



## SPRING PROGRAMME 2026

We're springing into the new season with even more wellbeing, creativity, and connections! Let's not forget the community, who are always at the heart of everything we do!

### ONGOING

<p><b>Tue–Thu</b> <b>9.30 – 12.00</b></p>	<p><b>Drop-In</b> 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 #MonDoon</p>
<p><b>Tue–Fri</b> <b>9.30 – 5.00 (by arrangement)</b></p>	<p><b>One-to-One Support</b> Scheduled sessions with staff for anyone needing support, advice or a listening ear. #Wellbeing #Support</p>
<p><b>Tue–Fri</b> <b>10.00 – 2.00 (by arrangement)</b></p>	<p><b>Community Fridge</b> Free food and essentials collection service from the Project. Please call to arrange a time slot. #FoodInsecurity #CostOfLiving #Wellbeing</p>
<p><b>Tue 12.30 - 6.00</b> <b>Wed–Fri 10.00 – 2.00</b></p>	<p><b>Pantry Plus</b> 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</p>
<p><b>Tue 11.00 – 1.00</b> <b>Thu 12.00 – 3.00</b></p>	<p><b>Paisley Men's Shed</b> A welcoming space for men 18+ to share skills and get involved in the community. #Shedders #Connections</p>
<p><b>Wed (fortnightly)</b> <b>12.30 – 2.30</b></p>	<p><b>Fairer Renfrewshire Lived Experience Panel</b> Our Lived Experience Panel works alongside Renfrewshire Council to help shape a fairer Renfrewshire. By sharing real experiences from our communities, the group helps influence decisions and recommend the changes that matter most to local people. #CostOfLiving #CommunityVoice #Connections</p>



<p><b>Fri (term time)</b> <b>10.00 – 12.00</b></p>	<p><b>Wee STARS Toddler Group</b> Fun, creative activities that support oor wee STARS (and their bigger STARS) to twinkle as bright as they can #BookBug #ExerTots #Creativity</p>
<p><b>Tue 10.00 – 12.00</b> <b>Thu 10.00 – 12.00</b> <b>(By arrangement)</b></p>	<p><b>Money Matters</b> Appointments with Citizens Advice Bureau and Advice Works are available at the Project. #CostOfLiving #Support #Partnerships</p>
<p><b>Wed (fortnightly)</b> <b>5.30 – 7.30</b></p>	<p><b>Shortroods Young Men’s Group</b> A welcoming space supporting positive mental health for young men aged 16–24. #MensMentalHealth #Wellbeing #CMHWF</p>

## MARCH

<p><b>Wed 4 Mar</b> <b>10.00 – 12.00</b></p>	<p><b>Talk on Wood: Activity Space Consultation</b> Come meet Architects, Dress for the Weather, Furniture Maker, Susan Harper Furniture, and oor Britta to share your ideas and help shape our new activity space. #HaveYourSay #NewBuilding #COF #STVAppeal #Wellbeing</p>
<p><b>Thu 5 Mar</b> <b>10.00 – 12.00</b></p>	<p><b>International Women’s Day Drop-In</b> Celebrating amazing women past, present and future. #IWD2026 #Creativity</p>
<p><b>Tue 10 &amp; 24 Mar</b> <b>12.30 – 2.30</b></p>	<p><b>Candid Chanters Creative Writing</b> Our welcoming writing group continues as we build towards the Paisley Book Festival. #Creativity #LightBetweenTheLines #COF</p>
<p><b>Wed 11 Mar</b> <b>10.00 – 12.00</b> <b>(30 min slots)</b></p>	<p><b>A Wee Programme Blether</b> Questions or thoughts about the Spring Programme? Oor Heather will be available for short one-to-one chats in the wee room. It doesn’t replace our usual consultations; it’s just a chance to share feedback on this programme. Speak to a member of staff if you’d like to book a slot. #AllEars #YourVoiceMatters #Wellbeing</p>



<p><b>Thu 12 Mar</b> <b>10.00 – 12.00</b></p>	<p><b>Close to Your Heart</b> As Mother’s Day approaches, join us for a creative session where we’ll make badges and brooches celebrating the people who hold a special place in our lives - mums, mum-like figures, carers, friends or anyone who’s been there when it matters. Create something meaningful to keep or gift to someone close to your heart #Creativity #MothersDay</p>
<p><b>Thu 12, 19 &amp; 26 Mar</b> <b>12.30 – 2.30</b></p>	<p><b>Talk on Wood Workshops</b> It’s got poetry, it’s got furniture crafts, it’s got you! Sounds like the perfect recipe for decorating an awesome new Activity Space. Join Susan and Britta, and let’s make our words and feelings part of the furniture! #Creativity #NewBuilding #STVAppeal #COF</p>
<p><b>Thu 19 Mar</b> <b>10.00 – 12.00</b></p>	<p><b>Eid al-Fitr Crafts</b> Join us for a morning of crafting, community and togetherness! A welcoming space to connect, share traditions, mark the end of Ramadan, and learn about the meaning of this special celebration! #Creativity #EidAlFitr</p>
<p><b>Fri 27 Mar</b> <b>12.30 – 2.30</b></p>	<p><b>Talk on Wood</b> Come along and see the progress of our new activity space! There’ll be a chance to talk to the team, put your own stamp on the place and see the progress! #Creativity #COF #STVAppeal</p>
<p><b>Sun 29 Mar</b> <b>TBD</b></p>	<p><b>Falling for Oor Shortroods</b> Local lad, oor Michael, is literally falling for oor community. He’s taking the bold leap from 12,000 feet to raise funds for future activities, trips and opportunities for the Shortroods Young Men’s Group! Mon, the lad’s pure feart o’ heights! Every pound helps <a href="https://www.justgiving.com/page/michael-mccready-1...">https://www.justgiving.com/page/michael-mccready-1...</a> #Fundraising #SYMG #MensMentalHealth</p>



**APRIL**

<p><b>Wed 1 Apr</b> <b>10.00 – 1.00</b></p>	<p><b>Community Consultation</b> 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! #HaveYourSay #Community #Wellbeing</p>
<p><b>Tue 7 &amp; 21 Apr</b> <b>12.30 – 2.30</b></p>	<p><b>Candid Chanters</b> Creative writing sessions continue ahead of the Paisley Book Festival. #Creativity #ScottishPoetry #COF #PaisleyBookFestival</p>
<p><b>Tue 7 Apr</b> <b>2.30</b></p>	<p><b>Poetry Submission Deadline</b> Final date for submissions for our 'Light Between the Lines' Book #Creativity #ScottishPoetry #PaisleyBookFestival</p>
<p><b>School Holidays</b> <b>10.00 – 12.00</b></p>	<p><b>Take a BREAKfast on Us</b> It's the Easter holidays, so let's make sure our tummies are full! In addition to our usual toast and biscuits, we'll have fruit and cereal to help start the day the right way! #Wellbeing #DignifiedFood #Easter</p>
<p><b>School Holidays</b> <b>10.00 – 12.00</b></p>	<p><b>EaSTAR Crafts</b> Hop along for some egg-cellent Easter holiday fun! During the school holidays, we'll be getting creative with a mix of crafts and activities for the wee ones while the breakfast club is running. Expect colour, imagination and a few messy masterpieces along the way. #Creativity #Easter #FamilyFun</p>
<p><b>Thu 9 Apr</b> <b>1.00 – 3.00</b></p>	<p><b>Snack Attack: EaSTAR Edition</b> Hop along for a special EaSTAR edition of Snack Attack! We'll be hosting a farm-tastic tea party where the wee weans (and bigger wans) will be making carrot cake in a mug, #Wellbeing #Easter #HSCP</p>



<p><b>Wed 15 Apr</b> <b>12.30 – 2.30</b></p>	<p><b>EaSTAR Scavenger Hunt</b> Let's make sure the Easter Bunny gets lots of egg-ercise this year with a family-friendly scavenger hunt! Whatever the weather, we'll have a bunny good time! #Creativity #Easter #FamilyFun</p>
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**MAY**

<p><b>Sat 2 May</b> <b>12.30 – 2.00</b></p>	<p><b>World Labyrinth Day</b> Join us in Fountain Gardens to 'Walk as One at 1' to celebrate World Labyrinth Day! Oor Britta will be there to facilitate a mindful walk where we can write and draw our observations, feelings and impressions as we participate in this global movement. #Connections #FountainGardens #Labyrinth #WalkAsOneAtOne</p>
<p><b>Tue 5 May</b> <b>10.30 – 12.30</b></p>	<p><b>Candid Chanters Creative Writing Group</b> Do you know what song we love to hear played on the chanters? It's the Final Countdown... Which it totally is!! It's the last session of the group afore they unleash their genius on the Paisley Book Festival with their incredible book on Saturday, 16<sup>th</sup> May. #Creativity #CandidChanters #ScottishPoetry</p>
<p><b>Thu 7 May</b> <b>10.30 – 12.30</b></p>	<p><b>Waste to Wonder</b> A creative and fun family workshop exploring composting and how it can help us reduce food waste! We'll be learning all about the miraculous micro-organisms, bugs, and beasties that help make the soil the best place for growing oor veggies and fruits! #Wellbeing #ICAW2026 #CompostWeek</p>



<p><b>Wed 13 May</b>  <b>11.00 – 1.00</b></p> <p><b>@Fountain Gardens</b></p>	<p><b>Oor Scheme, Oor Memories</b>  Mind that time someone put bubble bath in the fountain, or when Santa came to visit us all on Shortroods road, thanks to some amazing community members? Join us for a cuppa and help shape oor months long project, celebrating local stories and creating a future wish list for our area. We'll end up with a living map of Shortroods and a good bit mair!  #Community #Connections #LocalPlacePlan</p>
<p><b>Thu 14, 21 &amp; 28 May</b>  <b>12.30 – 2.30</b></p>	<p><b>Recipes &amp; Prescriptions</b>  Ever needed a recipe for kindness, or a prescription for courage? Come and join us for a series of workshops with Artist in Residence Britta, where we'll create recipes and prescriptions for the things we really need. #Wellbeing #MHWeek2026</p>
<p><b>Sat 16 May</b>  <b>3.00 – 3.45</b></p> <p><b>@ Paisley Town Hall</b></p>	<p><b>Paisley Book Festival Book Launch, Readings &amp; Exhibition</b>  Hear our new work, a collection of poetry, prose, and visual art. We've taken oor Community Matters motto - "we are fearless, we are playful, we are here" -on a creative journey, finding light in troubled times and strength in shared experience. A selection of original artworks, including blackout poetry, collage, sculpture and oor community-built Poe-Tree, will be exhibited as part of the event. #PaisleyBookFestival #Connections #Events #COF</p>
<p><b>Sat 16 May</b>  <b>3.45 – 5.00</b></p> <p><b>@ Paisley Town Hall</b></p>	<p><b>Recycled Words: Blackout Poetry Workshop</b>  You came for the launch, gonnae stay for the workshop! Britta and Candid Chanters will offer attendees a welcoming introduction to blackout poetry. Using repurposed materials, newspaper articles, book pages, letters and junk mail #PaisleyBookFestival #Connections #COF</p>



<p><b>Mon 18 May – Sun 24 May TBD</b></p>	<p><b>Bookbug Week at STAR</b>          Join us as we celebrate Bookbug Week, a national celebration of stories, songs and rhymes for little ones and their grown-ups. STAR was one of the first community organisations in Renfrewshire to host Bookbug sessions outside libraries and early years centres, and this year we've got a very exciting announcement up our sleeve...          Keep an eye on our social media to find out more! #BookbugWeek #EarlyYears #Community #ScottishBookTrust #WeeSTARs</p>
<p><b>Tue 19 May 10.00 – 12.00</b></p>	<p><b>Summer Sun Drop-In Tree</b>          Summer is coming, so let's decorate our Drop-In tree to brighten things up! You bring yer summer-inspired ideas, we'll grab wir crafting kits, and let's get that tree so sunny, we'll need an SPF Factor just to look at it! #Creativity #DropInTree</p>

**Watch This Space...**

As the summer sneaks up on us, so does our super exciting Summer Programme!

Oor popular summer day trips, the fab Sma Shot Parade, we just cannae wait! Mind and come to our consultation to get yer say in for our next programme 😊

**Want to hear more?**

Give us a call Tuesday to Friday between **10am and 4pm** 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**

Or keep up with everything we're doing on social media:

