

<p><b>Tuesday to Thursday</b>  <b>9:30 – 12:00</b></p>	<p><b>Drop-In</b>          There's no better way to start your day! Join us for free tea, coffee, toast, biccies and a chat          #Connections</p>
<p><b>Tuesday to Friday</b>  <b>9:30 – 5 by arrangement</b></p>	<p><b>One to One support</b>          Scheduled sessions with staff for those requiring solution-focused support and/or advice          #Wellbeing</p>
<p><b>Tuesday to Friday</b>  <b>10 – 2 by arrangement</b></p>	<p><b>Community Fridge</b>          We continue to operate a free food/essentials collection service from the Project. Please call us to arrange a time slot. Appointment only          #FoodInsecurity #CostOfLiving</p>
<p><b>Tuesday</b>  <b>12:30 – 6</b>  <b>Wednesday, Thursday &amp; Friday</b>  <b>10 - 2</b></p>	<p><b>Pantry Plus</b>          Pantry Plus is an affordable way to eat well for at least 40% less (than the cheapest supermarket). You can purchase special themed Tea Bags (yer tea in a bag). Every penny spent supports our free food provision.          #Sustainable #ZeroFoodWaste #Resilience</p>
<p><b>Tuesday (11 – 1) &amp; Thursday (12 – 3)</b></p>	<p><b>Paisley Men's Shed</b>          The shedders welcome any men over 18 interested in sharing practical skills &amp; getting more involved within their community.          #Shedders #SMSA #Connections</p>
<p><b>Wednesdays</b>  <b>10 - 12</b></p>	<p><b>Neu Narrative</b>          A project supporting families with neurodivergent children through a lived-experience panel, creative workshops and training. Please contact staff to find out more about the project.          #Wellbeing          #Neurodivergence #WholeFamilyWellbeing</p>

<p><b>Wednesdays (fortnightly)</b>  <b>12:30 – 2:30</b></p>	<p><b>Fairer Renfrewshire</b>          We're continuing our partnership with Renfrewshire Council, working towards a Fairer Renfrewshire. Our panel are working with the Fairer Renfrewshire Sub-Committee to recommend the changes that matter to us as a community. #CostOfLiving #Wellbeing</p>
<p><b>Fridays (term time only)</b>  <b>10 – 12</b></p>	<p><b>Wee STARs Toddler Group</b>          Come and twinkle at Wee STARs as we make memories together with our fun, creative and educational activities #BookBug #Exertots</p>
<p><b>Tuesday to Friday</b>  <b>930 – 4 by arrangement</b></p>	<p><b>Money Matters</b>          We are pleased to offer appointments with the Renfrewshire Citizen's Advice Bureau, Advice Works, Social Security Scotland &amp; Home Energy Scotland sessions can also be arranged; just ask staff. #Wellbeing #CostOfLiving</p>
<p><b>Saturdays</b>  <b>Monthly (dates TBD)</b></p>	<p><b>Shortroods Men's Group</b>          A local men's group that meets to support positive mental health in the community. If you would like to join them, please get in touch. #MensMentalHealth #Wellbeing</p>

**SEPTEMBER**

<p align="center"><b>Please note the Project will be closed on 27<sup>th</sup> September &amp; 30<sup>th</sup> September</b></p>	
<p><b>Tuesday 24<sup>th</sup> September</b>  <b>10 – 12</b></p>	<p><b>Don't Stop Be-Leaf-ing it's Autumn!</b>          The air is crisp. The leaves are beginning to change. Autumn is upon us And that means we need to change our Drop-In tree! Let's get crafty! #Creativity</p>
<p><b>Thursday 26<sup>th</sup> September</b>  <b>10 - 12</b></p>	<p><b>STAR Swap Shop</b>          As we're in autumn, it might be time to swap your wardrobe (cardies and jumpers time). How about popping down to our Swap Shop – bring a tin for our Community Fridge and take up to 5 items! Help us fill our shelves whilst you fill your wardrobe.          #CommunityMatters #ShopLocal</p>

<p><b>Thursday 26<sup>th</sup> September, 3<sup>rd</sup> &amp; 10<sup>th</sup> October</b>  <b>1230 – 230</b></p>	<p><b>Challenge Poverty Week – We’re Not Another Brick in the Wall!</b>          Every year, we participate in Challenge Poverty Week to raise our voices against poverty and unite with hundreds of organisations across Scotland to call for a more just &amp; equal society! This year is no different. Join us as we create a 3D Art piece showing decision-makers exactly what’s needed to build a fair and just society!  <b>#CPW24 #ChallengePoverty</b></p>
<p><b>Wednesdays</b>  <b>TBD</b></p>	<p><b>Tree Planting</b>          Fancy getting outdoors, having some fun AND saving the planet? Why not come join us as we go tree planting with LEAP and Eadha as part of the Renfrewshire Climate Action Network They'll supply us with the equipment (including waterproofs), lunch, transport and guidance - you just need to be ready, willing and able to make a positive difference to the environment  <b>#Creativity #Environment #MakeADifference #SaveThePlanet</b></p>

**OCTOBER**

<p><b>Thursday 3<sup>rd</sup> October</b>  <b>7.15</b>  <b>@Methodist Central Hall</b></p>	<p><b>Paisley Opera's 'Faust'</b>          The amazing Paisley Opera has kindly invited us to their open dress rehearsal for their new production, 'Faust.' Anyone who has attended one of their other shows knows how amazing they are. Please let staff know if you'd like to come no later than Tuesday 24<sup>th</sup> September  <b>#Creativity</b></p>
<p><b>Tuesday 15<sup>th</sup>, Wednesday 16<sup>th</sup> &amp; Thursday 17<sup>th</sup> October</b>  <b>10 - 11</b></p>	<p><b>Breakfast Club</b>          It's the October break. Let's make sure we start our day the right way with fruit and cereal, as well as our usual toast and biscuits!  <b>#Wellbeing #DignifiedFood</b></p>
<p><b>Tuesday 15<sup>th</sup></b>  <b>Tuesday 22<sup>nd</sup> October</b>  <b>10 – 12</b></p>	<p><b>Paisley Halloween Festival Workshop</b>          We all love the spooky season at STAR, so what better way to celebrate than by working with an artist to create some spooktacular masks for the fabulous Paisley Halloween Festival Parade? Everyone is welcome; no previous mask-making experience is needed.  <b>#PaisleyIs #PaisleyHalloweenParade</b></p>

<p><b>Wednesday 16<sup>th</sup> October</b>  <b>10 - 12</b></p>	<p><b>Shining STARS</b>          #25YearsOfSTAR Details coming soon 🤖</p>
<p><b>Wednesday 16<sup>th</sup> October</b>  <b>1 – 3</b></p>	<p><b>‘See’ the In/Visible – Self Stigma</b>          As part of the Scottish Mental Health Arts Festival, we’ll use blind drawing to challenge self-stigma (negative thoughts we hold about ourselves) and explore different sides of ourselves in a fun and creative way.          #SMHAF #MentalHealth #Wellbeing</p>
<p><b>Thursday 17<sup>th</sup> October</b>  <b>10.45 – 11.45</b></p>	<p><b>Zoo Lab</b>          Back by popular demand, the fab Zoo Lab will visit us with exotic animals for a fun morning of learning and handling. Spaces are limited, so please sign up early to avoid disappointment          #Creativity #Learning</p>
<p><b>Thursday 17<sup>th</sup> October</b>  <b>1 -3</b></p>	<p><b>‘See’ the In/Visible – Food Insecurity</b>          Part two of our work for the Scottish Mental Health Arts Festival. Living with food insecurity can be stressful, and it is often unseen and unheard. We’ll work together and discuss issues around the food crisis and how we can use art to show the invisible. #SMHAF #Creativity</p>
<p><b>TBA</b></p>	<p><b>Remembering Together</b>          We’re in the final stage of working with the fantastic Karen from H-Arts for this inspiring project to capture the community’s memories of COVID-19.          #Creativity #WovenInRenfrewshire</p>
<p><b>Friday 25<sup>th</sup> and Saturday 26<sup>th</sup> October</b>  <b>6– 7</b></p>	<p><b>Paisley Halloween Festival Parade</b>          Can you believe we’ve been celebrating Halloween in Paisley with a parade for 10 years?! Join us as we show off our awesome creative masks while walking through the town!          This is one fright-fest you won’t want to miss!          #PaisleyIs #PaisleyHalloweenParade</p>
<p><b>Tuesday 29<sup>th</sup> October</b>  <b>5 - 7</b></p>	<p><b>Hocus Pocus Pantry</b>  <b>29<sup>th</sup> October (5 - 7)</b>          The witches from Hocus Pocus will be appearing (they’ve promised us they’ll behave); we’ll have a big witches’ cauldron full of pumpkin soup, you can create your own toffee apples and there will</p>

be a couple of fun stalls to win prizes! We promise you'll have a frighteningly good time! Pantry Plus will also be offering some scarily good bargains. Honestly, they're just batty! #Halloween #ZeroFoodWaste #FunWithFood

## NOVEMBER

<p><b>Tuesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> &amp; 26<sup>th</sup> November</b>  <b>12:30 – 2:30</b></p>	<p><b>16 Days of Activism</b>          We talk about and tackle gender-based violence in creative and inspiring ways every year. This year, let's create something that shouts, "We must end violence against women." #Creativity #16DaysOfActivism #GenderBasedViolence</p>
<p><b>Wednesday 6<sup>th</sup> November</b>  <b>10 – 12</b></p>	<p><b>Programme Consultation</b>          We want to hear from YOU! Join us at our quarterly consultation for a hot breakfast roll and share what you feel your community is missing. What do you need? Come tell us! #Connections</p>
<p><b>TBD</b></p>	<p><b>The Cultural Cookout</b>          We're delighted to be working with the Resettlement Team at Renfrewshire Council to challenge racism and stigma experienced by 'new Scots. We'll be coming together, sharing recipes, cooking them and sharing the meals as we talk about what food means to us.          #Culture #ChallengeRacism #Cooking</p>
<p><b>Friday 15th November</b>  <b>12 - 3</b></p>	<p><b>STAR's 25<sup>th</sup> Birthday Tea</b>          #25YearsOfSTAR Details coming soon 😊</p>
<p><b>Thursday 21<sup>st</sup> November</b>  <b>12 – 3</b>  <b>At Paisley Men's Shed, St. Mirren Football Ground</b></p>	<p><b>Paisley Men's Shed Open Day</b>          Did you know it's International Men's Day on Tuesday 19<sup>th</sup> of November? Our Shedders would like to welcome you to see some of the amazing personal and community projects they have been involved in. You might even pick up an early Christmas present.          #InternationalMensDay #Shedders #MensShed</p>

<p><b>Tuesday 26<sup>th</sup> November</b>  <b>10 – 12</b></p>	<p><b>Winter Wonder Tree</b>          Baby, it's cold outside! That means it's nearly winter. Warm up with us at Drop-In and join in with some crafting while you're at it! Let's bring some winter wow to the Drop-In tree! #Creativity</p>
<p><b>Saturday 30<sup>th</sup> November</b>  <b>12 – 3</b></p>	<p><b>Christmas Craft Grotto</b>          Join us at STAR for a special Craft Grotto. Do your Christmas shopping while supporting local creators, including some of your fellow community members. And, of course, visit with the one and only Santa Claus! If you want to sell items at the event, please contact staff before Friday, 8<sup>th</sup> November. #CommunityMatters #Creativity</p>

**DECEMBER**

**Please note the Project will be closed on Monday, 2<sup>nd</sup> December, for St. Andrew's Day**

<p><b>Wednesday 11<sup>th</sup> December</b>  <b>@ Fountain Gardens</b>  <b>Time TBD</b></p>	<p><b>RASA Walk a Mile</b>          It's time for the annual Christmas Walk a Mile with RASA! Join us to walk around Fountain Gardens, do some festive singing and share stories and thoughts about mental health. Let's tackle stigma together! #RASA #MentalHealth #Connections</p>
<p><b>Thursday 12<sup>th</sup> December</b>  <b>1 – 3</b></p>	<p><b>STAR's Christmas Dinner</b>          Come and join us for a festive feast! Fun, good cheer and great company are always guaranteed. Sign up with staff, as spaces are limited. Please note that we ask for a small donation towards this dinner #Connections #Wellbeing</p>
<p><b>Friday 13<sup>th</sup> December</b>  <b>10 - 12</b></p>	<p><b>Wee STARs Christmas Party</b>          We can't wait to see our Wee STARs sparkling this Christmas. Ho, Ho how excited are you for our special guest? Festive crafts, games and lots of Christmas magic #SantalsComing</p>

<p><b>Thursday 19<sup>th</sup> December 10 – 12</b></p>	<p><b>Christmas Drop-In</b>          It's the last Drop-In of the year, so let's finish it off STAR style! We will have fun, games, goodies, challenges, tasty treats, and laughter. We will also have our festive quiz, so bring your thinking caps! We've also been told that a certain red-suited gentleman will be making an appearance! Let's celebrate together! #Connections #Wellbeing.</p>
<p><b>Thursday 19<sup>th</sup> December 6 – 7 @ Fountain Gardens</b></p>	<p><b>Carols @ The Fountain</b>          To round off a great final day at STAR for 2024, we will meet in Fountain Gardens for the annual carolling in the park. As usual, we will have some hot soup to warm you up while we sing our hearts out! Merry Christmas!          #Carolling #Creativity</p>
<p><b>Please note we will be closed from 20<sup>th</sup> December. Our new programme for the new year will be out before we close 😊</b></p>	

**WATCH THIS SPACE**

Winter Connections  
 We hope to extend our Drop-In during the winter months.  
 #Connections #CostOfLivingCrisis

Christmas Shenanigans  
 Oh, what exciting and fun activities we have planned for you! Our team have been working on some fab festive activities recently and we can't wait to tell you more 😊

Keep an eye on our social media for more, or call 0141 889 5850

