

KYRA WOMEN'S PROJECT NEWSLETTER



August 2026
Monthly Email Newsletter

MEMBERS' SUMMER PARTY – TUESDAY 25 AUGUST

Join us for Kyra's first ever Members' Summer Party on Tuesday 25th August, from 1pm–3.30pm, taking place alongside Drop-In! Enjoy summer-themed treats, music, refreshments and plenty of opportunities to relax, chat and celebrate summer together across the Evie Room, Kitchen and Courtyard (weather permitting). Whether you're a familiar face or a newer member, we'd love to see you there! We are asking members to book on so that we know how many for refreshments, etc.



BACK TO WORK SUPPORT AT KYRA

Ruby has recently started working with Better Connect on their Rise2Thrive/Trailblazer programme that aims to support people to get back in to work, education or volunteering. She is here to provide holistic one-to-one support for women. She can support you with interview skills, your CV, building confidence, finding your passion. She is here to listen to your needs and aspirations and work with you to tackle any obstacles that have prevented you from engaging with the labour market. To be eligible for this support you must be unemployed, under the age of 65 and live in the York and North Yorkshire area. Please email ruby@kyra.org.uk or call the office for further enquiries.



Funded by
UK Government

ITALIAN CLASSES FOR BEGINNERS

Join our lovely volunteer, Gemma, for a brand new four-week Italian for Beginners course. Perfect for complete beginners, this friendly and relaxed course will introduce you to the basics of Italian. By the end of the four weeks, you'll be able to use simple everyday phrases, like greeting people and ordering a coffee in an Italian café! No previous experience needed. The 4 week course begins on Tuesday 18th August, 10am to 11am.



MEMBER'S WEEK – MONDAY 17 TO FRIDAY 21 AUGUST

To celebrate our 2026 Member's Week, 5 of our members will be running relaxing sessions as highlighted below. This is a great opportunity to try something new. By attending these sessions you are also showing your support for fellow members. Please click on the links to book on:

Denim Bag Making for Beginners with Wendy.

- Monday 17th of August
- Time: 10am – 11.30am
- Description: Have a go at sewing your own denim bag using a sewing machine, with support from Wendy every step of the way. You'll leave with a handmade bag and a new skill to be proud of.



Exploring Nature with Watercolour with Lesley.

- Tuesday 18th of August
- Time: 10am – 11.30am
- Description: Take some time to slow down and enjoy painting gentle, nature-inspired artwork using watercolours. This relaxed session is all about creativity, mindfulness, and enjoying the process—no artistic experience needed.



Air Dry Clay Creations with Kate

- Tuesday 18th of August
- Time: 1pm – 3.30pm (to take place alongside drop in)
- Description: Drop into this relaxed, creative session and have a go at making colourful air-dry clay creations, including marbled designs and little keepsake medallions. **No booking is needed**—just pop in during Drop In and stay for as long or as little as you'd like.



PRAISE FOR OUR MEMBERS.....

"Thank you for being such a lovely group, it was nice getting to know you all and hearing your stories. You all deserve the world and more"

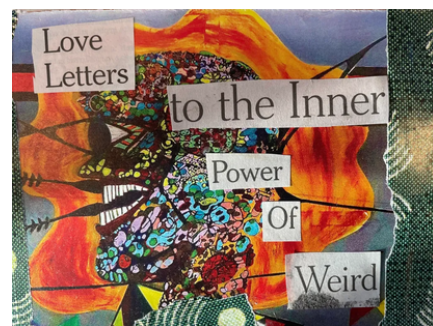
"The members are amazing and great"

"Everyone is kind and caring and it feels like a safe place to be"



Found Poetry Collaging with Kate

- Wednesday 19th of August
- Time: 12pm – 1.30pm
- Description: Create your own unique collage using magazine cuttings, words, and images to make something meaningful, playful, or thought-provoking. You're welcome to bring along any old magazines to share, but we'll have plenty to get you started.



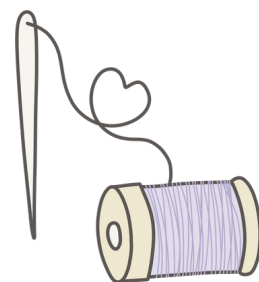
Sew Your Own Lavender Bag with Jo

- Thursday 20th of August
- Time: 2.30pm – 4pm
- Description: Learn some simple hand-sewing techniques while creating your own beautiful lavender bag to take home. This relaxed, friendly session is perfect for beginners and anyone who enjoys getting creative.



Slow Stitch for Wellbeing with Sadie

- Friday 21st of August
- Time: 10am – 11.30am
- Description: Slow down, unwind, and enjoy a mindful introduction to slow stitching. With gentle music playing in the background, you'll create a simple stitched piece while taking a moment to relax, be creative, and enjoy some calm.



PRAISE FOR OUR MEMBERS.....

"The community and environment you have created is truly something special"

"I have met lovely people and made friends, and I love making different things"

"I have learnt the power of being around supportive women"

"I am just happy to have met an incredible group of individuals who are supportive and kind, and were a catalyst to help me build my self-esteem"

"The compassion within the group at Kyra is wonderful"



APPROACHING OR EXPERIENCING RETIREMENT WORKSHOP

WEDNESDAY 12TH AUGUST 10.30AM TO 12PM

This workshop offers time and space to explore life transitions through the lens of the Five Ways to Wellbeing. Together, we'll reflect on maintaining social connections (Connect), staying mentally and physically engaged (Be Active, Keep Learning), and finding purpose and meaning (Give). We'll also take time to slow down and appreciate this stage of life (Take Notice), supporting a positive and fulfilling transition into retirement.



HER MONEY MATTERS RETURNS

Jo from Peasholme Charity is returning to Kyra on 1st September to restart her monthly Her Money Matters sessions. Peasholme Charity offer 1:1 advice to Kyra members, alongside teaching skills around managing their money (excluding debt advice).

Jo is here to help with the following:

- Benefits advice
- Basic budgeting
- Help with arrears
- Help with council tax
- Help for people on low incomes
- Disagreeing with a benefit decision

You can book in on 1 September

Please note – if you require assistance with a PIP form, this will need 2 hours – please email helen@kyra.org.uk to arrange this.



QUIET PRIDE 2026

The LGBTQ+ Group is heading to Quiet Pride on Thursday 6th August! Quiet Pride is a calm, accessible celebration of LGBTQ+ community at the Creative Centre, York St John University, with crafts, activities, and a welcoming atmosphere where you can join in as much or as little as you like. If you'd like to come along with the Kyra LGBTQ+ group, just email maisie@kyra.org.uk



HYPNOTHERPAY FOR CONFIDENCE / SELF ESTEEM

Following the successful taster session in June, Cate is back with a Hypnotherapy for Confidence / Self Esteem session on Friday 7th August, 10am to 11am. You will be guided through gentle relaxation exercises in a calm supportive space.



SEXUAL HARRASSMENT – NOTES FOR MEMBERS

All organisations are required, by law, to take steps to prevent sexual harassment. Respect is one of Kyra's core values and we believe it to be unlikely that any of our staff, volunteers or members would behave in a way which could be construed as sexual harassment. We have nevertheless taken steps to ensure that we can demonstrate our commitment both to our values and to the law. There are posters in various locations in this building which explain what sexual harassment is and who to contact if you have any concerns about behaviour which you believe may constitute sexual harassment. Please ensure you read one of the posters to ensure you are clear on how you can avoid or report any unacceptable behaviour.

NEURODIVERSITY – NEW GROUPS & WELLBEING SESSIONS

5 Ways to Wellbeing Workshop (through a neurodivergent lens)

Wednesday 5th August 12.30pm–2pm & Monday 10th August 12pm–1.30pm

Come and join Ashley, our experienced facilitator, in discussions around what the 5 ways to wellbeing are and how you can access them within your life. Suitable for those who are self/medically diagnosed with Neurodiversity.



ANDA – Wednesday 12th & 26th August 12pm–1.30pm

A new Peer support group for neurodivergent (self or medically diagnosed) members who have experienced domestic abuse. Please contact sherrie@kyra.org.uk for further information and to inform you will be attending. We are also collecting feedback on accessing domestic abuse services so please contact Sherrie if you would like to be involved in a 1-1 either via phone, online or in person.



ROSE ND – Monday 3rd & 17th August 5pm–6.30pm

Our new group for Neurodiverse members aged 18–30 is now up and running fortnightly on Mondays from 5pm to 6.30pm. It's a friendly space to have focused discussions, body double, plan your week, and tackle those admin tasks you've been putting off. A pasta tea or sandwiches will be offered – please let Sherrie know if you have any dietary issues. To join this group please email sherrie@kyra.org.uk



FANTASTICAL IMAGININGS BOOK CLUB

Kyra members are invited to attend a regular “Fantastical Imaginings” book club (funded by Kyra), which reads and discusses fiction in fantasy, folklore and science fiction. It meets on the 3rd Monday of each month at York Central Library in the cafe area, from 6.30pm to 7.30pm. To find out what the next read is or to borrow the books for the group from the library, please ask at the desk or email york@explore.org.uk



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 left-hand side.

KYRA VOICES – EVERY OTHER THURSDAY 6 – 7.30PM

Our twice monthly Thursday evening singing group. Voices dates in August are on 6th and 20th. Please book using the link above.



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 6th August Crombie Wilkinson: Thursday 20th August



SOUND MEDITATION

Julie's August sessions are on 14th and 28th. Please use the link at the top of this section to check for spaces.



OUTDOOR DROP-INS 11th and 18th August

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.



MUMS' MEET-UP 12th August 1-2pm

A collaboration between Kyra Women's Project and The Well York. Join us in 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



FREE FEMALE SWIMMING SESSIONS

Cultural Connections York and North Yorkshire Sport are going to be running free female swimming sessions funded by mayor of North Yorkshire, David Skaith. Toddlers and children under 10 are welcome to come along with an adult female. They will take place from 3rd August. On Mondays, 1.45pm to 2.45pm at The Mount School Pool, and Wednesdays 1.45pm to 2.45pm at New Earswick Pool. Booking is required. For more information please email info@culturalconnectionsYork.co.uk



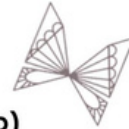
BANK HOLIDAY CLOSURE

Please note that Kyra will be closed on Bank Holiday Monday, 31st August.

SARAH (SELFHARM ADVICE, REFLECTION & HELP PACKS)



SARAH Packs



Kyra has put together SARAH (Self-harm Advice, Reflection And Help) Packs. These are for members struggling with self harm.

Pack A:

- Distraction aids
- Tips to manage self harm
- Where to get support from

Pack B:

- Micropore tape
- Gauze dressing
- Wound strips
- Antiseptic wipes

Please take either or both packs.

If you want to speak to someone about self harm at Kyra please email contact@kyra.org.uk saying you have seen this information in the SARAH pack and would like to speak to someone about this.

Please include which contact details you would prefer we use- email, phone call, text.



SARAH packs will be available from 31st July, from the hamper outside the Kyra toilet and toiletries cupboard.

WINGS GROUP – YORK THEATRE ROYAL

WINGS is a welcoming weekly group designed for women who are new to arts and creativity. It's a space to build confidence, express yourself, and connect with others in a supportive, encouraging environment. To keep the group safe and supportive, advance sign-up is required. Express your interest here: [WINGS Women's Drama Group – Fill in form](#) York Theatre Royal will be in touch once we've received your form to share more details and confirm availability. Sessions will take place at York Theatre Royal in the Autumn Term.



WOMEN'S RUGBY – GIVE IT A GO SESSION

Thinking about trying something new? York Women's Rugby Club is running a friendly "Give it a Go" session on Wednesday 5th August at 11:00am for women of all abilities – no previous rugby experience or fitness level needed. It's a great chance to meet new people, build confidence, and give rugby a try in a welcoming and supportive environment. To find out more, email yrufcwomen@gmail.com



PEDAL IN THE PARK – GET BACK IN THE SADDLE



Whether you're new to cycling or getting back on your bike, Pedal In The Park offers free coaching, bike rides, bike repairs and (hopefully) some sunshine. These events will help you build your confidence and cycling skills. You can bring your own bike/helmet, but there may be some bikes available if booked in advance. Upcoming dates – 26th July, 30th August, 27th September (10.45–11.45am). If you would like more information about Pedal In The Park or York Cycle Campaign, please email pedalinthepark@gmail.com or telephone Leah on 07536 030550. Leah is happy to meet up with and help anyone nervous about attending. (Please note the sessions may not be women only).

WHAT COMES NEXT – ONLINE SUPPORT COMMUNITY

What Comes Next is an online support community for women rebuilding their lives after abuse. It's a space to be heard and supported – through the weekly Sunday Circle, a resources library, and a low-pressure community feed. There's also a skill-share area where members trade what they know for what they need (need a photographer? offer a manicure in return), plus small micro-grants available to help with the practical side of rebuilding. First week free, £6/month after, with a waitlist for free spaces. whatcomesnext.uk/community

WHAT
COMES
NEXT

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

Denim Bag Making

17 August
10am – 11.30am

ND Plus
12.30pm – 12pm
3 + 17 August

Neurodiversity 18–30 Group

5 – 6.30pm
3 + 17 August
Email sherrie@kyra.org.uk to join

Neurodiversity – Ways to Wellbeing

12pm – 1.30pm
10 August

Rose + Project

(members aged 25 – 30 yrs)
6.30 – 8pm weekly
Email sherrie@kyra.org.uk to join

TUESDAY

Watercolours - Exploring
Nature
10am - 11.30am
18 August

Beginners Italian
10am - 11am
Starts 18 August

Summer Party
1pm - 3.30pm
25 August

Drop-in
1-3.30PM

Air Dry Clay Creations
1pm - 3.30pm
18 August
No need to book, just
come along

Outdoor Drop-in
1pm - 3pm
11 +18 August

WEDNESDAY

Approaching Retirement
Workshop
10.30am - 12pm
12 August

Found Poetry Collaging
12pm - 1.30pm
19 August

ANDA
12pm-1.30pm
Fortnightly
12th and 26th August

Neurodiversity - Ways to Wellbeing
12.30pm - 12pm
5 August

Rose In Focus
5-6.30pm week
Email sherrie@kyra.org.uk

Rose Project
(members aged 18 - 25 yrs)
6.30PM - 8PM
Email sherrie@kyra.org.uk



THURSDAY

Drop-in

10 AM-12.30PM

Accessible Drop-in 30th July
10am-12.30pm at Friargate
Meeting House



Mindful Jewellery Making

1 - 3pm

6 August

Legal Support Sessions (CW)

20 August

10am

11am

Sewing Lavender Bag

2.30pm - 4pm

20 August

Walking Group

10.30am-12.30pm

20 August

LGBTQ+ Group

3.30pm to 5pm

13 + 27 August

No need to book, just come along

Approaching or Experiencing Retirement Wellbeing Workshop

10.30am-12pm

20 August

Kyra Voices

6pm to 7.30pm

6 + 20 August

Legal Support Sessions (IH)

6 August

12.30pm

1pm

FRIDAY

Hypnotherapy for Confidence

10am - 11am

7 August

Sound Meditation

10.15-11.30am

14 + 28 August

Steps to ROSE (Quiet Group)

10.30 - 11.30am

Email sherrie@kyra.org.uk

Slow Stitch for wellbeing

10am - 11.30am

21 August



ONGOING PROJECTS

FREYA

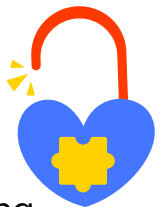


Following on from our successful Route to Recovery programme, FREYA (Finding Routes to Empower Your Actions) is a 2.5 year project here at Kyra, funded by the National Lottery. It aims to give women access to structured and personalised support to set goals and tailor a pathway through their Kyra journey. 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



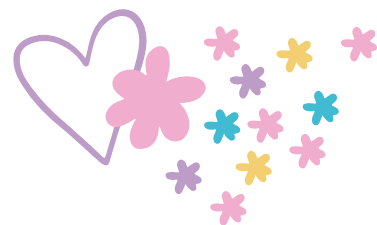
ROSE +

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:

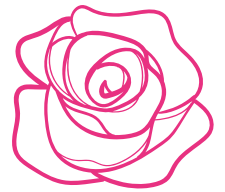
- Understand how anxiety is caused in the brain,
- Know how it affects us, and
- To recognise, change and turn off anxious thoughts.

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. To join the waiting list email helen@kyra.org.uk



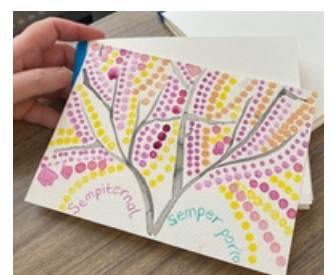
ROSE PROJECT

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. **RETURNING IN THE AUTUMN.**



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.



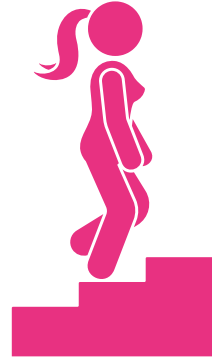
KYRA VOICES

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