



From festive makes to reflective workshops, winter warmers to shared meals, January “fresh starts” to February kindness, there’s something for every STAR.

Grab a chair, pour a cuppa, and come join us.

ONGOING

Tuesday to Thursday
9:30 – 12:00

Drop-In

The kettle’s always on, a chair saved just for you. Come for a cuppa, food, warmth and company.
#Connections



Tuesday to Friday
9:30 – 5:00 by arrangement

One to One support

Scheduled sessions with staff for those requiring solution-focused support and/or advice. #Wellbeing

Tuesday to Friday
10:00 – 2:00 by arrangement

Community Fridge

Free food/essentials collection service from the Project. Please call us to arrange a time slot.
Appointment only. #FoodInsecurity #CostOfLiving

Tuesday
12:30 – 6:00
Wednesday, Thursday & Friday
10:00 – 2:00



Pantry Plus

Pantry Plus is an affordable way to eat well for at least 40% less than the cheapest supermarket. You can buy or pay forward special themed Tea Bags (yer tea in a bag). Every penny spent supports our free food provision.
#Sustainable #ZeroFoodWaste #Resilience

Tuesday
11:00 – 1:00
Thursday
12:00 – 3:00

Paisley Men’s Shed

The shedders welcome any men over 18 who are interested in sharing practical skills & getting more involved in their community. #Shedders
#SMA #Connections

Tuesday
5:00 – 7:00

Winter Connections

During the winter months, we will be extending our Drop-In. We’ll be serving soup, and of course, the usual tea, coffee and biscuits! #Connections #CostOfLivingCrisis

Wednesdays (fortnightly)
12:30 – 2:30

Fairer Renfrewshire Panel

Working towards a Fairer Renfrewshire for all, our lived experience Panel are working with the Council’s Sub-Committee to recommend changes that matter
#CostOfLiving #Wellbeing

Fridays (term time only)
10:00 – 12:00

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
10:00 – 4:00 by arrangement

Tuesday (fortnightly) – CAB
10:00 – 12:00 by arrangement

Wednesdays (fortnightly)
5:30 – 7:30

Money Matters

Let's be honest, money's tight, so we're pleased to be able to offer CAB and partner agency appointments to support us #CostOfLiving #Wellbeing

Shortroods Young Men's Group

A local men's group that meets to support positive mental health in the community. Age range 16 to 24.
#MensMentalHealth #Wellbeing

DECEMBER

Please note the Project will be closed on Monday, 1st December, for St. Andrew's Day

Tuesday 2nd December
12:30 – 2:30



Creative Writing

Ever fancied trying your hand at some writing, or broadening your horizons with some reading? Come and join our monthly shared reading and creative writing group with our amazing Artist in Residence, Britta. No experience necessary. Each session will have a different creative theme! December will be festive, so wear yer Christmas jumper #Creativity #ScottishPoetry

Thursday 4th December
10.00 – 2.00

12.30 – 2.30

Tuesday 9th December

12.30 – 2.30

Wednesday 10th December

10.00 – 2.00

Thrifty, Nifty, Gifty!

Christmas doesn't have to be expensive; we'll bring the materials - you bring the magic! We're being thrifty and nifty to help you be gifty! Join us for a series of workshops crafting cards, ornaments, garlands and our own wrapping paper! See our social media or notice boards for more info on each workshop.
#HandmadeGifts #Creativity #Connections

Saturday 6th December
11:00 – 1:00

Aisle Be There

We're bag-packing at the fab Marks & Spencer. Got an hour? Join a friendly shift, help customers, and raise funds for STAR's Winter programme. Sign up for time slots with staff or drop us a message.
Bags of thanks in advance! #Fundraising #Connections



Tuesday 9th December
5:00 – 7:00

Snack Attack with the Clauses

Come along to a special Snack Attack where Mr and Mrs Claus, and friends, will help us and the weans make some festive treats! We'll also have homemade soup, tea, coffee and a very warm welcome for all! (*allergen info on the day*) #Wellbeing #Connections



Thursday 11th December
12:30 – 2:30

Walk a Mile Christmas Style

It's time for the annual Christmas Walk a Mile around Fountain Gardens with RASA! There will be festive singing and sharing thoughts about mental health. Let's tackle stigma together! #RASA #MentalHealth #Connections

Thursday 11th December
12:30 – 3:00



Feast-ive Fun

It's that time of year again! Come and join us for a home-cooked Christmas Lunch followed by a game of fun, festive bingo. We look forward to welcoming old friends and new at the Caledonia Bowling Club. Places are limited, so please sign up with a member of staff, £5 per person. #Wellbeing #Connections

Friday 12th December
10:00 – 12:00

Wee STARs Christmas Party

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 #Wellbeing

Friday 12th December
11:00 – 1:00

Aisle Still Be There

Another bag packing at M&S so soon? Aye! It's oor last one of the year, so let's make it count. Got an hour? Join a friendly shift, help customers, and raise funds for STAR's Winter programme. Sign up for time slots with staff or drop us a message. Bags of thanks in advance! #Fundraising #Connections

Thursday 18th December
10:00 – 1:00

Christmas Drop-In & Carol Singing

Join us at the last Drop-In of the year for festive fun, a Christmas quiz, a visit from Santa and some tasty treats - all followed by some carol singing! Come along and get that festive feeling! #Christmas #Connections #Carols



Please note STAR Project will be closed from 19th December until 12th January



JANUARY

Tuesday 13th January
10:00 – 12:00

December Dump & January Joy

It's the most wonderful time of the year...or is it? If it is or isn't, we're here! Come and join us on our first Drop-In of 2026 to dump the rubbish and welcome the joy! We'll have the kettle on, a wee breakfast and a warm welcome! #Connections #NewYear

Thursday 15th & 22nd January
12:30 – 2:30

Crafting Hope: Nest Workshop

Start the year with intention and hope. Create a small nest using recycled materials and choose symbolic 'eggs' to hold your wishes for 2026. Make and decorate a simple personal journal to take home too #Creativity #NewYear #CraftingHope

Tuesday 20th January
12:30 – 2:30

Creative Writing with Britta

It's all about the Bard! Mon' get crafty wi' yer words as we explore the poetry of Robbie Burns. We'll read his work, write our own creative responses, and share them at the Burns Drop-In (if ye want) #Creativity #ScottishPoetry #TheBard

Thursday 22nd January
10:00 – 12:00

Tae a Drop-In

We're celebratin' Burns early this year. Gather wi' us for crafts, braw poetry, soup an breid, and a warm connection tae wir Scottish roots. Come awa' in for a cuppa! #BurnsDay #Connections #ScottishPoetry

Thursday 22nd January
12:30 – 2:30

Crafting Hope: Labyrinth Collages

In this therapeutic session, we'll create collages inspired by labyrinths and mazes, choices and moments of uncertainty and reflect on how these mirror our own journeys #Creativity #Labyrinth #CraftingHope

Wednesday 28th January
10:00 – 1:00

Consultation

We can't wait to hear what you think about our Winter Programme and what you want to see us do in the future!



Come and let us know what matters most to you and your community and enjoy a tasty lunch! #Wellbeing #HaveYourSay

Thursday 29th Jan & 5th Feb
10:00 – 12:00

Crafting Hope: Geo Stories

We'll explore place and belonging through collage and found objects, creating Story Cairns and a Zen Garden inspired by the places that matter to us. #Creativity #GeoStories #CraftingHope



FEBRUARY

Tuesday 3rd February
5:00 – 7:00

Crafting Hope: Family Pebble Painting

In this relaxed, creative, and fun workshop, we'll decorate pebbles for our Community Labyrinth. #Creativity #Labyrinth #CraftingHope #WinterConnections

Tuesday 10th February
5:00 – 7:00

Crafting Hope: Labyrinth of Light

Join us as we bring light to Fountain Gardens! We'll be creating a cairn with our stones from the Crafting Hope workshops and walking the labyrinth together to celebrate hope and community. We'll finish off the evening with our usual soup and a blether at our Winter Connections Drop-In #Labyrinth #WinterConnections #CraftingHope



Thursday 12th February
10:00 – 12:00

Hearts & Crafts

This Valentine's, we'll celebrate all forms of love. Let's craft a love letter to our community, our pets, and ourselves! Join Britta for collage crafts and spread the love! #ValentinesDay #Connections

Tuesday 17th February
10:00 – 12:00

Flippin' Brilliant Breakfast

It's Pancake Day and the kids are off school so let's treat ourselves to a tasty pancake breakfast in the Drop-In! We'll see you there! #PancakeDay #Wellbeing

Wednesday 18th February
10:00 – 12:00

Random Acts of Kindness

To celebrate Random Acts of Kindness Day this year, we'll be making little 'bags of love' that you can keep for yourself or give to a loved one to brighten their day! We'll also have breakfast as the weans are off school. Just bring your positive vibes, and let's spread some kindness! #RandomActsOfKindness #Connections

Tuesday 24th February
10:00 – 12:00

Spring into Spring

The nights are getting brighter, and the snowdrops are pushing through, so let's celebrate by decorating our Drop-In tree with some Spring inspired crafts! #DropInTree #Creativity

Watch this space...

We're delighted to be part of the Paisley Book Festival in 2026. Stand by for more info

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



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