

KYRA WOMEN'S PROJECT NEWSLETTER



October 2026

Monthly Email Newsletter

KYRA CROWDFUNDING CAMPAIGN

We've got some exciting news: Kyra's new crowdfunding campaign is now LIVE! We're raising money through the Aviva Foundation's Community Fund to help us continue supporting women in York. Money raised will help us provide foodbank vouchers, one-to-one support to understand each woman's individual needs, and supported referrals to specialist financial advice services. Every donation, big or small, will make a difference. And if you're not able to donate, sharing our campaign helps enormously too! You can take a look and support Kyra [here](#). A huge thank you to everyone who donates, shares and supports Kyra and our members! [Linkedin](#) [Facebook](#) [Instagram](#)



YORKSHIRE ENERGY DOCTOR AT KYRA

Want to learn more about your energy usage? Yorkshire Energy Doctor is running a free course at Kyra that will build your understanding of your own energy use/bills. This will help you gain skills, take action and save money. The first session will be on Tuesday 20th October from 10am to 12pm. A follow-up session will take place roughly 5 weeks later (date TBC at first session). If you are interested in taking part please email ruby@kyra.org.uk



INTRODUCTION TO SELF-EMPLOYMENT

Janet from Momentic will be at Kyra on Wednesday 14th October, from 10am to 12pm to talk about and give advice on working for yourself. You can join this basic Introduction to Self-Employment session, created especially for women who just don't know where to start. In a calm, supportive, and judgement-free space, we'll gently talk through:

- What self-employment really means
- Simple first steps (no jargon, no pressure)
- Common fears and how to manage them
- Building confidence at your pace
- How to access fully funded one to one support

You don't need a business idea, experience, or confidence to attend — just curiosity. Friendly support. No expectations. Come as you are and leave feeling clearer, calmer, and more empowered.



COMMUNITY BEES DROP-IN



**Community
Bees**

Community Bees provide compassionate, long-term hoarding support while creating opportunities for people and the planet to thrive. They work alongside people affected by hoarding, helping them rebuild confidence and regain control at their own pace. If you would like to find out more about the work CB do, please come along to their dedicated Kyra drop-in on **Monday 19th October**, from 2pm to 3pm. (There is no need to book).

DONATIONS – THANK YOU!

Thank you so much to our anonymous member who has donated £1,000 to our counselling service. Your generosity is greatly appreciated.



A big thank you to the TK Maxx or Homesense employee who nominated Kyra, and to The Trustees of The TK Maxx and Homesense Foundation, who have agreed to make a one-off donation of £500 from their Community Fund.

YORK CASTLE MUSEUM VISIT

Join us for a free, relaxed trip to the York Castle Museum on Tuesday 13th October, from 10:30am–12pm! We'll meet in the entrance of the York Castle Museum 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 museum after 12pm if you'd like!



ROSE INFORMATION & CRAFT SESSION

If you are aged 18 to 30, and would like to find out more about our young women's groups here at Kyra, please come along to our ROSE information and craft session on Friday 30th October from 12pm to 2pm. There is no need to book, you can just come along on the day. For further info email sherrie@kyra.org.uk



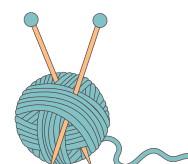
PUMPKIN ARRANGING WORKSHOP

Hannah from [Spider Gerbera Florists](#) has kindly offered to run a free Pumpkin Arranging Workshop for a group of Kyra members during October. We don't have a confirmed date yet, but it will take place at their premises at 89 Mickelgate. If you are interested in participating, please email contact@kyra.org.uk and you will be sent the full details when available.



KNITTING NEEDLES GIVEAWAY

We have had a donation of knitting needles. If anyone would like some, please call into the office before the end of October.



OCTOBER WORKSHOPS

Boundaries and Selfcare - Thursday 15th October 2pm - 4pm

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.

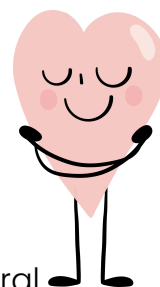


Loss workshop - Thursday 15th October 2pm - 3pm

This workshop is an hour-long introduction to dealing with all types of loss. It will provide self-care tips and coping mechanisms for grief. We will discuss what grief is, common effects of grief and explore some models to help cope with the impact of grief. Upon completion, you have the opportunity to sign up for a future 4-week loss course where we will cover the topics in the workshop in more detail.

Managing Emotions Workshop - Monday 19th October 10am-12pm

This workshop covers learning to control our response, strategies and tactics to get through tough times, and achieving and maintaining balance.



Confidence & Assertiveness Workshop - Thursday 29th October 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.

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 5pm - 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.



HEALTH TRAINER VISIT - 8 OCTOBER

York City Council Health Trainer, Toni Dutton, will be attending our Drop-in on Thursday 8 October 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
- Blood pressure monitoring



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. You will learn some basic macramé techniques to create something new, in a friendly and relaxing environment. To join this workshop on Thursday 22nd October, from 2pm to 3.30pm



FREE CARD MAKING WORKSHOP

Our friends at Cultural Connections are offering 2 free Diwali (Festival of Lights) and Bonfire Night Card Making Workshops on Tuesday 27 October at York Theatre Royal. There is no need to book, you can just go along between 11am and 12pm, or 1pm and 2pm. (These workshops are not run by Kyra)



THERAPEUTIC PHOTOGRAPHY

Mindful Photography delivers mindful and therapeutic photography workshops across York, North Yorkshire and online. Following on from a successful project last year, they are returning to offer a further therapeutic photography course for women in York. It begins on Monday 19th October 10-12 at St Sampson's Centre, York. There are five sessions, ending on Monday 16th November. They are happy for you to bring your children throughout half-term week. You can use a camera, a smartphone or a tablet. For more information or to book, click [here](#) (These workshops are not run by Kyra)



ROSE "BREATH" WORKSHOP

If you are a ROSE member and would like to join our BREATH workshop on Friday 9th October, please email sherrie@kyra.org.uk to book your place.



KYRA WALKING GROUP

Join our relaxed group for a walk around York. We'll explore some lovely city centre views, enjoy friendly chats in a small, welcoming group, and stop for a cuppa along the way. We generally go out 2 Thursday mornings each month. If you find that the walks are already full, please join the waiting list, as there can often be around a 25% drop out before the walk and places will then become available.



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.

CRAFT GROUP

Joanne is back with her fortnightly craft groups. Come along and embrace your creative self. October dates – Thursday 1st and Wednesday 14th



KYRA VOICES – EVERY OTHER THURSDAY 6 – 7.30PM

Our twice monthly Thursday evening singing group. Voices dates in October are on 1st, 15th and 29th. Please book using the link above.



NIMBUS CARE HEALTH CHECKS- TUESDAY 27TH OCTOBER

This is a chance to have a free one-to-one chat with a medical professional about your physical health. Whether you have questions about an ongoing health condition, medication, pain, symptoms you're worried about, staying healthy, or simply want some medical advice or reassurance, they're there to help.



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 1st October. Crombie Wilkinson: Thursday 15th October.



OUTDOOR DROP-IN

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. October dates: 6th and 20th



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. October dates – 8th and 22nd



FREYA COFFEE MORNING – Wednesday 28th October 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.



MUMS' MEET-UP

This is 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. When: Wednesday 28th October 1pm to 2pm. Where: The Citadel, Gillygate, York YO31 7EA



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

19 October

Community Bees Drop-in

2pm-3pm

19 October - no need to book, just come along

Neurodiversity Course

12.30pm - 2pm

FULL

Email helen@kyra.org.uk to join waiting list

ND Plus

12.30pm - 2pm

Every other week



Neurodiversity 18-30 Group

5 - 6.30pm every other week

Email sherrie@kyra.org.uk to join

Rose + Project

(members aged 25 - 30 yrs)

6.30 - 8pm weekly

Email sherrie@kyra.org.uk to join

TUESDAY

Yorkshire Energy Doctor

10am-12pm

20 October

Email ruby@kyra.org.uk to join

Health Check by Medical Professional

27 October

1pm/2pm/3pm

Castle Museum Visit

10.30am-12pm

13 October

Her Money Matters

1pm - 3pm FULL

6 October

Email helen@kyra.org.uk to join waiting list

Drop-in

1-3.30PM

No need to book, just come along

ESTA (Self Esteem) Course

6-8pm FULL

Email helen@kyra.org.uk to join waiting list



WEDNESDAY

Introduction to Self-employment

10am-12pm

14 October

FREYA Coffee Morning

11am-12pm 28 October

No need to book, just come along

ICT with Anita

21 October

FULL

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

Craft Group
2-4pm
14 October [Book here](#)

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

Mum's Meet-up
1pm - 2pm
14 October
[Book here](#)



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

THURSDAY

Drop-in
10 AM-12.30PM
No need to book, just come along

Loss Workshop
2-3pm
15 October

Craft Group
2-4pm
1 October

Legal Support Sessions (CW)
15 October

10am / 11am

Legal Support Sessions (IH)
1 October
12.30pm / 1pm

Confidence & Assertiveness Workshop
2-4pm
29 October

Walking Group
10.30am-12.30pm
8 October

Mindful Macrame
2-3.30pm
22 October [Book here](#)

LGBTQ+ Group
3.30pm to 5pm
8 + 22 October
No need to book, just come along

Boundaries & Selfcare Workshop
2-4pm
15 October



Kyra Voices
6pm to 7.30pm
1, 15 + 29 October

FRIDAY

ORLA
10.30am-12.30pm
Ends 9 October
Email helen@kyra.org.uk
to join waiting list

Steps to ROSE (Quiet Group)
10 - 11am
ROSE BREATH Workshop
9 October
Email sherrie@kyra.org.uk

ROSE (New Members)
11.30am-1pm
Email sherrie@kyra.org.uk

ROSE Information Session
12pm-2pm 30 October
No need to book, just come along

SATURDAY

Poetry Group (via Zoom)
3 + 24 October



She calls us outside
To tumble in crunchy leaves
She's here! Autumn is here!

ONGOING PROJECTS

RISE2THRIVE/TRAILBLAZER



Ruby is 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 who are interested in getting back in to/starting employment, volunteering or education. 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.

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.



SOFIA

This 4-part solutions focused interventions for anxiety course will provide you with a tool kit to enable you to:

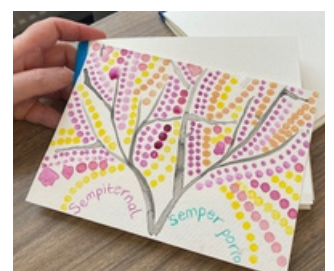
- Understand how anxiety is caused in the brain,
- Know how it affects us, and
- To recognise, change and turn off anxious thoughts.

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



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.**



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.



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