



Access Guide

**everything you need to know
about coming along**

contents

click titles
to go to page

- 1 [who we are](#)
- 2 [getting to us](#)
- 3 [where to find us](#)
- 4 [inside our space](#)
- 5 [food and drinks](#)
- 6 [access needs](#)
- 8 [accessible bathroom](#)
- 9 [your first visit](#)
- [get in touch](#)

who we are

Welcome to Kairos Women+! We can't wait to welcome you to our space soon. We're a **community-led organisation** created for all women+ (including trans women+ and non-binary people). Our community space is in the Embroidery Mill in Paisley. Our groups are free!

At Kairos, expect lots of **love** and **kindness** from staff, volunteers and other women+ in the community. You can join us for **drop-in groups, workshops, support groups, courses and one-off events** throughout the year.

We bring women+ together to connect, build friendships, access support and make change collectively.

We value the **passions** and **strengths** of every woman and non-binary person who walks through our door, and see you as the expert in your own experience.



getting to us



getting to us by bus

Take the bus to Paisley Town Hall / Piazza shopping centre and walk 10-minutes to our building.

From Johnstone: 61, 38

From Barrhead: 51

From Neilston/Dykebar Hospital: 66

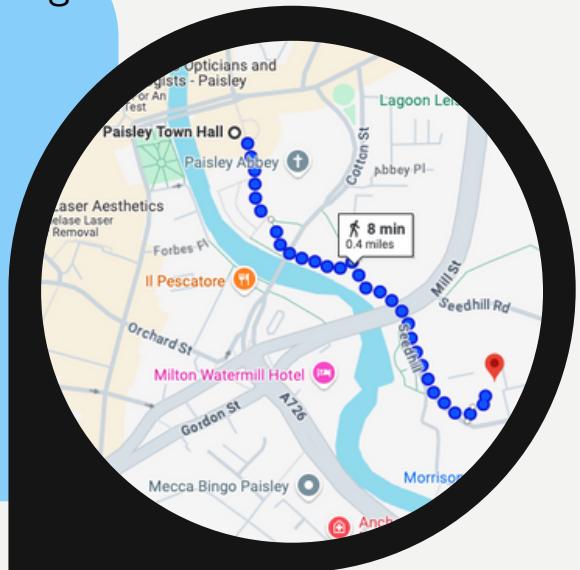
From Linwood: 7 or 7A

From Renfrew: 26

From Glasgow City Centre: 17, 38, 26 or X21 or First Bus 9

Take a look at the full bus timetable on [McGills](#).

You can find us by searching 'Kairos Women+' in google maps!



getting to us by train

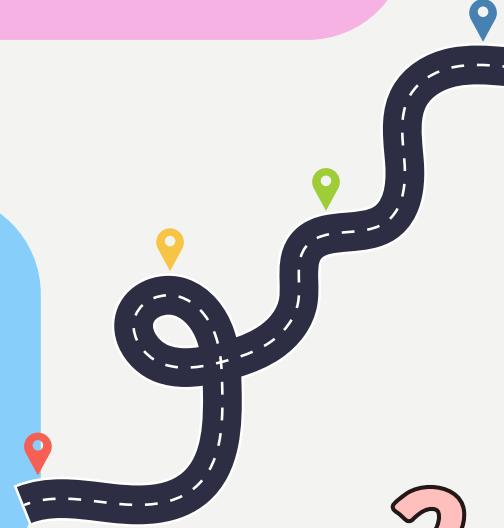
Kairos is a 15-minute walk or wheel from **Paisley Gilmour Street station**. There are direct routes from Glasgow Central and other Renfrewshire stations. Paisley Gilmour Street station has step-free access. [Find out more about the station](#). Plus, **Hawkhead station** is a 20-minute walk.



getting to us by car or bike

Car: we have a free car park in front of the building. There is one disabled space near our step-free entrance. All you need to do is tell us your vehicle registration plate when you sign in.

Bike: we don't have any bike racks in the carpark, however, there are railings near the big tree.



where to find us

from Morrisons
car park



our address:

56-60 Embroidery Mill, Abbey Mill
Business Centre, Paisley, PA1 1TJ

our building



our building

We're just across
from Morrisons car
park.

step free
entrance

building entrance



our entrance



the wrong building!

Sometimes people
go to the wrong
building. But don't
worry, it's only a
5-minute journey
from us. If you get
lost, give us a call.



ring the
bell



inside our space



the
corridor



The Pink
Room



the Yellow
Room



The
Kitchen



Accessible
Bathroom



The Free
Shop



The Blue
Room

food and drinks

Free or pay what you can if you have pennies to spare! No questions asked.

tea and coffee station

We have tea, coffee, diluting juice, water and a range of herbal teas (rooibos, peppermint, earl grey, berry and more). Help yourself in the corridor or ask for help.



5

snacks & meals

We have a range of snacks available: fruit, biscuits, rice cakes (incl. gluten-free/vegan) in the Pink and Yellow Rooms - help yourself! Plus, we have sandwich ingredients available, just ask a member of the team.



access needs

Questions about access?

Get in touch via info on the back page!



Wheelchair and walker access

Our space is on the ground floor and is wheelchair accessible with an accessible bathroom. *The door widths are:*

- External entrance (83cm) Internal entrance (87cm) Yellow Room (86cm) Pink Room (112cm) Door between the Yellow and Pink Room (70cm) Bathroom (85cm) Kitchen (76cm) Blue Room (70cm) Office (70cm)

Sensory information

Quiet Room & Quiet Groups: We have a quiet room available during our busy groups on Tuesday (Blue Room) and Thursday (Pink Room). Our quieter groups are Wellness Group, Disability Group, Beautiful Women & our creative workshops. Headphones welcomed.

Sensory packs: there are sensory boxes in the Pink, Blue and Yellow Rooms with fidget toys and ear defenders. If you don't spot them, just ask.

Lighting: we usually use low lighting (lamps). If you are in a group and you need the lights adjusting, please just ask.

Children

You are welcome to bring children to The Drop In & Community Soup. All children must be supervised by a parent/caregiver. We have toys and play area in the Pink Room. Please ask about bringing children along to other groups.

Translating between languages

We use a digital language translation tool to communicate between English and other languages. We also have two spaces supporting English learning: Kairos Kitchen and Language Cafe.

Reading & Writing

Most of our groups don't involve much reading or writing. For groups with writing we offer scribe support, large print and dyslexia sheets. Please just ask.

Religion & prayer

We welcome women+ of all faiths. We have a prayer mat for Muslim women, kept safe in the Blue Room. We also have a basin and jug in the bathroom for feet washing before prayer. The Blue Room is available for use to pray. Please ask a member of staff.

British Sign Language:

Take a look at our *Introduction to Kairos in BSL* video to find out more about what we do. A BSL interpreter attends our evening learning space once a season. We try to use interpreters who sign in the local dialect. We can also book BSL interpreters for larger events, on request.



Hearing loop

We have a hearing loop available within all our groups and one-to-one meetings. Just ask a member of staff.

Transport costs

If you like the sound of Kairos but don't have the money to get to us, please get in touch. We have a transport access fund to cover travel costs to and from Kairos. All we need is a receipt.

Free shop & pantry

We also have a free shop and pantry in the corridor for everyone to use. Donate things you have going spare or pick something up that you need - clothes, household & baby items, books, jewellery & much more! You can also get store cupboard food and sometimes a tasty treat. Plus, there are free period products and contraception in the bathroom. No questions asked, just take what you need.

the accessible bathroom

One toilet available, gender neutral

The accessible bathroom door is 85cm wide with a door that pushes inwards. The space inside is 285cm wide by 225cm long. The space between the sink and the toilet is 50cm. It has the following equipment:

- emergency pull cord with Ewan's Guide label. If pulled, staff will call first then gain entry
- grab rails, including two hinged grab rails either side of the toilet

the bathroom



grab rails



the toilet



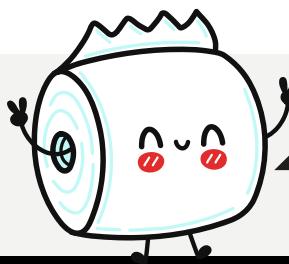
baby change



Other equipment in the bathroom:

- pull down baby change (behind the door) as well as mat, baby wipes and a bin to dispose of nappies
- free contraception and period products to use and take home
- separate bin for sanitary products

Did you know? We use eco friendly cleaning products and loo roll at Kairos!



your first visit

What to expect: When you first arrive, you'll be welcomed with a smile by a member of the team. You'll sign in at the entrance before getting settled into your activity, and shown around the space. Before you go, you'll be given a simple Welcome Form to complete so we can stay in touch!

Drop-in to groups

Lots of our groups are drop-in, which means you don't need to book ahead! Come along on Tuesday 12.30-2.30pm for Community Soup, or Thursday 12.30-2.30pm for The Drop-In.

Our Wellness Group and Kairos Kitchen are both drop-in spaces, and run in 8-10 weekly blocks. Take a look at the What's On page on our website to see what's coming up!



[Click for What's On](#)

Book on Eventbrite

Some of our activities you need to book ahead, including our creative workshops and public events.

Take a look at our Eventbrite page to see what's coming up. New events are added every season.



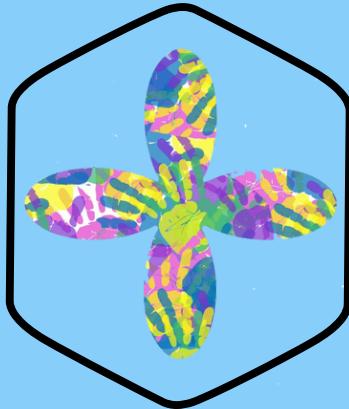
[Click to book](#)

Book a Welcome Meeting

We know that coming to a new place can feel overwhelming. We offer 45-minute Welcome Meetings to introduce you to the space, which includes a chat about you: what you're interested in and your access needs. Followed by a chat about Kairos: groups and opportunities, a tour and a programme to take away!



Welcome Meetings are with a member of the team



get in touch



info@kairoswomen.org



0141 378 5078



07716 950 857



www.kairoswomen.org

Opening hours:
Tuesday-Friday
9.30-5pm

*Groups or activities
may be outside these
times*



@kairos_women

Kairos Women+

