 July

No need to book, just come along

Kyra Voices

6pm to 7.30pm

9 + 23 July

FRIDAY

Steps to ROSE (Quiet Group)

10.30 - 11.30am

Email sherrie@kyra.org.uk

Sound Meditation

10.15-11.30am

3, 10 + 31 July

Boundaries & Selfcare Workshop

1.30pm-2.30pm

3 July FULL

SATURDAY

Poetry Group (via Zoom)

12-2pm 4 + 18 July

Email glynis@kyra.org.uk to join



Warm Summer days.

Full strawberry moon

Ushers in the hot days of June

High tide fill the dune.

ONGOING PROJECTS

FREYA

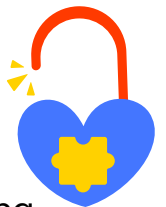


Following on from our successful Route to Recovery programme, FREYA (Finding Routes to Empower Your Actions) is a 2.5 year project here at Kyra, funded by the National Lottery. It aims to give women access to structured and personalised support to set goals and tailor a pathway through their Kyra journey. 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. The sessions gen3erally take place on Mondays. Please note this group is currently full but you can add your name to the waiting llost for future groups - helen@kyra.org.uk



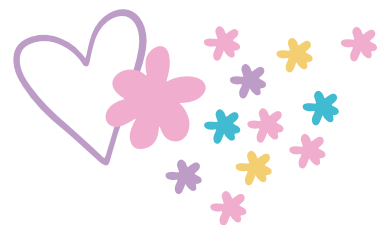
ROSE +

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.



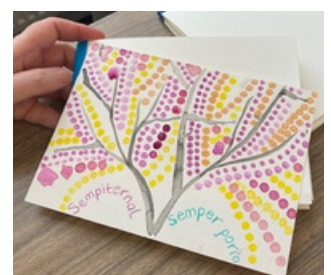
ROSE PROJECT

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.



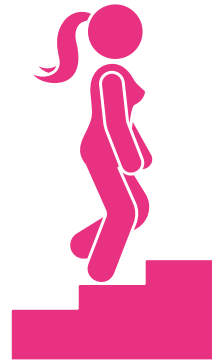
KYRA VOICES

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