# KYRA WOMEN'S PROJECT NEWSLETTER

***November 2026***

***Monthly Email Newsletter***

## JULES WYMAN TRIBUTE





Everyone at Kyra is deeply saddened by the passing of our good friend Jules Wyman. Jules was a wonderful advocate for Kyra and for women's wellbeing in York. Many of our members attended her 1:1 Motivational Mondays sessions here at Kyra up to 2024, and from the feedback we received, she truly helped to transform women's lives. Jules was also a passionate fundraiser for Kyra. She walked the 3 Peaks Challenge for us, as well as captaining our Dragon Boat Crew for several years. She was a great and inspirational life coach who helped many women permanently move forward with their lives. She was also a constant source of inspiration and fun to our staff and volunteers, a true role model, who lit Kyra up whenever she was here. She will be sincerely missed. Jules Wyman Tribute Page includes details of her Celebration of Life on 6th November.

## CHOCOLATE MAKING MASTERCLASS




Fancy an afternoon of creativity, sweetness, and a bit of delicious chaos? Join us for a hands-on Chocolate Making Masterclass at York's Chocolate Story (just a 2-minute walk from Kyra, right on King's Square) from 2pm to 3.30pm on Wednesday 18th November. Maisie will guide you through making your own chocolate lollies, bars, truffles, and more. No experience needed, just enthusiasm, and a willingness to get a tiny bit messy. (Priority will be given to members who have not attended a masterclass before)

## KNIT AND NATTER



Fancy some knitting, crocheting and a good natter? Come along to our relaxed Knit & Natter session, running alongside our usual Tuesday Drop-In, taking place in the kitchen on Tuesday 17th November, from 1pm to 3pm. Bring along your current knitting or crochet project, or use some of our wool and needles. This isn't a taught session, but simply a chance to get together, have a cuppa and enjoy some company. No booking needed! Just pop in whenever you like and stay for as long as you fancy.

kyra

Transforming Women's Wellbeing

# Community Coffee Campaign

**For the cost of a coffee £2-£5, you can help women reach a safe space of support where they will find:**

**Connection, Courses & Counselling**

**Kyra** is a York-based charity supporting women facing mental health challenges, domestic abuse, loneliness and isolation, bereavement, unemployment, and major life difficulties.

**While you wait, please scan to donate:**



**Your donation will help fund...**

1 hour workshop for 8 women recovering from trauma
£333

2 hour workshop for 8 domestic abuse survivors
£455

10 sessions of one-to-one counselling
£500

And so much more.

**Join | Donate | Volunteer**


**Central Methodist Church,**

**St Saviourgate, York, YO1 8NQ**

**01904 632332**

**contact@kyra.org.uk**

**www.kyra.org.uk**

**@Kyra Women's Project**

**@KyraWomen**


## A coffee to you. A lifeline for her.

charity no. 1154290

# ADVENT RAFFLE

kyra
women's project

## OVER £2,000 WORTH OF PRIZES TO BE WON!

**£2 per ticket**

**SCAN TO ENTER**

**Watch out for special Double Door Days with two prizes and two winners!**

Or visit: goodhub.com/go/kyraadventraffle

**Prizes will be revealed every day throughout 1st-24th of December, with a winner announced each evening**

No maximum number of entries.
All proceeds support Kyra Women's Project.

**A huge thank you to all the generous businesses involved!**

For T&Cs please visit: www.goodhub.com/go/kyraadventraffle

# RAFFLE PRIZE LIST

## WORTH OVER £2,000!

## £2 per ticket

kyra
women's project

- The Recharge Hub – Wellness Treatment
- York Sports Village – 1-Month Pass & Family Swim
- York Chocolate Story – Family Pass for 4
- Mova Studios – 1-Month Membership
- Rudding Park – £25 Voucher
- Blackwheat Club – £35 Voucher
- Pool Bridge Farm – Sauna Experience for 2
- Piglets Adventure Farm – Family Pass for 4
- C&N Nails – Manicure Voucher
- Stanley & Ramona – £10 Voucher
- Books & Bevs – Book & Voucher Bundle
- 2ManyWines – £10 Voucher
- The Self Love Revolution – 3 Month Membership
- Hera – Meal For 2 & Bottle of Wine
- Middlethorpe Hotel & Spa – Gift Voucher
- Flourish – Brunch for 2, Pilates Class & Yoga Class
- York Gin – Gin Tasting Experience
- Ink & Craft – 2 Tickets to Any Workshop
- Impossible Bar York – Afternoon Tea for 2
- Hotpod Yoga – Class Pass for 2
- Brew York – Case of Craft Beer
- Nestle – Treat Hamper
- Robinsons Cafe – £20 Voucher
- Bishy Weigh – £10 Voucher
- Pig & Pastry – £5 Voucher
- Millers Fish & Chips – £15 Voucher
- Aimee's Place – 3-Month Membership
- Topping and Company – 2 Event Places of Choice
- The Cat's Whiskers - Gift Voucher
- **Plus more prizes may be added!** ✨

**A huge thank you to all the generous businesses who donated such fantastic prizes!**

For T&Cs please visit: www.goodhub.com/go/kyraadventraffle

## KYRA CHRISTMAS PARTY



It's almost that time of year again! We will be holding our Member Christmas Party at the Frairgate Meeting House on Tuesday 15th December, from 1.30pm to 3.30pm. If you wish to come along and joinn the festive fun, (Places are limited so please book on a.s.a.p.)

## CHRISTMAS FAIR AT SPARK



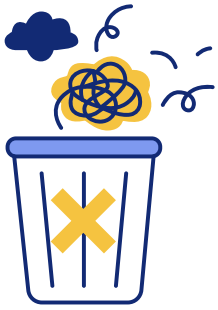

Kyra will be holding a fundraising Christmas Fair at SPARK on Sunday 6th December from 12pm to 5pm. Members are welcome to make items to sell, donate items for the tombola and of course come along to support us on the day! Please contact sherrie@kyra.org.uk if you are interested in making something.

## CHRISTMAS DECORATIONS DONATIONS



Please bring in any Christmas decorations that you no longer want and are still in good condition. There will be a labelled box under the little table in the kitchen to store them in. These will be donated to other Kyra members who are in need, and also sold at our Christmas Fair at Spark. If you need some decorations this Christmas please email sherrie@kyra.org.uk

## DECLUTTER TUESDAY - 24TH NOVEMBER



Over the years Kyra has accumulated lots and lots of different craft materials and fabrics etc. and we have now run out of storage space. During the afternoon drop-in on Tuesday 24th November, we will be holding a sort out / decluttering session, primarily focusing on the big grey cupboard in the Evie Room. If any members have an interest in what is kept in this cupboard, please feel free to come along and help out.

## "THE REAL COUNT" ANONYMOUS DOMESTIC ABUSE DATA PLATFORM

A new initiative with the Crossing Pathways Network, The Real Count UK is an anonymous survey designed to help build a more accurate picture of domestic abuse across the UK. While existing domestic abuse statistics are incredibly important, they can only capture experiences that are reported or otherwise recorded. Many people never report their experiences, meaning their voices are not reflected in the evidence used to shape policy, commissioning and services. The Real Count UK aims to help close this gap by giving people the opportunity to anonymously share what they have experienced, whether it happened recently or many years ago, and whether it was ever reported or shared with anyone. The survey takes around 90 seconds to complete and does not ask for names, addresses or other identifying information. Every response will help contribute to a clearer understanding of domestic abuse and strengthen the evidence available to researchers, commissioners, policymakers and frontline organisations. You can join the count here

## NOVEMBER WORKSHOPS

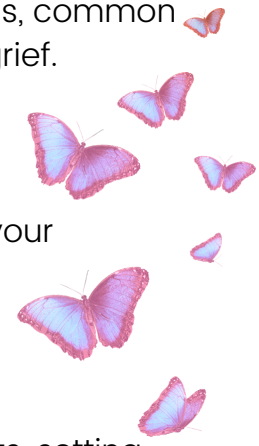


Managing Emotions Workshop - Thursday 12th November 11am to 1pm

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

Loss Workshop -Friday 20th November 10.30am to 12.30pm

This workshop is a 2 hour 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.



Positive Thinking Workshop - Monday 23rd November 10am-12pm

This workshop has tips and tools to help you with practicing and boosting your positivity, and learning how to respond to challenges.

Habits, Goals & Vision Workshop - Thursday 26th November 2pm - 4pm

This 2 hour 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.

## NEURODIVERSITY SUPPORT



Right to Choose Online Workshop Wednesday 18th November 10am to 11am

An online workshop to explore how the Right to Choose process works with getting a diagnosis, as well as tips and pitfalls. (For all members who are Neurodiverse).

Neurodiverse mums/carers with Neurodiverse children Workshop Friday 4th December 12.30pm to 2.30pm

- Information on local support for ND mums and ND children with Claire from SEND Central.
- Open discussion on managing expectations and mental wellbeing (especially with Christmas approaching) with Ashley (CVS).
- Breathwork relaxation with some tips to help deregulate and calm the central nervous system with Anna from Pranaflow.

There are limited spaces left so please email sherrie@kyra.org.uk for more information or to book on.



If you live in North Yorkshire but outside the City of York boundaries, there may be other session opportunities, please email sherrie@kyra.org.uk and include your postcode.

## FREE MENOPAUSE SUPPORT APP

If you live in York or North Yorkshire and are struggling with Menopause Symptoms and require some support - The Peppy Health app offers free UNLIMITED virtual one-to-one consultations with a qualified specialist menopause nurse as well as access to other great features, including:



- A handy app for use on the go
- A large library of guidance, videos, articles, and courses
- Group chat and support
- Chat with menopause nurses
- Regular webinars

please email hnyicb-nel.goodwork@nhs.net for more information.

## MINDFUL JEWELLERY MAKING



Join us on Thursday 5th November (2-4pm) for this relaxing jewellery making session. 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.

## YORKSHIRE MUSEUM VISIT



Join us for a free, relaxed trip to the Yorkshire Museum on Tuesday 8th December, 10:30am–12pm. We'll meet in the entrance of the Yorkshire 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!

## DISABILITY FOCUSED LIVE POETRY EVENT

Are you a fan of modern poetry? Every year, the City of York hosts the most accessible live poetry event in the UK, and it's disabled-focused and disabled-led. This year's event is on Friday, 27 November, 7pm doors for a 7.30pm start, at the National Centre for Early Music, York. Poetry for All offers: BSL interpretation of all poems, in a steps-free venue, with fab acoustics, and where PAs are free and service dogs encouraged. It will be livestreamed for added accessibility, and co-hosted by Fay Roberts. Two headliners - Colly Metcalfe and Carys Hannah - and 4 to 5 local poets, including Chris Campbell, Woody Woodward, Fiona Stratton, and others.



£8 entry / £5 conc. Join us and feel included!
Part of York Disability Week 2026.
You can pay at the door or book here
(This is not a Kyra event, and will not be women only)

## KYRA OUTREACH IN BEVERLEY

We are going to be running some pop-up Kyra sessions in Beverley focussing on employment, neurodiversity and self-development. Please see details below. If you know someone in this area who might be interested, please let them know! Anyone who wants to attend can email molly@kyra.org.uk







## ROSE- GIVE IT A GO WEEK

If you know a young woman aged 18-30 who is interested in finding out more about groups and support for this age group then Kyra is participating in Give It A Go Week. There is a drop in on Friday 30th October from 12pm-2pm, with crafts and cake. No booking is required, they can just come along and check it out and meet the ROSE team.

## COMMUNITY BEES WORKSHOPS



Our friends at Community Bees are holding some Christmas Workshops at their Clifton Moor hub. They will include wreath making, garland making and table centres, from the end of November onwards. There is a joining charge for each workshop, but you get to take home what you have made. Please email general.communitybees@gmail.com if you are interested.

# UPCOMING SESSIONS WITH AVAILABLE PLACES



CRAFT GROUP

Joanne is back with her fortnightly craft groups. Come along and embrace your creative self. November dates are Thursdays 12th and 26th.



KYRA VOICES - EVERY OTHER THURSDAY 6 - 7.30PM

Our twice monthly Thursday evening singing group. Voices dates in November are 12th and 26th. 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 5th November. Crombie Wilkinson: Thursday 19th November.



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. November dates: 3rd and 17th.

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. November dates - 5th and 19th



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 11th November 1pm to 2pm. Where: The Citadel, Gillygate, York YO31 7EA



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. Please see main booking page for our current bookable walks.**



# 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
23 November



**Neurodiversity 18-30 Group**
5 - 6.30pm every other week
Email sherrie@kyra.org.uk to join

**Neurodiversity Course**
12.30pm - 2pm **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

**Drop-in**
1-3.30PM
**Knit & Natter** - 17 November
**Decluttering** - 24 November

**Her Money Matters**
1pm - 3pm
3 November

**ESTA (Self Esteem) Course**
6-8pm FULL (ends 17 Nov)

## WEDNESDAY

**Right to Choose Online (ND)**
10am - 11am 18 November

**Mum's Meet-up**
1pm - 2pm
11 November
Book here

**Chocolate Masterclass**
**(York Chocolate Story)**
2pm - 3.30pm
18 November



**SOFIA (Anxiety Solutions) Course**
10.30am - 12.30pm
Starts 4 November **FULL**

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

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

**ICT with Anita**
18 November
Email helen@kyra.org.uk
to join waiting list

**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 - CASTLE MUSEUM**
10am-12.30pm 12 November

**Legal Support Sessions (CW)**
19 November
10am / 11am



**Walking Group**
10.30am-12.30pm
12 November

**Managing Emotions Workshop**
**11am - 1pm**
12 November

**Legal Support Sessions (IH)**
5 November
12.30pm / 1pm



**Mindful Jewellery Making**
2-4pm
5 November

**Craft Group**
2-4pm
12 + 26 November

**Habits, Goals & Vision Workshop**
2-4pm
26 November

**LGBTQ+ Group**
3.30pm to 5pm
5 + 19 November
No need to book, just come along

**Kyra Voices**
6pm to 7.30pm
12 + 26 November

## FRIDAY

**Steps to ROSE (Quiet Group)**
10 - 11am
Email sherrie@kyra.org.uk

**Loss Workshop**
10.30am - 12.30pm
20 November

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

## SATURDAY

**Poetry Group (via Zoom)**
7 + 21 November
Email glynis@kyra.org.uk to join



Autumn sun sublime
between the leaves painting soft
her smile reminding

## FREYA

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. THIS PROJECT IS CURRENTLY FULL.

## 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.

# SESSION INFORMATION

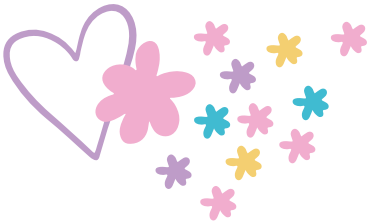
## DROP IN

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.



## 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

## 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.

## 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.

## 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 phyiscal 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.

## 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

contact@kyra.org.uk

www.kyra.org.uk

@KyraYorkWomensCentre

@KyraWomen


PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA

CHARITY NO. 1154290