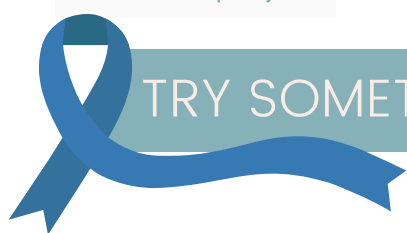


# KYRA WOMEN'S PROJECT NEWSLETTER



*January 2025*  
*Monthly Email Newsletter*

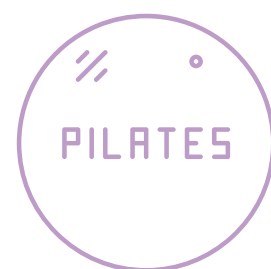


TRY SOMETHING NEW IN 2025!

**GIVE IT  
A  
WHIRL**

## PILATES TASTER SESSIONS

In January we are running 3 Beginners Pilates Taster Sessions. Pilates is a low-intensity muscle-strengthening workout that focuses on building strong core muscles. You can join Sarah on any of the dates below (please click to book). We ask that you only book yourself onto 1 session for now, to give as many members as possible a chance to try it. (If you wish to attend more, please email [helenh@kyra.org.uk](mailto:helenh@kyra.org.uk) and any remaining spaces will be allocated on a first come basis).



Thursday 9th January 2pm to 2.45pm  
Thursday 16th January 2pm to 2.45pm  
Thursday 23rd January 2pm to 2.45pm

## MINDFULNESS (6 WEEK COURSE)

We currently have spaces on our next Mindfulness course with Nicole. Mindfulness helps to improve our relationship with the present moment. If you find yourself needing to slow down and get more in touch with your body, mindfulness improves well-being. Please click below to sign up.  
Friday 10th January for 6 weeks 10.30am to 12pm



**Happy New Year 2025**

## YOUR MENOPAUSE

You can join Renni for this Menopause Workshop on Wednesday 22nd January, from 12pm to 1.30pm. We will talk about possible symptoms we may experience, about the support available, about HRT but also about the many positives menopause gives us. We will learn a couple of useful breathing techniques to feel grounded and more relaxed. Nobody has to share any information if they prefer to stay silent, this is a safe and totally non-judgemental space. It is also a space to just let go and to realise you are not on your own in this!



## WORKSHOPS

2025 is a great time to experience one of our popular workshops. There are currently 4 available for booking using the links below:

Confidence & Assertiveness Thursday 23rd January 5.30-8pm

Habits, Goals & Vision Tuesday 28th January 10am to 1pm

Boundaries & Selfcare Wednesday 29th January 11am to 2pm

Positive Thinking Wednesday 5th February 10am to 1pm



## MY MONEY MY LIFE

My Money, My Life returns in 2025, with Peasholme Charity advisers on hand to offer one-hour advice sessions to anyone within the City of York council boundary, alongside teaching skills around managing their money (excluding debt advice). Please book on below (if all slots are full, please join the waiting list to get priority for future sessions).



Tuesday 14th January  
11.30am 12.30pm 1.30pm

## SANDWICH LUNCHES

Our popular sandwich lunches return on Thursday 9th January. Places are limited and you can book here

## JANUARY CRAFT GROUPS

Start off the new year by getting crafty! These are our arts and crafts groups for January. (Click on the date to book).

Thursday 9th January 2-4pm (Fabrics)

Wednesday 15th January (FULL)

Thursday 16th January 2-4pm (Drawing)

Thursday 23rd January 2-4pm (Decorating tea light holders)

Wednesday 29th January 10.30am-12pm ACCESSIBLE FRIARGATE MEETING HOUSE VENUE

Thursday 30th January 2-4pm (Origami)



## WINTER APPEAL UPDATE

So far we have raised over £615 for our Roses in the Snow campaign! This could not have been possible without the support of our Friends at Spark, Goodricke College and Aviva! Thank you to everyone who supported us :)



## MEADOWS PROJECT

In conjunction with York Learning, a group of our members have been taking part in a sewing project, using denim offcuts to highlight the amount of waste in the fashion industry. The work will hopefully be displayed at our 2025 International Women's Day event.



## DROP-INS

Our regular drop-ins resume on Thursday 2nd January, from 1-3.30pm. Everyone is welcome!

Unfortunately we haven't been able to confirm a date for our next Accessible Drop-in yet. We hope it will be on Tuesday 28th January. Please check with us nearer the time.

## CAPACITAR

Capacitar returns on Monday 13th January, 10.15-11.30am.

## VOICES

Kyra Voices returns on Thursday 16th January, 6-7.30pm

# 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 Returns 13 January  
[Find out more about Capacitar](#)

### Rose + Project

(members aged 25.5 - 30 yrs)  
6.30-8pm

Neurodiversity Lunch (12.30pm)

Neurodiversity Group (1-2.30pm)

## TUESDAY

### ESTA

10am-12pm  
Starts 21 January (Full)

Drop-in  
1-3.30PM

### Habits, Goals & Vision Workshop

28 January  
10am-1pm

Accessible Drop-in  
Date TBC

### My Money, My Life

14 January  
1.30-2.30pm



## WEDNESDAY

### Art & Craft Group

10.30am-12pm  
15 January (Fully Booked)

### My Menopause Workshop

28 January  
12-1.30pm

### Accessible Craft Group (Friargate)

10.30am-12pm  
29 January

### ICT with Anita

1-2pm  
29 January (Fully Booked)



### Boundaries & Selfcare Workshop

29 January  
11am-2pm

Route to Recovery Quiet Drop-In  
1-2.30pm  
8 January  
(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

Beginners Pilates  
2-2.45pm (9th, 16th, 23rd)

Positive Thinking Workshop  
23 January 10am-1pm  
(Fully Booked)

Art & Craft Group  
2-4pm

Walking Group  
10.30am  
9 January  
23 January (New Earswick trip)

Confidence & Assertiveness Workshop  
23 January 5.30-8pm

Sandwich Lunch  
12.30-1.15pm

Kyra Voices  
6pm to 7.30pm (Fortnightly)  
16 + 30 January

## FRIDAY

Mindfulness  
10.30am-12pm  
Starts 10 January

ESTA  
1-3pm  
Started 8 November

## SATURDAY

Poetry Group  
12pm-1:30pm  
12 + 26 January



# 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

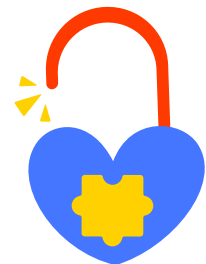
Neurodiversity Group for members who have either a medical or self diagnosis of neurodiversity. This will take place every other Monday afternoon.

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.



## 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



## 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.



## MY MONEY, MY LIFE

MMML offers anyone over 18 within the City of York council boundary, support on financial matters (excluding debt management), alongside teaching them skills around managing their money. Peasholme Charity advisers can offer one-hour advice sessions by appointment in-person, over the phone or online for Kyra members.



## 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.



## ICT WITH ANITA

Anita will be back in 2025 to support Kyra members with one-to-one individualised IT training sessions of 1 hour each. Anita will work with you on your chosen topic.



## 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.



## SANDWICH LUNCH

From January 2025 we are restarting our sandwich lunches. These take place after drop-in on Thursdays. Please book on as places are limited and our lunches are very popular.



## BEGINNERS PILATES

Join Sarah for Beginner's Pilates. You don't need to bring anything with you except a bottle of water. Pilates is a low-intensity muscle-strengthening workout that focuses on building strong core muscles. Please let Sarah know on the day if you have any health issues that she should be aware of.



## 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.





## MINDFULNESS

Would you like to learn how to live a more mindful life?

Mindfulness helps improve our relationship with the present moment. If you find yourself needing to slow down and get more in touch with your body. Part of our Kyra Calmness programme, Mindfulness improves well-being and this course benefits those who experience:

- High blood pressure
- Poor focus and concentration
- Anxiety
- Depression
- Insomnia
- Stress
- Chronic pain
- Poor self-esteem



## 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](mailto: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 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.

# 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](mailto: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](mailto: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](mailto:maisie@kyra.org.uk), [molly@kyra.org.uk](mailto:molly@kyra.org.uk) or [sherrie@kyra.org.uk](mailto: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](mailto: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](mailto: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](mailto:INFO@IDAS.ORG.UK) LIVE WEBCHAT (3-6PM): [WWW.IDAS.ORG.UK](http://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](http://WWW.SURVIVE-NORTHYORKS.ORG.UK)  
01904 638813 [SURVIVE@SURVIVE-NORTHYORKS.ORG.UK](mailto: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](mailto:INFO@YORKINRECOVERY.ORG.UK)  
[WWW.YORKINRECOVERY.ORG.UK/](http://WWW.YORKINRECOVERY.ORG.UK/)

## CONTACT KYRA



Central Methodist Church, St Saviourgate, York, YO1 8NQ



01904 632332



[contact@kyra.org.uk](mailto:contact@kyra.org.uk)



[www.kyra.org.uk](http://www.kyra.org.uk)



@KyraYorkWomensCentre



@KyraWomen



@KyraWomen

PLEASE BE AWARE WE HAVE STEPS TO ACCESS KYRA

CHARITY NO. 1154290