



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 – 5:00 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 10:00 – 2:00 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 – 6:00 Wednesday, Thursday & Friday 10:00 – 2:00</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 11:00 – 1:00 Thursday 12:00 – 3:00</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) 10:00 - 12:00</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 – 4:00 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>



MAY

<p>Saturday 3rd May 12:30 – 2:00</p>	<p>World Labyrinth Day The 1st Saturday of every May is World Labyrinth Day, and people worldwide "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 participate in this global movement. #Wellbeing #FountainGardens #WalkAsOneAtOne</p>
<p>Thursday 8th May 12:00 – 2:00</p>	<p>Waste Not Want Not Workshop It's International Compost Awareness Week (ICAW), so we're taking our next step towards tackling food waste & learning about our new Compost Corner at STAR. Join us for this creative workshop, where we'll learn more about the benefits of community composting, how it can save money & the planet. #ICAW2025 #Creativity</p>
<p>Monday the 12th May 11:00 – 1:00</p>	<p>STAR @ UWS We're excited to be joining our friends at the Hub at the University of the West of Scotland to talk about our work at STAR. Why not stop by to say hello and find out more about what we do? #Connections</p>
<p>Wednesday 14th and 21st May 10:00 - 2:30</p>	<p>Tree Planting Fancy getting outdoors, having some fun, and saving the planet? Join us as we plant trees 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>
<p>Thursday 15th May 10:00 – 12:00</p>	<p>Groundbreaking Building Update Raise the roof—it's time for us to update you about our plans to renovate our building! We're excited that builders will start working on the Project over the summer, so it's time to invite our architects back to share their updates with us. Join us during Drop-In to hear about what to expect over the coming months and ask any questions you may have about the building transformation! #Building</p>
<p>Saturday 17th May 12:00 – 4:00 @Fountain Gardens</p>	<p>RASA: 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, such as a bouncy castle, labyrinth walks, and much more! #MentalHealthAwareness #Connections</p>



<p>Tuesday 20th May 10:00 – 12:00</p>	<p>Summer Lovin' and Tree Huggin' Summer is in full swing, and our tree needs refreshed! Let's add some colour and life into it. Leaves, flowers, animals, summer fun! 🌻 #Creativity #DropInTree</p>
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JUNE

<p>Monday 2nd June 12:00 – 2:00</p>	<p>Volunteer Fair For Volunteer Week this year, Engage Renfrewshire are holding a Volunteer Recruitment Fair at the Tannahill Centre! We'll be there along with some other wonderful local and national organisations, so if you're interested in learning more about volunteering in Renfrewshire, come on down and say hello! #Volunteering #Connections</p>
<p>Thursday 5th, 12th & 19th June 1:00 – 3:00</p>	<p>Summer Solstice Wellbeing Workshops Let's return to nature and our heritage by celebrating the Summer Solstice this year! We'll learn about the Paisley Witches and some local history, how to make your own tea and herbal remedies from herbs and walk the labyrinth together to celebrate community at this special time of year. #Creativity #Connections</p>
<p>Tuesday 10th June 10:00 – 12:00</p>	<p>Eid al-Adha Drop-In Tree Join us to celebrate Eid al-Adha as we decorate our Drop-In Tree! #Creativity #DropInTree</p>
<p>Wednesday to Friday 11th, 12th & 13th June 10:00 – 2:00</p>	<p>Father's Day @ Pantry Plus Pop into Pantry Plus to buy a 'bake your own cookies' jar to make with the father figure in your life! #Wellbeing #FathersDay</p>
<p>Wednesday 18th June 10:00 – 12:00</p>	<p>Summer Solstice Crafts Summer is here, so let's celebrate with some arts & crafts! We'll be making some dried flower suncatchers to take away, and a big, beautiful sun for the Drop-In Tree! #Creativity #DropInTree</p>
<p>Tuesday 17th, 24th June & 1st July (additional workshops will be added to this) 10:00 – 12:00</p>	<p>Sma' Shot Day Prep Please help us get prepared for the Sma' Shot Day Parade! We're looking forward to working with a local artist on our resources for the parade, and last year, you told us you'd like to make a banner, so we've added some extra workshops to ensure we're looking our best in the parade! #Creativity #SmaShot</p>



JULY

<p>Tuesdays & Wednesdays until 31st July 10:00 – 11:00</p>	<p>Breakfast Club We know we have a jam-packed (see what we did there?) programme for you during the school holidays, so we better make sure we keep our tummies filled! In addition to our usual toast and biscuits, we'll have fruit and cereal to help start the day the right way! #Wellbeing #DignifiedFood</p>
<p>Wednesday 2nd, 9th, 16th and 23rd July 10:00 – 12:00</p>	<p>STAR Snack Attack Come along and create some lunch-box staples to add to your packed lunches for our summer trips! Everything will be no-bake, so no previous cooking experience is required. This will be great fun for children and adults alike! #Creativity #DignifiedFood</p>
<p>Saturday 5th July 12:00 – 12:45</p>	<p>Sma' Shot Day Parade What better way to start the summer than joining the STAR gang at the Sma' Shot Parade? There's plenty to do on the day! #Connections #SmaShotDay #Community</p>
<p>Thursday 3rd July</p>	<p>Trip 1: Loch Lomond (Balloch) Adult £3.00 Child £1.50</p> <p>Bus Leaves STAR at 9:30am Bus Leaves Balloch at 3.30pm</p>
<p>Tuesday 8th, 15th, 22nd & 29th July 10:00 – 12:00</p>	<p>Getting' Crafty With It Feeling inspired by the summer trips? Then let's create summer memories together by getting crafty! We'll be collecting materials on each trip for this (info will be given on the day) #Creativity</p>
<p>Thursday 10th July</p>	<p>Trip 2: Heads of Ayr Adult £16 Concession £14 Child £8 Under 1 £1.50</p> <p>Bus Leaves STAR at 9:30am Bus Leaves Balloch at 3.30pm</p>
<p>Tuesday 15th July 4:00 – 6:00</p>	<p>AGM It's time for our Annual General Meeting! Your opportunity to hear about what we've been doing over our 25th year & for us to unveil the commissioned artwork by Garry Byars. It's open to all STAR Project members, so fill out our membership form beforehand! Don't worry, there's food too! #Connections</p>
<p>Thursday 17th July</p>	<p>Trip 3: Ayr Beach Adult £3.00 Child £1.50 Bus Leaves STAR at 9:30am Bus Leaves Ayr at 3.30pm</p>



Wednesday 23rd July TBD	Team Up to Clean Up Ahead of our 25 th Birthday Summer Fun Day on July 25 th , we'll be doing a litter pick in Fountain Gardens. Come along and show some love to this local green space! #Connections
Thursday 24th July	Trip 4: 5 Sisters Zoo Adult £18 Concession £15 Child £13.50 Under2 £1.50 Bus Leaves STAR at 9:30am Bus Leaves 5 Sisters Zoo at 3.30pm
Friday 25th July 12:00 – 3:00	Summer Fun Day The celebrations continue for our 25 th Birthday! You wanted a community fun day and that's exactly what we're doing! Expect inflatables, a barbeque, face painting, arts and crafts and much more! #25YearsOfSTAR #Connections
Wednesday 30th July 10:00 – 1:00	Consultation Okay, summer's not even over yet, but we can't wait to hear what you thought of our summer programme and what's impacting you and your community. Come for the chat, stay for the lunch! #Wellbeing #HaveYourSay

AUGUST

Please note: We will be closed from Friday 1st until Tuesday 19th August, so we can have a summer holiday and start putting together our next programme based on all your input at the consultation.	
Tuesday 19th August 10:00 – 12:00	Back to School Breakfast We'd like to welcome you all back after our break with a tasty selection of fruit and pastries! The kids are back at school and Drop-In is back on—bliss! #Wellbeing #BackToSchool
Wednesday 20th August 10:00 – 12:00	Welcome Back Crafts To celebrate the schools and STAR being back on, why not come down and do some self-care activities with us? We'll have zen colouring, aroma dough, and crafts to help your worries fly away. #Creativity
Tuesday 26th August 10:00 – 12:00	End of Summer Drop-in Tree The holidays are over, the kids are back at school, so let's look back and appreciate what we loved about our summer by getting crafty with the Drop-In Tree! #Creativity #DropInTree
Friday 29th August 7:00 – 10:00 @ Caledonia Bowling Club	Jam Jar Movies: Summer Lovin' It's the end of summer, so let's get in the mood by going back to school with a Grease Sing-A-Long! Come dressed as a character or in your best 1950s garb, we'll have some fairground games, a raffle and, of course, a chance to belt out all your favourites from this fun musical! We'll bring the movie and popcorn; you bring a donation for our free food provision!



No fee, just a jar or tin of something to help with our free food provision. #Wellbeing #JamJarMovies #FoodInsecurity

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



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