



KYRA WOMEN'S PROJECT NEWSLETTER



December 2024

Monthly Email Newsletter

KYRA CHRISTMAS OPENING / DROP-IN

This year we will be holding a member's Drop-in on Friday 27th December, from 1pm to 3pm, here at Kyra. If you are hoping to come, please let one of the volunteers know so that we can roughly plan how many to expect for refreshments. Some of our Kyra staff will also be working between Christmas and New Year, on the following days - Friday 27th, Monday 30th and Tuesday 31st - from 9.30am-3pm, if you wish to get in touch to make a booking etc.



ROSES IN THE SNOW - WINTER APPEAL

This year's theme for Kyra's Winter Appeal is focused on the Rose Group. The aim of the campaign is to not only raise an awareness of the difficulties many young women/individuals experience, but also to raise funding for Kyra, so that we can continue to support and deliver services for our members. Please share the link below or join us in raising an awareness and support for Kyra if you are able to!

Roses in the Snow



DECEMBER CRAFT GROUPS



If you are feeling crafty this festive season, we have a variety of arts and crafts groups for you. Please use the links below to book on:

Accessible Craft Group (Friargate Meeting House)

Wednesday 4th December 10.30am to 12pm



Art & Craft Group (at Kyra)

Thursday 5th December 2pm to 4pm (Jewellery Making)



Thursday 12th December 2pm to 4pm (Christmas Bags)



Wednesday 18th December 10.30am to 12pm (Fully booked)



Thursday 19th December 2pm to 4pm (Christmas Cards & Candle Painting)

DECEMBER WORKSHOPS

We have 3 workshops running in December. please click on the links below to book:

ONLINE Managing Emotions Thursday 12th December 5.30-8.30pm ONLINE

This workshop is designed to help you learn to control your response strategies and tactics to get through tough times, and achieve and maintain balance. It will be delivered via Zoom.



Boundaries & Selfcare Friday 13th December 12pm - 3pm (at Kyra)

This 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 Tuesday 17th December 10am - 1pm (at Kyra)

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

YORK GHOST MERCHANTS DONATION



A very big thank you to The York Ghost Merchants from everyone here at Kyra, for their incredible £4470 donation, which was raised from a recent raffle.



CHRISTMAS PARTY

Our Kyra Christmas Party, which will take place at the Friargate Meeting House on Tuesday 10th December, is now fully booked, but you can join the waiting list here in case anyone drops out. If you have booked a place and can no longer come, please let us know so that someone else can attend.



SEATED YOGA SESSION

Our final yoga session of 2024 will be a Seated Yoga session with Anna Semlyen on Wednesday 4th December from 12pm to 1pm, at the Friargate Meeting House. You can book your place here



CAPACITAR CHRISTMAS BREAK

There will be Capacitar sessions on Monday 2nd and 9th December, after which Jo and Sue will be on a well earned Christmas Break.

SPARK QUINGO QUIZ FOR KYRA

On Wednesday 4th December, Spark will be hosting a Quingo Quiz from 7-9pm, and all of their profits will go to Kyra's Winter Appeal. A big thank you to them. If you wish to go along and join in, it costs £2 per person, for teams of up to 6.



Come & join Laura & Glynis for coffee & cake with an informative chat about RISE2THRIVE. We are reaching out to women who are in need of help to gain employment in a supportive & caring environment. Open to RISE2THRIVE participants & anyone interested in signing up for the program.

Tuesday 10th Dec 2024 - 11am - 12pm

This project is funded by the UK Government through the UK Shared Prosperity Fund



THE WRITING TO PROMOTE WELLNESS WOMEN'S GROUP – RECRUITING NOW

The Writing to Promote Wellness Women's Group is beginning again in February 2025 and will run one morning a week for six weeks. It is free to attend and is held in the Centre of York. The group is led by a Consultant Clinical Psychologist and looks to strengthen emotional wellbeing and mental health through completing short writing activities in a supportive and guided setting. It's a chance to make new friends, have some fun, and learn how to 'write yourself' into a stronger version of you.

This group would suit you, if you are struggling with your mood or wellbeing, or you are someone who has experienced trauma in your past, or you just want to learn more about yourself and develop effective ways to cope more effectively with the challenges of life. No previous writing experience is necessary. You don't have to be a good writer to join us, and you don't have to share anything you write about if you don't feel comfortable.



If you would like to apply for a free place on the group, or find out more about it, then please contact Dr Melanie Forster: melanie.forster@york.ac.uk Please note that there are only a few spaces left.

ACCESS TO KYRA

As the cold weather is upon us again, please note that, if the courtyard doors are closed, you can walk round the inside corridor to get to Kyra. (Please do so quietly if there is an event on in the hall). Please also note that the metal gate in the courtyard is to be used as an emergency fire exit only, and you should leave your Kyra session through the front door, the way you came in. Many thanks!

COURTYARD UPDATE

Lis and Julia have finally managed to put the court yard garden to bed for winter, now the all beds have been weeded again and all the spring bulbs have been planted. It should look lovely and cheerful now in Spring due to everybody's kind donation of bulbs. 🌷🌸🌺🌻

**MERRY
CHRISTMAS**



SESSION TIMETABLE

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

Capacitar

10.15-11.30am 2 + 9 December
No need to book, just come along
[Find out more about Capacitar](#)

Route to Recovery Quiet Drop-In
1pm-2.30pm 9 December
(for members on R2R project only)

Neurodiversity Lunch (12.30pm)
Neurodiversity Group (1-2.30pm)

Rose + Project
(members aged 25.5 - 30 yrs)
6.30-8pm

TUESDAY

Sound Meditation

10-11am
3 + 10 December (Fully booked)

Christmas Party!

1.30-3.30PM
10 December (Fully booked)
Friargate Meeting House



Drop-in

1-3.30PM
(Last Tuesday Drop-in of 2024 - 17 December)



WEDNESDAY

Art & Craft Group

10.30am-12pm
18 December (Fully Booked)

Seated Yoga (Friargate)

12-1pm
4 December



Accessible Craft Group (Friargate)

10.30am-12pm
4 December



MODA (Moving on from domestic abuse)

Run by IDAS Started 6 November
1-3pm



Route to Recovery Quiet Drop-In
1-2.30pm
4 + 18 December
(for members on R2R project only)

Rose Project
Social session
(members aged 18 - 25 yrs)
6.30PM - 8PM

Rose Project
Wellbeing session
(members aged 18 - 25 yrs)
3 - 4.30pm

THURSDAY

Drop-in
10 AM-12.30PM
(Last Thursday Drop-in of 2024 - 19 December)

Art & Craft Group
2-4pm
5, 12, 19 December

Positive Thinking Workshop
10am-1pm
17 December

ONLINE Managing Emotions Workshop
5.30-8.30pm
12 December



Walking Group
10.30am
5 December
9 January

Kyra Voices
6pm to 7.30pm (Fortnightly)
5 + 19 December

FRIDAY

Boundaries & Selfcare Workshop
12pm-3pm
13 December

ESTA
1-3pm
Started 8 November

SATURDAY

Poetry Group
12pm-1:30pm
7 + 21 December



SESSION INFORMATION

CAPACITAR

Capacitar Practices for Healing, Wellbeing and Self-Care

Weekly sessions cover many mind, body and spiritual techniques for self-care used by Capacitar in more than 45 countries around the world. You can check out their website [here](#)



Some of the practices covered include:-

- Breath work
- Tai Chi
- Meditation
- Energy practices
- Circle dance
- Acupressure

No need to book, you can just come along on the day. Please let us know if you'd like to attend so we can add your contact details to a mailing list in case of changes to scheduled dates. Please note - Check timetable for dates.

NEURODIVERISTY GROUP

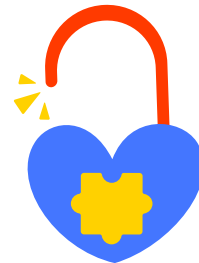
Neurodiversity Group for members who have either a medical or self diagnosis of neurodiversity. This will take place every other Monday afternoon.

12.30-1pm Light Lunch

1.00-1.45pm Information Session with Manar

(from Living Autism) who will cover a relevant topic

1.45-2.30 Social or reflective time



ROSE +

Our brand new 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.



SOUND MEDITATION

A type of mindfulness meditation that uses sounds to focus the mind. The idea is that the sound will help to anchor the mind in the present moment and allow you to let go of distractions. Therapeutic sound can help to: Reduce stress, anxiety and depression, Release negative emotions and thought patterns. Manage and reduce pain Improve sleep and increase energy levels. Improve concentration and improve wellbeing.



DROP IN

Attend our drop in sessions to re-connect to other members face-to-face in Kyra. We ask that members continue to be mindful of others and respect that others might want to keep social distancing while attending the session. Our drop-ins run weekly on Tuesday afternoons 1-3.30pm and Thursday mornings 10am-12.30pm.



ARTS & CRAFTS GROUP

Our Kyra art and craft group is there to help you try new things and get creative. You'll explore different themed projects as you express your creativity. You can now book onto individual Wednesday morning and Thursday afternoon sessions.



R2R QUIET DROP-IN

This is a quiet drop-in for members who are enrolled on the Route to Recovery (R2R) project at Kyra. We will only be booking limited numbers so don't forget to book a space.



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 come along on selected Thursdays, 10.30am, to our walk. We'll check out some lovely views you might not have seen around the City Centre, have a friendly chat in a small welcoming group, with a stop off for a cuppa. Walking and chatting are great to improve both mental and physical health.



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 . No need to book, just come along.



ESTA

Our ESTA self-esteem group can help if you recognise any of the below. Runs over 10-weeks.



- 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

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 3 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.

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



ONGOING PROJECTS

RISE TO THRIVE – SUPPORT TOWARDS EMPLOYMENT

Reaching out to anyone who is economically inactive (hasn't been looking for work within the last month and not at this moment on job search) to prepare for employment. You will receive 1 to 1 help from a Key Worker, help with CV writing, Interview techniques, looking at your well-being to see which areas may be holding you back. Contact glynis@kyra.org.uk



SOLICITOR ADVICE

Kyra can refer members to a local solicitor to have a free initial appointment to receive advice on family law matters, If you would like to speak with the solicitors, please email contact@kyra.org.uk or give us a call on 01904 632332 and we will request an appointment for you.



FOOD BANK VOUCHER

Kyra can issue vouchers for our members to access a 3-day emergency parcel of food from York Food Bank. If you need this support please contact maisie@kyra.org.uk, molly@kyra.org.uk or sherrie@kyra.org.uk, or give us a call on 01904 632332. We will need to complete an online form with you to request an emergency food parcel for your household, so the process may take a few days. Please note we can usually only arrange one voucher in six months per household.



CITIZENS ADVICE

Need advice on debt, benefits, housing, consumer or family law? We can refer you to an advisor for help. Please email contact@kyra.org.uk or call 01904 632332.



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



@KyraWomen

PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA

CHARITY NO. 1154290