



# **Access Guide**

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

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# 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

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



## 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](#).



## 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**



**building entrance**



**our building**

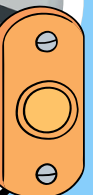
We're just across  
from Morrisons car  
park.

**step free  
entrance**

**our entrance**



**ring the  
bell**



**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.



# inside our space



the  
corridor

the Yellow  
Room



The Pink  
Room



The  
Kitchen



Accessible  
Bathroom



The Free  
Shop



The Blue  
Room





# food and drinks

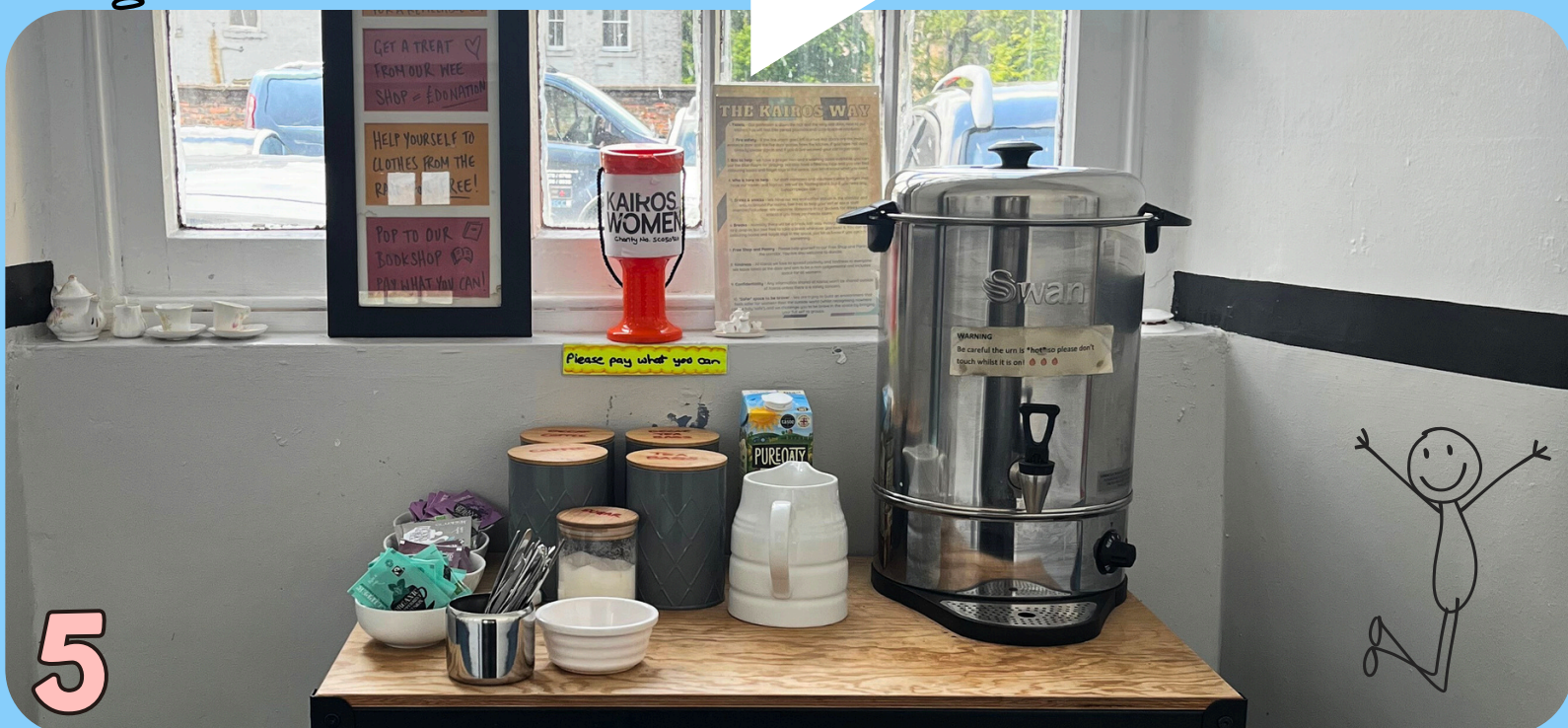
Free or pay what you can if you have pennies to spare! No questions asked.

## 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.

## 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!

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## 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**

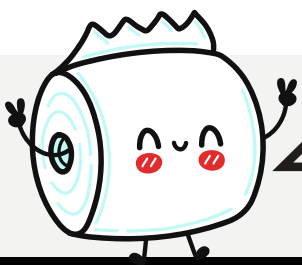


**baby change**



**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](mailto:info@kairoswomen.org)



0141 378 5078



07716 950 857



[www.kairoswomen.org](http://www.kairoswomen.org)

**Opening hours:**  
Tuesday-Friday  
9.30-5pm

*Groups or activities  
may be outside these  
times*



**@kairos\_women**

Kairos Women+

