

FESTIVE PROGRAMME

This programme has been put together by RAMH and the Renfrewshire Wellbeing Network to help people stay connected and supported over the festive season.

We know that winter can be a tough time for some, especially around Christmas and New Year. While some people take a break from services, others might feel more isolated or need a bit of extra support. That's why we've gathered a range of activities from different groups across Renfrewshire all in one place.

Whether you're looking for something social, relaxing, or just a reason to get out and about, we hope this programme helps you stay connected and feel a little more supported this season.

If you would like more information on RAMH email enquiries@ramh.org or for the Renfrewshire Wellbeing Network email info@engagerenfrewshire.com



# **DECEMBER**

SUN	MON	TUE	WED	THU	FRI	SAT
30	1 <u>Tannahill</u> <u>Centre</u> <u>Christmas</u> <u>Lights</u> <u>Switch-on</u>	2	3	4 Thrifty. Nifty & Gifty Workshop + Book sculptures craft session	5	6 <u>Mikołajki –</u> <u>Meet and</u> <u>greet with</u> <u>Santa</u>
7 Jingle Bell Fun Run + Christmas at Broadloan Gardens	8	9 <u>Dates</u> -n-Mates Christmas Party + Pop-up cards & crafts artist workshop	10 Thrifty, Nifty & Gifty Workshop	11 <sub>RASA</sub> Walk-a-Mile Christmas Style + Erskine Arts Christmas Cracker!	12  RAMH Christmas Jumper Day	13 Youth Inspired Christmas Party + Miss Africa Scotland
14	15	16	17 Sculpture House Winter Social	18 <u>Kairos</u> <u>Women+</u> <u>Festive</u> <u>Karaoke</u> <u>Party</u>	19	20
21	22  RAMH Big Winter Walk	23  RAMH  Movie  Afternoon	24	25 St. Mirren Festive Buddies	26	27
28	29  RAMH  Journalling  Drop-in	RAMH End of Year Quiz	31	1	2	3

<u>Friday 28<sup>th</sup> November: Ferguslie Seniors Christmas Bingo</u> <u>Monday 5th January: RAMH New Year, New Tech</u>



### Friday 28<sup>th</sup> November

#### 7pm

# Ferguslie Seniors Christmas Bingo

#### The Tannahill Centre

Ferguslie Park Seniors are hosting Christmas Bingo! Join us in the main foyer of the Tannahill Centre on Friday 28th November at 7pm for a fun evening of bingo hosted by our Ferguslie Seniors.

There will be a great range of prizes to be won, so come along, have fun and celebrate the festive season with your community!

Venue: The Tannahill Centre, 76 Blackstoun Rd, Paisley PA3

1NT

Tickets: No tickets, just turn up

Social media: www.facebook.com/Ferguslie-Seniors-

61565866108016

# Monday 1<sup>st</sup> December 3-6pm

#### **Christmas Lights Switch On**

#### **Tannahill Centre**

Christmas lights switch on with music from Fes Phailig and our choir and a chance to try out some Scottish instruments and some Pachedu drums – a quiet wee day with stalls and all that stuff too.

Venue: The Tannahill Centre, 76 Blackstoun Rd, Paisley PA3

1NT

**Tickets:** No tickets, just turn up **Website:** www.tannahillcentre.com

Social media: www.facebook.com/tannahillcentre



## Thursday 4th & Wednesday 10th December 10am-12pm

# Thrifty, Nifty and Gifty Workshop Star Project

Join STAR Project for festive, budget-friendly creativity! In our morning sessions, we'll be making garlands and hand-printed wrapping paper. All materials provided, just bring your imagination!

Venue: Star Project, 12-14 Wallace St, Paisley PA3 2BU

Accessibility: Accessible access via yard to back door, call for

directions

Contact: 0141 889 5850

Wesbite: www.star-project.org.uk

Social media: www.facebook.com/STARProjectPaisley

# Thursday 4th December 12.30–2.30pm

# Book sculptures craft session Star Project

Join our resident artist Britta Benson in a workshop exploring the reuse of unwanted books into book sculptures for keeping or gifting. You can choose to make an angel, Christmas tree or hedgehog which can be personalised with poems, name plaques or messages. This gentle craft session will leave you with plenty of inspiration for future projects.

Venue: Star Project, 12-14 Wallace St, Paisley PA3 2BU

Accessibility: Accessible access via yard to back door, call for

directions

Contact: 0141 889 5850

Wesbite: www.star-project.org.uk

Social media: www.facebook.com/STARProjectPaisley

# Saturday 6th December

### 12-3pm

### Mikołajki – Meet and greet with Santa The Tannahill Centre

Join Pachedu, To My & Minority Ethnic Human Rights Project for a meeting with Polish Santa Claus including:

- Gifts for children (sign up for gifts with tomy.paisley@gmail.com)
- Games and activities with a children's entertainer
- · Snacks, tea and coffee
- · Art and crafts zone
- Christmas music

Free entry!

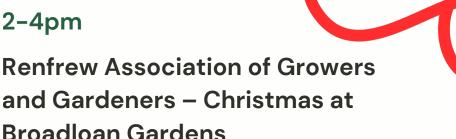
Venue: The Tannahill Centre, 76 Blackstoun Rd, Paisley PA3

1NT

**Tickets:** No tickets, just turn up **Contact:** tomy.paisley@gmail.com



# Sunday 7th December 2–4pm



Join us at Broadloan Community Garden on Sunday 7th December, 2–4pm for a festive afternoon of children's crafts, tombola, homemade produce, home baking, soup, hot drinks, and plenty of Christmas cheer. All donations support future events and help keep our community garden growing strong.

Venue: Broadloan Gardens, 84 Broadloan, Renfrew, PA4 0BY

Tickets: No tickets, drop in between 2pm - 4pm

Contact: 07577358608

**Accessibility:** No disabled toilet access. Main communal areas where event will be held is gravel and monoblocked paths which

are generally accessible to all.

Social media: www.facebook.com/BroadloanGardensRenfrew

## Sunday 7th December 10.15am-2pm

# Active Communities Jingle Bell Fun Run 2025

#### **Barshaw Park**

Join Active Communities for the 21st Annual Jingle Bell Fun Run for a festive celebration of wellbeing and activity. Choose from a 3K run (ages 8+), a new 1 mile run (ages 5+), or a 1K run/walk (under 5s and families). Enjoy Christmas-themed medals, spot prizes for best costumes, face-painting, entertainment, and a free ride on the miniature railway. Dogs welcome on a short lead.

Venue: Barshaw Park, Glasgow Road, Paisley, PA1 3TJ

**Tickets:** Online in advance via EntryCentral:

www.entrycentral.com/Jingle-Bell-Run

Accessibility: Open-air park event; please follow marshal

instructions for safety.

Website: www.activecommunities.co.uk

Social media: facebook.com/activecommunitiesscotland /

instagram.com/acommunities

Contact: info@activecommunities.co.uk / 01505 801 501



# Tuesday 9th December 7–10pm



Dates-n-Mates Renfrewshire – Christmas Party

Gabrielles Paisley

The Dates-n-Mates Renfrewshire Christmas Party is open to both members and non-members. There will be dancing, festive fun, a buffet and a raffle. Tickets are £12 for non-members, £10 for members and £3 for support.

Venue: Gabrielles Paisley, 33 Gauze St, Paisley, PA1 1EX

Tickets: £10 for members and £3 for support. Call 0141 427 2957

to book your place and pay on the door on the night

Contact: 0141 427 2957

Accessibility: Wheelchair access Wesbite: www.datesnmates.org.uk



# Tuesday 9th December 12.30–2.30pm

# Pop-up cards & crafts artist workshop Star Project

Join our resident artist Britta Benson in a workshop where we will make pop up Christmas cards and tree ornaments, using collage and black out poetry.

**Venue:** Star Project, 12-14 Wallace St, Paisley PA3 2BU Accessibility: Accessible access via yard to back door, call for

directions

Contact: 0141 889 5850

Wesbite: www.star-project.org.uk

Social media: www.facebook.com/STARProjectPaisley

# Thursday 11th December 12.30pm meet

### RASA Walk A Mile Christmas Style

#### **Fountain Gardens**

Let's walk and talk to tackle mental health stigma and discrimination. Join us at Fountain Gardens, Love Street Paisley.

**Venue:** Fountain Gardens, Paisley (meet at the fountain)

Tickets: No tickets, just turn up

Accessibility: 1-mile-long-walk on flat tarmac

Social media: @RASA\_AntiStigma on X



# Thursday 11th December 1pm

**Erskine Arts Christmas Cracker!** 

# Erskine Arts (above Erskine Sports Centre)

An afternoon of inclusive song & dance with hot drinks and refreshments. Free to attend.

Venue: Erskine Arts (above Erskine Sports Centre), Kilpatrick

Drive, Erskine PA8 7AF)

Tickets: No tickets, just turn up

**Accessibility:** We have 2 accessible parkingspaces outside our building, there is a lift to take you to the venue which is wheelchair accessible. We will have gluten free and vegan refreshments

available.

Website: www.erskinearts.co.uk/index.html

Contact: ruthfoster@erskinearts.co.uk

# Friday 12th December All day



**RAMH Christmas Jumper Day** 

Wear your favourite Christmas jumper and join us for fun, festive day. Everyone welcome to take part!

No registration is needed. Add your photos onto the RAMH social media: facebook.com/ramh.org

### Saturday 13th December

#### 2-5pm

### Youth Inspired Christmas Party

#### Peter Scarff Social Club, Linwood

Come join us for a magical afternoon of festive fun for the whole family!

- Games and music
- Crafts and festive treats
- A special visit from Santa!

And much more holiday cheer!

Let's celebrate together and make this Christmas one to remember!

**Venue:** Peter Scarff Social Club, Linwood, Candren Rd, PA3 3AP **Tickets:** £5 per child (adults go free!) Food will be provided within the ticket price. To get your tickets call or Text 07908562354 or pop into the YI hub



#### Saturday 13th December

#### 6-9pm

#### Miss Africa Scotland 2025

#### **Paisley Town Hall**

Miss Africa Scotland is an annual heritage and cultural event celebrating the brilliance, creativity, and leadership of women of African and Caribbean heritage across Scotland. Through storytelling, artistry, and performance, we amplify the voices that redefine beauty, excellence, and identity in modern Scotland.

Venue: Paisley Townhall, Abbey Close, PA1 1JF

Tickets: Tickets from www.missafricascotland.com/etn/miss-

africa-scotland

Website: www.missafricascotland.com/etn/miss-africa-scotland/

Contact: kemi@missafricascotland.com

### Wednesday 17th December

#### 5-7pm

#### **Sculpture House Winter Social**

Sculpture House invites you to our Winter Social – a relaxed gathering to celebrate the season and our creative community. Join us for warm drinks, conversation, and a chance to connect with artists, neighbours, and friends. Come enjoy the space, share ideas, and end the year together in good company.

Venue: Sculpture House, 6 Blackstoun Road, Ferguslie Park,

PA3 1LS

Tickets: No tickets, just turn up

Accessibility: Our building has step-free access, and the Front

Room space is fully accessible. Some studios are located upstairs. If you have any access requirements, please get in touch and we'll do our best to accommodate your needs.

Website: www.sculpturehousecollective.com



# Thursday 18th December 12.30–2pm



#### Kairos Women+ Festive Karaoke Party

Come along to celebrate the end of a fantastic year with us at our annual karaoke party! You can sing a song, perform a poem, or sit back and enjoy the show. We will have a chillout space in the pink room with tasty treats on offer.

Venue: Kairos Women+, Unit 56-60, Embroidery Mill, Abbey Mill

Business Centre, Paisley PA1 1TJ

Tickets: Free tickets, register on Eventbrite

www.eventbrite.co.uk/e/kairos-festive-karaoke-party-tickets-

1753239078279

**Accessibility:** Wheelchair accessible with accessible bathroom and disabled parking outside. GF/vegan snack options, please share dietary requirements with us.

Website: www.kairoswomen.org Contact: info@kairoswomen.org

# Monday 22nd December 12.30–2pm

#### **RAMH Big Winter Walk**

#### Renfrew

Join us for a 7.2km walk taking in the new Renfrew Bridge. Moderate route with mixed terrain (1–2 hours). Please wear suitable footwear and clothing. Meet 1pm at Renfrew Victory Baths. A great way to get active and connect with others.

Venue: Meeting at Renfrew Victory Baths 1pm

Tickets: No tickets, just turn up

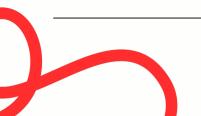
Accessibility: Moderate route with mixed terrain (1–2 hours).

Please wear suitable footwear and clothing.

Website: www.ramh.org

Social media: facebook.com/ramh.org /

instagram.com/ramhscotland



# Tuesday 23rd December 2-5pm

#### **RAMH Christmas Movie Afternoon**

Come along, enjoy some refreshments, and take part as we choose our favourite Christmas classic from *It's a Wonderful Life, The Muppets Christmas Carol*, and *Elf.* 

Venue: 14 St. James Street, Paisley, PA3 2HT

**Tickets:** Free tickets, register on Eventbrite or call 0141 404 7788

www.eventbrite.co.uk/e/1967647768443

**Accessibility:** Please note there are two steps into the building.

Website: www.ramh.org

Social media: facebook.com/ramh.org /

instagram.com/ramhscotland

#### **Thursday 25th December**

#### Throughout the day

# St Mirren FC Charitable Foundation Festive Buddies

On Christmas Day, our dedicated team of staff and volunteers deliver hot festive meals, hampers, and gifts to those in need. Please nominate if you know of someone who needs added support this Christmas.

Venue: Your home

**Registration:** A nomination form needs to be filled out. **Website:** www.smfcfoundation.co.uk/festivebuddies

Contact: foundation@stmirren.com

# Monday 29th December 12-2pm



Learn about different types of journalling for wellbeing and try a few simple ideas. Everyone gets a free journal and pen to take home.

Venue: 14 St. James Street, Paisley, PA3 2HT

Tickets: Drop-in or register on Eventbrite if preferred

www.eventbrite.co.uk/e/journalling-drop-in-tickets-1967651538720 **Accessibility:** Please note there are two steps into the building.

Website: www.ramh.org

Social media: facebook.com/ramh.org /

instagram.com/ramhscotland

#### **Tuesday 30th December**

#### 2-5pm

#### **RAMH End of Year Quiz**

Take part in our fun quiz to round off the year. General knowledge, music, and 2025 questions. Tea, coffee, and snacks provided.

Venue: 14 St. James Street, Paisley, PA3 2HT

**Tickets:** Free tickets, register on Eventbrite or call 0141 404 7788

www.eventbrite.co.uk/e/1967653329075

Accessibility: Please note there are two steps into the building.

Website: www.ramh.org

Social media: facebook.com/ramh.org /

instagram.com/ramhscotland



# Monday 5th January 12.30–2pm

### RAMH New Year New Tech

#### **Renfrew Trinity Church**

Drop-in to learn more about your new or old devices. Get help using tech and find out how to stay digitally connected online.

Venue: Renfrew Trinity Church, 13 Paisley Rd, Renfrew, PA4 8JH

**Tickets:** Drop-in or register on Eventbrite if preferred.

www.eventbrite.co.uk/e/1967655392246

**Accessibility:** Wheelchair access via ramp. Please note this drop-in is at one of our social groups, please be respectful.

Website: www.ramh.org

Social media: facebook.com/ramh.org /

instagram.com/ramhscotland



# FOODBANKS AND COMMUNITY PANTRIES

#### Renfrewshire Foodbank

#### December

- 22nd Open
- 23rd Open
- 24th Open
- 25th Closed
- 26th Closed
- 27th Open
- 30th Open
- 31st Open

#### <u>January</u>

- 1st Closed
- · 2nd Closed

#### **Additional Information**

- Both Wednesday distributions will close at 4.30pm during this period
- The Foodbank will reopen as normal from 3rd January

#### **Star Project Pantry Plus**

- Pantry Plus will operate as normal opening hours until Thursday
   December 18th, when we shut for the festive period
- Pantry Plus will re-open January 13th at 12.30pm
- Our emergency food provision will be active, stock permitting, until 12.00 on December 18th and again, stock permitting, open January 13th.
- Given ongoing building work we ask people to check the STAR Project Facebook page throughout November and December for notice of closures, out with our control.

#### **Active Communities Community Pantry**

- Christmas opening times: Last session on 17th December; reopening 7th January.
- The community pantry runs every Wednesday from 10am-1pm, offering affordable food and household essentials. Members can browse freely and enjoy a freshly prepared breakfast in a friendly, welcoming space.
- · Membership is for Johnstone and surrounding villages.

### **USEFUL CONTACTS**

RAMH FIRST Crisis line: Open to anyone in Renfrewshire aged 16 or over who is experiencing a crisis in their mental health. Freephone: 0800 221 8929 (or standard rate 0141 848 9090) (Every day, all year, including Christmas Day, Monday-Friday 9am-8pm and Saturday-Sunday 9am-5pm)

We Are With You Community Link Workers: can support anyone aged 16 or over who is registered with a GP in Renfrewshire with their wellbeing and mental health. To book a meeting, speak to your GP or email: renfrewshirelinks@wearewithyou.org.uk

**Andy's Man Club** — **Johnstone meet-up:** Open to any man aged 18 or over. No referral or registration needed; just turn up.

Meetings: **Mondays 7:00pm–9:00pm** at Active Communities Station 7, 7 Quarry Street, Johnstone, PA5 8DY.

For general info: email info@andysmanclub.co.uk or visit www.andysmanclub.co.uk

**CALM:** For people affected by suicide or suicidal thoughts.

Phone: 0800 58 58 58 (5pm-12am every day)

www.thecalmzone.net/get-support

Switchboard: For people who identify as LGBT+ Phone: 0300 330 0630 (10am-10pm every day)

Email: chris@switchboard.lgbt

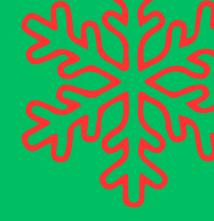
**MIND:** Wellfare benefits line. Supports anyone with mental health problems who is navigating the benefits and welfare system.

Phone: 0300 222 5782 (9am-5pm, Monday-Friday,

except bank holidays) legal@mind.org.uk www.mind.org.uk

**Shout:** Confidential 24/7 text service providing support for anyone in crisis, who prefers not to talk but want some mental health

support. Text SHOUT to 85258



# RAVIII & recovery across mental health





