



<p>Tuesday to Thursday 9:30 – 12:00</p>	<p>Drop-In There's no better way to start your day! Join us for free tea, coffee, toast, biccies and a chat #Connections</p>
<p>Tuesday to Friday 9:30 – 5 by arrangement</p>	<p>One to One support Scheduled sessions with staff for those requiring solution-focused support and/or advice #Wellbeing</p>
<p>Tuesday to Friday 10 – 2 by arrangement</p>	<p>Community Fridge 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>Tuesday 12:30 – 7:30 Wednesday, Thursday & Friday 10 - 2</p>	<p>Pantry Plus 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>Tuesday 11 – 1 Thursday 12 – 3</p>	<p>Paisley Men's Shed The shedders welcome any men over 18 interested in sharing practical skills & getting more involved within their community. #Shedders #SMSA #Connections</p>
<p>Wednesdays (fortnightly) 10 - 12</p>	<p>Neu Narrative A project supporting families with neurodivergent children through a lived-experience panel, creative workshops and training. #Wellbeing #Neurodivergence #WholeFamilyWellbeing</p>
<p>Tuesdays (6 – 8)</p>	<p>Winter Connections During the Winter months, we will be extending our Drop-In. We'll be serving soup, and of course tea and coffee! #Connections #CostOfLivingCrisis</p>
<p>Wednesdays (fortnightly) 12:30 – 2:30</p>	<p>Fairer Renfrewshire 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>



Fridays (term time only) 10 – 12	Wee STARs Toddler Group Come and twinkle at Wee STARs as we make memories together with our fun, creative and educational activities #BookBug #Exertots
Tuesday to Friday 9:30 – 4 by arrangement	Money Matters We are pleased to offer appointments in the Project with the Renfrewshire Citizen's Advice Bureau. Advice Works, DWP & Social Security Scotland appointments can also be arranged; just ask the staff. #Wellbeing #CostOfLiving
Fortnightly (dates TBD)	Shortroods Men's Group 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

FEBRUARY

TBD	Tree Planting Fancy getting outdoors, having some fun, and saving the planet? Join us as we go tree planting with LEAP and Eadha. 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 #Creativity #Environment #Outdoors #SaveThePlanet
Thursday 6th February 10 – 12	Home Energy Scotland Our friends from Home Energy Scotland will be in to advise us on ways to save money on heating again. Make sure you pop along to learn about all the support you can get to stay warm. #Wellbeing
Wednesday 5th February 11 - 12	Talk the Walk Time to Talk Day is all about supporting people in talking about their mental health. We'll be using our Community Labyrinth to talk while we experience the benefits of walking together #TimeToTalk #Wellbeing #CommunityLabyrinth
Tuesday 11th February 10 - 12	Random Acts of Kindness <i>"In a world where you can be anything, be kind"</i> We think kindness should be celebrated every day, but on Random Acts of Kindness Day, it would be rude not to share our positivity further 🙌 Let's work together to create painted pebbles with messages of kindness and love to leave around our community for people to find. #RandomActsOfKindness #Creativity



<p>Wednesday 14th February 10 – 12</p>	<p>Bags of Love Valentine’s Day isn’t just for couples, it’s a day to celebrate love! We’ll be creating ‘Bags of Love’ gifts for the people we love in our lives – don’t forget to make one for yourself 😊 You’re very loved 😊 #Creativity #YoureOurValentine</p>
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MARCH

<p>Tuesday 4th March 10 – 12</p>	<p>We Flipping Love Pancake Day It’s Pancake Day, so we’re treating ourselves to a tasty pancake breakfast in the Drop-In! We will have loads of toppings to make your pancakes a gourmet treat! How could anyone say no to that?? We’ll see you there! #Wellbeing</p>
<p>Thursday 6th March 10 – 12</p>	<p>International Women’s Day Drop-In Everyone knows a strong woman who inspires them. Is it their fearlessness or their supportiveness? We decorate our Drop-In tree every year to celebrate SHE-ro female role models for International Women’s Day. #IWD2025 #Wellbeing</p>
<p>Thursday 13th & 20th March 10 - 12</p>	<p>Waste to Wonder It’s Compost Week so we’re taking our next step towards tackling food waste & learning about our new Compost Corner at STAR. Join us for these creative workshops, where we’ll learn more about the benefits of community composting, how it can save money & the planet, & design a new cover for the composter #CompostWeekUK2025 #Creativity</p>
<p>Thursday 27th March 10 - 12</p>	<p>Mother’s Day Mum-entous MUM-entos It’s that time of year when we celebrate our mums & mum-like figures. It’s not about the gift, it’s about the giving – so let’s make sure we give the gift of happy memories #MothersDay #Appreciation #Creativity</p>

Watch this space!

Consultation

If you spot something missing from our usual activities, never fear. We’ll always consult with you on what you need, but we’re changing it up to get even more engagement from the community. We have a big evaluation/consultation session planned for April! #HaveYourVoiceHeard

Remembering Together

We’re excited to welcome the fab Karen from H-Arts back for the last stage of this inspiring project to capture the community’s memories of COVID-19. #Creativity #WovenInRenfrewshire

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

