

Autumn Programme 2026

Our autumn programme brings together regular support, creative workshops, community events and plenty of opportunities for a cuppa and a blether. Everything in our programme is completely free. Most activities are drop-in, but a small number require booking. Please check individual listings or speak to a member of staff if you're unsure.

ONGOING

Tue – Thu 9.30 – 12.00	Drop-In The kettle's always on, and there's a chair saved just for you! Join us for a cuppa, food, warmth and good company. #Wellbeing
Tue – Fri 9.30 – 5.00 (by arrangement)	One-to-One Support Scheduled sessions with staff for anyone needing support, advice or a listening ear. #Wellbeing #Support
Tue – Fri 10.00 – 2.00 (by arrangement)	Community Fridge Emergency food and essentials collection service from the Project. Please call to arrange a time slot. #FoodInsecurity #CostOfLiving #Wellbeing
Tue 12.30 – 6.00 Wed – Fri 10.00 – 2.00	Pantry Plus An affordable way to eat well for at least 40% less than the cheapest supermarket. Every penny in profit supports our free food provision. #Wellbeing #Sustainable #ZeroFoodWaste #Resilience
Tue 11.00 – 1.00 Thu 12.00 – 3.00	Paisley Men's Shed A welcoming space for men 18+ to share skills and get involved in the community. #Shedders #Connections
Wed 12.30 – 2.30	Fairer Renfrewshire Lived Experience Panel Our Lived Experience Panel works alongside Renfrewshire Council to help shape a fairer Renfrewshire. The group helps influence decisions and recommend the changes that matter most to local people. #CommunityVoice #Connections
Fri (term time) 10.00 – 12.00	Wee STARS Toddler Group Fun, creative activities that support oor wee STARS (and their bigger STARS) to twinkle as bright as they can. #BookBug #ExerTots #Creativity

Tue 10.00 – 12.00 Thu 10.00 – 12.00 (by arrangement)	Money Matters Appointments with Citizens Advice Bureau (Tues) and Advice Works (Thurs) are available at the Project. #CostOfLiving #Support #Partnerships
Wed (fortnightly) 5.30 – 7.30	Shortroods Young Men's Group A welcoming space supporting positive mental health for young men aged 16–24. #MensMentalHealth #Wellbeing #CMHWF
Wed (fortnightly) 10.00 – 12.00	Community Blether Twice a month we'll welcome different organisations to come along to the Drop-In to share information and chat about the work they do. Keep an eye on our social media to find out who's coming along! #Connections

SEPTEMBER

Tue 1st Sept 10.00 – 12.00	Autumn Drop-In Tree The leaves are changing – and so's our Drop-In Tree! Swing by, share your favourite autumn things and craft some cosy leaf creations. It'll be tree-mendous! #Creativity #DropInTree #Autumn
Thurs 3rd & 17th September 1st & 29th, October and 12th & 26th, November, 12.30 – 2.30	STAR Stitchers Bring along your sewing, knitting or crochet, or come and learn something new. Materials are available and beginners are very welcome. Expect a cuppa, a blether and absolutely no judgement of wonky stitches #Creativity #Wellbeing
Tuesdays 8th September, 6th October and 3rd November, 12.30–2.30	Candid Chanters A relaxed creative writing group where you can explore ideas, find your voice and enjoy good company. No experience needed and no pressure to share your work #Creativity #COF #AdultsOnly
Thursdays 10th & 24th September and 8th October, 12.30–2.30	Visible Mending Come and join our amazing Artist in Residence Britta where together we will explore simple, creative ways to turn something worn and broken into something beautiful, unique and YOU! #Creativity #Wellbeing

Wed 16th Sept 4.00 – 5.00	AGM It's time for our Annual General Meeting! This is your opportunity to hear about what we've been doing over the last year & what we're hoping for in the future! It's open to all STAR Project members, so fill out our membership form beforehand, and, of course, there'll be food too! #Connections
Thurs 24th Sept 10.00 – 12.00	Autumn Equinox Teas Join Sarah to create warming fruit and spice herbal teas using simple ingredients. Try different flavours, learn how to make your own blends and enjoy a cosy Autumn cuppa #Wellbeing

OCTOBER

Tue 6th Oct During Pantry Plus opening hours	Challenge Poverty Week at Pantry Plus Keep an eye on our social media for a wee message from our Pantry Plus team as part of Challenge Poverty Week. #Wellbeing #ChallengePovertyWeek
Wed 7th Oct 12.30 - 2.30	Hope for Sale: Game Over Launching during Challenge Poverty Week, this is the first in our new six-part monthly workshop series exploring gambling, financial hardship and mental health. Together, we'll look beyond individual choices to examine how hope is marketed and exploited, the harm this can cause, and where people can find support. Open to everyone, with no pressure to share personal experiences. Funded through the Gambling Harm and Mental Health Fund, delivered by the ALLIANCE in partnership with the Scottish Government. #ChallengePovertyWeek #GamblingHarm #ALLIANCEscot #PovertyAlliance
13th, 14th & 15th Oct 10.00 – 12.00	October BREAKfast Club We've got a jam-packed programme over the school holidays, so we need to keep fuelled up! Alongside our usual tea and toast we'll have fruit and cereal to help start the day the right way! #Wellbeing #DignifiedFood
Tue 13th Oct 10.00 – 12.00	Dastardly Drop-In Tree Let's come together and get creative by making our Drop-In Tree spook-tacular! We'll make some batty bunting and creepy crafts to get into the Halloween spirit! #Creativity #DropInTree #Halloween

Wed 14th Oct 10.00 – 12.00 Keep an eye on our social media for details of additional workshops.	Halloween Parade Workshops Let's get parade-ready and create some colourful and creepy flags & banners for the Paisley Halloween Festival! No experience needed, just bring yourself and your imagination! #Creativity #Halloween
Thurs 15th Oct 2.00 – 4.00	McAddams Family Snack Attack Everyone's invited to a gathering of the spookiest, kookiest clan in Paisley! We'll have spooky snack stations, ghoulish games and a chance to meet the McAddams – we're all part of this freaky family! Spooky dress-up encouraged! #Wellbeing #Halloween #HSCP
Thursdays 22nd & 29th October and 5th, 12th, 19th & 26th November, 10.00–12.00	Reflections Join Artist in Residence Britta for a series of gentle, creative activities exploring connection and reflection as part of the Scottish Mental Health Arts Festival. #Wellbeing #Creativity #SMHAF #AdultsOnly
Fri 23rd Oct 6.00 – 8.00	Paisley Halloween Parade Join us as we show off our awesome flags & banner walking in the Parade! This is one fright-fest you won't want to miss! #PaisleyHalloweenParade #Renfrewshire #Events
Thurs 29th Oct 5.00 – 7.00	All Hallows' Eve Join us for a gentle evening remembering those we have lost. We'll walk the labyrinth together before returning to STAR for a relaxing sound bath. Please speak to a member of staff if you would like more information about what the evening will involve and to book a place #Connections #Wellbeing #AllHallowsEve
Also, this month: Candid Chanters – 6 th October; STAR Stitches – 1 st & 29 th October; Visible Mending – 8 th October 12.30 -2.30 See Regular Groups for details.	

NOVEMBER

Wed 4th Nov 10.00 – 12.00	Community Consultation We can't wait to hear what you think about our Autumn 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 some light refreshments! #HaveYourSay #Community #Wellbeing
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Tue 10th Nov 10.00 – 12.00	Winter Wonder Tree Winter is coming, so it's time to get our Drop-In Tree transformed! Come along and enjoy a fun, creative session with beautiful seasonal colours, textures and materials - let's bring some cosy Winter magic to Drop-In! #Creativity #DropInTree
Tue 17th Nov 10.00 - 12.00	Online Safety for Parents Join Anna for a workshop around keeping kids safe online, to tie in with DigiKnowVember and 16 days of Activism, 2 campaigns in November that are focussing on online safety. #Wellbeing #DigiKnowVember #16DaysOfActivism
Tue 24th – Thurs 26th Nov Available during Pantry Plus opening hours	St Andrew's Day Tea Bag Pop into Pantry Plus to pick up a special St Andrew's Day meal to make at home, some tasters inspired by Scottish and Middle Eastern foods and a chance to share some recipes! #Wellbeing #StAndrewsDay
Wed 25th Nov 10.00 – 12.00	St Andrew's Day Did you know St Andrew came from the Middle East? To celebrate this year, we'll be creating little boats and recognising what keeps our boat steady, safe in choppy water and how to navigate our own journeys. We may be in the same ocean, but we're each in our own boat. #Creativity #Wellbeing #StAndrewsDay
Also, this month: Reflections – Thursdays 5, 12, 19 and 26 November, 10.00–12.00; Candid Chanters – Tuesday 3 November, 12.30–2.30; STAR Stitchers – Thursdays 12 and 26 November, 12.30–2.30. See Regular Groups for details.	

Watch this space...

Winter Connections

We're hoping to be able to extend our opening hours again this winter with an additional evening Drop-In. We'll keep you updated the moment we know!

Want to hear more?

Give us a call Tuesday to Friday between **10 am and 4 pm** on **0141 889 5850**

Pop in to see us at our **Drop-In (Tuesday to Thursday, 9.30 – 12.00)**
STAR Project, 12–14 Wallace Street, Paisley, PA3 2BU



STARProjectPaisley/



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