

KYRA WOMEN'S PROJECT NEWSLETTER



September 2026
Monthly Email Newsletter

NEW ACCESSIBLE DROP-IN VENUE

Our friends at the wonderful Castle Museum have kindly offered us a room to hold our next couple of accessible drop-ins in. (The room is accessible via an elevator). We will be there on Thursday 3rd September and Thursday 12th November for our usual mix of support, chat, beverages and biscuits, from 10am to 12.30pm. There is no need to book, just come along, but please do not arrive before 10am as the museum will not be open. Please come to the main entrance any time between 10am and 11am, and one of our volunteers/staff will show you the way to our room.



GENTLE YOGA FOR WELLBEING

Join us for a one-hour gentle yoga session with Rebecca, designed to support your wellbeing and give you some time to slow down, stretch and unwind. The sessions are completely beginner-friendly, so you don't need any previous yoga experience or need to be particularly flexible! Yoga mats will be provided, so just come along in something comfortable that you can move around in. As spaces are very limited due to room size, we are asking members to just book onto one of the three September dates (we hope to run more sessions in the future). Wednesday 9th 10-11am or Wednesday 16th 10-11am or Wednesday 23rd September



YORK ART GALLERY VISIT

Join us for a free, relaxed trip to York Art Gallery on Tuesday 22nd September, 10:30am-12pm. We'll meet outside the Gallery at 10:30am and head in together. There'll be a Kyra staff member there throughout, and you can explore together or wander around at your own pace. You're also welcome to stay at the Gallery after 12pm if you'd like!



TEA/COFFEE CONTRIBUTIONS

Don't forget, if you don't have cash, you can still contribute to our tea/coffee fund by using the QR Code. Please ask staff/volunteers if you can't see it in the room.



EXPLORING DOMESTIC ABUSE DURING PREGNANCY & PARENTHOOD

On Wednesday 9th September from 12pm-1pm, we will be holding an information session looking at the results of our "Exploring experiences of domestic abuse during pregnancy and early parenthood" research in collaboration with York St John University. You can join Isobel as she explains the findings of research that has been done in collaboration with YSJ and Kyra.



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.



HEALTH CHECK WITH A MEDICAL PROFESSIONAL

We're delighted to be partnering with Nimbuscare, a team of qualified healthcare professionals who are working to make healthcare advice more accessible in community settings. They're offering free Enhanced Health Checks for Kyra members. It's an opportunity to have a friendly chat about your health, ask any questions you might have, and discuss any concerns in a relaxed, supportive environment. The health check is tailored to you and, if needed, the team can also help signpost you to other services and support. These appointments are particularly aimed at women who may face additional barriers to accessing healthcare, including women who are homeless or don't have a permanent address (including sofa surfing or living in temporary accommodation), asylum seekers, sex workers or people experiencing exploitation, Gypsy, Traveller and Roma women, women recently released from prison, and women experiencing substance use. However, you don't need to belong to one of these groups to book an appointment. If you're a Kyra member and would find it helpful to talk to a medical professional about your physical health, you're very welcome to sign up too. Our first monthly appointments are on Tuesday 15th September 1pm 2pm 3pm



CONVERGE OPEN DAY

Converge, who offer free courses for adults who use mental health services, will be holding their Open Day at Temple Hall, St John University, on Wednesday 2nd September between 1pm – 4pm. It is a drop-in, so there is no need to book. Attendees will have the opportunity to meet staff, find out more about courses and receive support to complete an application form if needed.



THURSDAY CRAFT GROUP RETURNS

After a well earned summer break Joanne will be returning to run our Thursday afternoon craft sessions in September. Feel free to come along and unleash your creative self in our relaxed Thursday afternoon group.



SEPTEMBER WORKSHOPS

Confidence and Assertiveness - Thursday 3rd September 2pm - 4pm

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

Boundaries and Selfcare - Tuesday 15th September 10am - 12pm

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

Positive Thinking - Monday 28th September 10am to 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



NEURODIVERSITY SUPPORT

ND Plus (for members who have completed the ND course)

Every other Monday 12.30pm – 2pm

ROSE ND Peer Support for 18-30 year olds

Every other Monday 5.30pm – 6.30pm

ANDA (Focus group exploring accessing domestic abuse services when neurodiverse)

Every other Wednesday 12pm – 12.45pm followed by optional peer support 1pm – 2pm

Please email sherrie@kyra.org.uk to join any of the above.



BREATH, BODY, MIND

Partners in Dementia who recently ran a well-received Breath, Body, Mind course here at Kyra are running more FREE courses for anyone who looks after or supports someone in their day-to-day life in or around York. The courses will take place in Osbaldwick and Easingwold. You can view the full details [here](#) Please note that these groups will be mixed and not women only.



ENERGY ADVICE OPPORTUNITY



In liaison with Kate from [Yorkshire Energy Doctor](#), who provide free advice surrounding energy costs, Ruby is looking to gauge whether there would be demand here at Kyra for a workshop and possibly an Energy Skills course. It would be ideal for anyone who either wants to better understand their own energy bills and save money, or for anyone looking to upskill and develop new skills and knowledge in the green skills/sustainability sector. YED can deliver an initial in-person group session (2 hours), followed by a 4–5-week period where participants had the chance to work through some online learning content in their own time with some 1-2-1 support (if they wished). The group would then have the opportunity to reconvene for a second session. To attend, individuals would be required to fill out a form beforehand (including their name, address, NI number and questions surrounding their previous level of education) Ruby can support people with this if needed. This may be particularly useful for women that are facing difficulties with becoming financially independent/have recently become financially independent. And for individuals that are wanting to save money. But anyone is welcome! If you are interested in joining, please email ruby@kyra.org.uk

WOMENS HEALTH SUPPORT GROUP

York's very first Women's Health Support Group will be meeting at SPARK on Thursday 10th September from 5pm to 6pm. The group was founded by Laura Jayne, and is born out of her own personal journey. It was created specifically for women living with reproductive health conditions such as endometriosis, PMOS (formerly known as PCOS), fibroids, and beyond, where you can come together to share experiences, learn from one another, and feel truly supported in whatever you may be going through. Whether you are newly diagnosed, years into your journey, or perhaps navigating symptoms without a diagnosis and simply wanting to talk things through, you are welcome here. No judgement, no pressure, just a community of women showing up for each other. It will be a drop-in session, so please come and go as you wish. Afterwards there will be the opportunity to socialise with one another and further build our community. To reserve a place please click [here](#) or you can contact Laura Jayne on Instagram @yorkwomenshealth. **Please note that this group is not part of Kyra.**



QUESTIONS ABOUT LGBTQ+ IDENTITY

Have questions about LGBTQ+ identities, language, or how best to support someone in your life? Maybe there's something you don't quite understand, you're worried about saying the wrong thing, or you'd just like to learn a bit more. Maisie offers relaxed, judgement-free 1-to-1 chats for any Kyra member who'd find it helpful. No question is too basic, and you don't need to have a particular reason for getting in touch. It's simply a space to talk things through and ask whatever's on your mind. If you'd like a chat, just email maisie@kyra.org.uk.

LGBTQ+

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 September are on 3rd and 17th. 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 3rd September Crombie Wilkinson: Thursday 17th September



OUTDOOR DROP-IN

We will be meeting up 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. Upcoming dates – 1st, 15th, 22nd



ICT Support with Anita

Anita is back in September with her 1:1 ICT support sessions. Please bring the tablet/phone/device with you need help with when you come. Bookable appointments on Wednesday 23rd September.



MUMS' MEET-UP 23rd September 1-2pm

A collaboration between Kyra Women's Project and The Well York. Join us in a free, friendly space, while meeting other local mums in a welcoming, supportive environment. Book [here](#)
Where: The Citadel, Gillygate, York YO31 7EA



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. The group runs every other Thursday from 3.30–5pm in the Evie Room. No need to book – just drop in. September dates – 10th and 24th



FREYA Coffee Morning – Wednesday 30th September 11am-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.



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

Positive Thinking Workshop
10am-12pm
28 September

Neurodiversity 18-30 Group
5.30 - 6.30pm every other week
Email sherrie@kyra.org.uk to join

Neurodiversity Course
12.30pm - 2pm
Starts 14th September FULL
Email helen@kyra.org.uk
to join waiting list

ND Plus
12.30pm - 2pm
Every other week

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

TUESDAY

Italian for Beginners
10-11am
Ends 8 September

Boundaries & Selfcare Workshop
10am-12pm
15 September

Art Gallery Visit
10.30am-12pm
22 September

Her Money Matters
1pm - 3pm FULL
1 September
Email helen@kyra.org.uk
to join waiting list

Health Check by Medical Professional
15 September
1pm
2pm
3pm

Drop-in
1-3.30PM

ESTA (Self Esteem) Course
6-8pm FULL
Starts 15 September
Email helen@kyra.org.uk to join
waiting list

WEDNESDAY

Gentle Yoga
10-11am
9 September
16 September
23 September

FREYA Coffee Morning
11am-12pm 30 September
No need to book, just come along

ANDA

Focus Group 12-12.45pm
Peer Support 1-2pm
Email sherrie@kyra.org.uk

Mum's Meet-up

1pm - 2pm
23rd September
[Book here](#)

ICT with Anita

23 September
1pm
2pm

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 3 September
10am-12.30pm at Castle Museum



Craft Group

2-4pm
3 September
17 September

Legal Support Sessions (CW)

17 September
10am
11am

Legal Support Sessions (IH)

3 September
12.30pm
1pm

LGBTQ+ Group

3.30pm to 5pm
10 + 24 September
No need to book, just come along

Walking Group

10.30am-12.30pm
10 September

Kyra Voices

6pm to 7.30pm
3 + 17 September

FRIDAY

ORLA

10.30am-12.30pm
Starts 11 September
Email helen@kyra.org.uk
to join waiting list

Steps to ROSE (Quiet Group)

10 - 11am
Email sherrie@kyra.org.uk

ROSE (New Members)

11.30am-1pm
Email sherrie@kyra.org.uk

SATURDAY

Poetry Group (via Zoom)

12-2pm 5 + 19 September
Email glynis@kyra.org.uk to join



Swallows gathering
Morning fog on the water
Summer has ended

ONGOING PROJECTS

FREYA

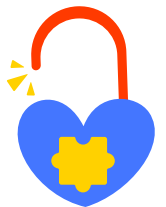


Following on from our successful Route to Recovery programme, FREYA (Finding Routes to Empower Your Actions) is a 2.5 year project here at Kyra, funded by the National Lottery. It aims to give women access to structured and personalised support to set goals and tailor a pathway through their Kyra journey.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

Neurodiversity Groups for members who have either a medical or self diagnosis of neurodiversity. The sessions generally take place on Mondays or Wednesdays. Check info in this newsletter or email sherrie@kyra.org.uk



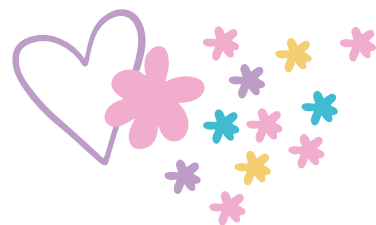
ROSE +

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:

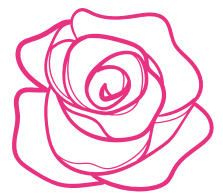
- Understand how anxiety is caused in the brain,
- Know how it affects us, and
- To recognise, change and turn off anxious thoughts.

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



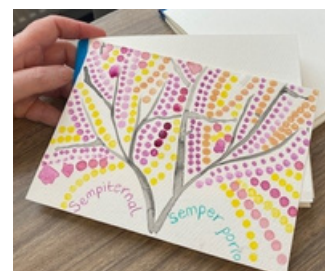
ROSE PROJECT

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.



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.



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

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.



ORLA

Kyra's new course for members experiencing or having survived domestic abuse.

- Are you aware of the different types of abuse?
- Have you suffered or are suffering abuse from a partner, wife/husband, parents, children, close family members or close friends?

The ORLA course will give you space and time to overcome abuse by helping you develop self-awareness, building strengths, learn tools for moving on. Most of all, you will understand the cycle of abuse, patterns of abusive behaviour and spot any warning signs for the future.



OVERCOMING, RECOGNISING &
LEARNING ABOUT ABUSE

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