

SPRING PROGRAMME 2025

ONGOING

<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 limited 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 – 6 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) 12:30 – 2:30</p>	<p>Fairer Renfrewshire Lived Experience Panel We're continuing our partnership with Renfrewshire Council, working towards a Fairer Renfrewshire. Our Lived experience panel are working with the Fairer Renfrewshire Sub-Committee to recommend the changes that matter to us as a community. #CostOfLiving #Wellbeing</p>
<p>Fridays (term time only) 10 – 12</p>	<p>Wee STARS Toddler Group Come and twinkle at Wee STARS as we make memories together with our fun, creative and educational activities #BookBug #Exertots</p>

<p>Tuesday to Friday 9:30 – 4 by arrangement</p>	<p>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</p>
<p>Fortnightly (dates TBD)</p>	<p>Shortroods Young 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. Age range 17 to 25 #MensMentalHealth #Wellbeing</p>

APRIL

<p>Please note, the Project will be closed for the Easter Weekend on Friday 18th April and Monday 21st April</p>	
<p>Thursday 10th April 11 – 12</p>	<p>Zoo Lab FULLY BOOKED 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>Tuesday 15th April 10 – 12</p>	<p>EGG-stra Special Crafts Let's get crafty with some Easter-themed awesomeness? #Creativity</p>
<p>Thursday 17th April 10 – 11:30</p>	<p>Hop To It Egg Hunt Let's make sure our STAR Easter Bunny gets lots of EGGS-ercise this year as we hunt for the eggs at Fountain Gardens. We'll also have an EGG-citing obstacle course which includes an egg and spoon race for you to test yer 'cluck' #Creativity</p>
<p>Wednesday 23rd & 30th April 10 – 2:30</p>	<p>Tree Planting 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 #Creativity #Environment #MakeADifference #SaveThePlanet</p>

MAY

<p>Please note, the Project will be closed for the public holidays on Monday 5th May and Monday 26th May</p>	
<p>Saturday 3rd May 12:30 - 2</p>	<p>World Labyrinth Day The 1st Saturday of every May is World Labyrinth Day and people around the world "Walk as One at 1" in their local time to create a wave of peace and celebrate the labyrinth experience. So, meet us at your community labyrinth in Fountain Gardens and get involved in this global movement. #Wellbeing #FountainGardens #WalkAsOneAtOne</p>
<p>Wednesday 7th and 21st May 10 -2:30</p>	<p>Tree Planting New month, new opportunity to get outside and save the planet! The weather's getting better (hopefully), so let's get out with the brilliant LEAP and Eadha as part of the Renfrewshire Climate Action Network You get all the equipment you need, lunch, transport and guidance 😊 #Creativity #Environment #MakeADifference #SaveThePlanet</p>
<p>Saturday 17th May 12 – 4</p>	<p>Wellbeing in the Park For Mental Health Awareness week, RASA will be hosting a fun day in Fountain Gardens. Take a walk down Wellness Way to learn about local organisations with mental health support. Enjoy entertainment, a bouncy castle, labyrinth walks and much more! #MentalHealthAwareness #Connections</p>

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



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