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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.

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.

In our **winter programme**, you can find out more about Kairos and what's happening January-March. As always with a warm welcome!

Love,
Your Kairos team xxx



UPCOMING EVENTS & WORKSHOPS

JANUARY

BEAUTIFUL WOMEN

When: Fridays 16th January-
20th February 12.30-2.30pm

Where: Kairos Women+ Unit
56-60 Embroidery Mill, Paisley

6-week personal development course exploring the world and our place within it. Delivered by Katy and Jilly, chat to them if you'd like to find out more.



JOHNSTONE & RENFREW LIBRARIES

When: Thursdays monthly

Where: Johnstone Library &
Renfrew Library

Come along to meet Jilly in Johnstone & Renfrew libraries to relax, connect and find out about opportunities at Kairos. See schedule for dates.

LIBRARY

FEBRUARY

WOMEN+ MAKE NOISE!

When: Thursdays 5th-26th
February, 3-4.30pm

Where: Kairos Women+, Unit
56-60 Embroidery Mill, Paisley

Community singing workshops with musician... come and raise your voices with the opportunity to perform at upcoming events!



TEXTILES WORKSHOPS

When: Fridays 6th February -
27th March 10.30am-12.30pm

Where: Kairos Women+, Unit
56-60 Embroidery Mill, Paisley

Join textile artist Deirdre Nelson for 8-weeks of creative textiles workshops, learning techniques and threading together histories of our mill building.



CHANGEMAKERS PARTNER EVENT

When: Saturday 7th February -
11am-2pm

Where: Kairos Women+

Are you a partner working towards shared goals? Join our Community Changemakers to learn about their human rights work and see how you can get involved.

FEBRUARY CONT...

NATURE DAY

When: Tuesday 17th February,
11am-3pm

Where: Clyde Muirshiel
Regional Park, Lochwinnoch

Join us for a conservation day with RenCan at Clyde Muirshiel in Lochwinnoch. Designed with accessibility in mind; children, wheelchairs, walkers, and prams welcome. Lunch and transport from Kairos provided.

LET'S TALK: CONSENT

When: Tuesday 24th February,
6-8pm

Where: Kairos Women+, Unit
56-60 Embroidery Mill, Paisley

Workshop exploring sexual health and consent delivered by Annie with support from FLAPS Project.



MARCH

LET'S TALK: MENOPAUSE

When: Thursday 5th March,
12.30-2.30pm

Where: Kairos Women+, Unit
56-60 Embroidery Mill, Paisley

A learning space to connect with one another and raise awareness of the menopause with Menopause Warriors Scotland.



INTERNATIONAL WOMEN'S DAY CELEBRATION

When: Friday 6th March,
6-8.30pm

Where: The Hub, Mile End Mill

Join us at the Hub to celebrate IWD 2026: enjoy good food and a music performance with Women+ Make Noise! Come along to sing, dance, or sit back and take it all in.



DROP IN TO...

THE DROP-IN

Chill, create & connect with women+ every Thursday

Thursday 12.30-2.30pm

COMMUNITY SOUP

Drop-in for a weekly bowl of seasonal soup and a blether.

Tuesday 12.30-2.30pm

JOHNSTONE & RENFREW

Monthly pop-up's and workshops in Johnstone & Renfrew libraries

Thursday monthly, check full page for dates/times

WELLNESS GROUP

Exploring wellbeing and self care activities in a weekly drop-in (8-week blocks)

Wednesday 3-5pm

BOOK YOUR SPOT FOR...

KAIROS KITCHEN

Recipe sharing project for women+ of colour & migrant women+

Thursday 11am-2pm

NATURE DAY

Accessible day trip to a local nature spot, lunch provided

Tuesday 11am-2pm

LET'S TALK...

Two workshops on social issues. This programme's theme: women+'s health

**Tuesday 6-7.30pm,
Thursday 12.30-2.30pm**

NOTHING ABOUT US, WITHOUT US

Monthly disabled-led space for women+ to connect and offer peer support

Friday 12.30-2.30pm

For booked events: www.bit.ly/KairosEventbrite

JANUARY 2026

We are open Tuesday - Friday. Activities marked with an * need to be booked in advance; activities with a double ** are for members only (ask if you'd like to join).



MORNING

AFTERNOON

EVENING

Tue 6th		12.30-2.30pm Community Soup	12.30-2.30pm Breastfeeding Network Support Group [external]	
Wed 7th	10am-1pm** Volunteer Meeting		No Wellness Group this week	
Thu 8th	No Kairos Kitchen this week	12.30-2.30pm The Drop-in		
Tue 13th		12.30-2.30pm Community Soup	12.30-2.30pm Breastfeeding Network Support Group [external]	
Wed 14th		12.30-2.30pm** Fierce Women+ Heritage Trail	3-5pm Wellness Group	
Thu 15th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in		
Fri 16th		12.30-2.30pm* Beautiful Women	12.30-2.30pm* Nothing About Us...	
Tue 20th	10am-12pm** Language Cafe info session	12.30-2.30pm Community Soup	12.30-2.30pm Breastfeeding Network Support Group [external]	
Wed 21st		12.30-2.30pm** Fierce Women+ Heritage Trail	3-5pm Wellness Group	
Thu 22nd	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in		
Fri 23rd		12.30-2.30pm* Beautiful Women		
Tue 27th		12.30-2.30pm Community Soup	12.30-2.30pm Breastfeeding Network Support Group [external]	
Wed 28th		12.30-2.30pm** Fierce Women+ Heritage Trail	3-5pm Wellness Group	5.30-7.30pm Recovery Podcast
Thu 29th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in		
Fri 30th		12.30-2.30pm* Beautiful Women		

For booked events: www.bit.ly/KairosEventbrite

FEBRUARY 2026

We are open Tuesday - Friday. **Activities marked with an * need to be booked in advance**; activities with a double ** are for members only (ask if you'd like to join)



MORNING

AFTERNOON

EVENING

Tue 3rd	10am-12pm** Language Cafe	12.30-2.30pm Community Soup	12.30-2.30pm Breastfeeding Network Support Group [external]	
Wed 4th		12.30-2.30pm** Fierce Women+ Heritage Trail	3-5pm Wellness Group	5.30-7.30pm Recovery Podcast
Thu 5th	1pm-3pm Kairos Kitchen	12.30-2.30pm The Drop-in	3-4pm* Women+ Make Noise!	
Fri 6th	10.30am-12.30pm* Textiles Workshop	12.30-2.30pm* Beautiful Women		
Tue 10th	10am-12pm** Language Cafe	12.30-2.30pm Community Soup	12.30-2.30pm Breastfeeding Network Support Group [external]	
Wed 11th		12.30-2.30pm** Fierce Women+ Heritage Trail	3-5pm Wellness Group	5.30-7.30pm Recovery Podcast
Thu 12th	1pm-3pm Kairos Kitchen	12.30-2.30pm The Drop-in	3-4pm* Women+ Make Noise!	
Fri 13th	10.30am-12.30pm* Textiles Workshop	12.30-2.30pm* Beautiful Women		
Tue 17th	11am-3pm* Nature Day	12.30-2.30pm Community Soup	12.30-2.30pm Breastfeeding Network Support Group [external]	
Wed 18th		12.30-2.30pm** Fierce Women+ Heritage Trail	3-5pm Wellness Group	5.30-7.30pm Recovery Podcast
Thu 19th	No Kairos Kitchen today	12.30-2.30pm The Drop-in	3-5pm* Women+ Make Noise!	
Fri 20th	10.30am-12.30pm* Textiles Workshop	12.30-2.30pm* Beautiful Women	12.30-2.30pm* Nothing About Us...	
Tue 24th	10am-12pm** Language Cafe	12.30-2.30pm Community Soup	12.30-2.30pm Breastfeeding Network Support Group [external]	6-8pm* Let's Talk: Consent & Sexual Health
Wed 25th		12.30-2.30pm** Fierce Women+ Heritage Trail	3-5pm Wellness Group	5.30-7.30pm Recovery Podcast
Thu 26th	No Kairos Kitchen today	12.30-2.30pm The Drop-in	3-5pm* Women+ Make Noise!	
Fri 27th	10.30am-12.30pm* Textiles Workshop			

For booked events: www.bit.ly/KairosEventbrite

MARCH 2026

We are open Tuesday - Friday. Activities marked with an * need to be booked in advance; activities with a double ** are for members only (ask if you'd like to join).



We are closed for a week of planning & training Tuesday 31st March - Friday 3rd April. We are back open for groups Tuesday 7th April.

	MORNING	AFTERNOON	EVENING
Tue 3rd	10am-12pm** Language Cafe	12.30-2.30pm Community Soup	12.30-2.30pm Breastfeeding Network Support Group [external]
Wed 4th		12.30-2.30pm** Fierce Women+ Heritage Trail	3-5pm Wellness Group
Thu 5th	No Kairos Kitchen this week	12.30-2.30pm The Drop-in	5.30-7.30pm Recovery Podcast Group
Fri 6th	10.30am-12.30pm* Textiles Workshop		6-8.30pm* International Women's Day Celebration
Tue 10th	10am-12pm** Language Cafe	12.30-2.30pm Community Soup	12.30-2.30pm Breastfeeding Network Support Group [external]
Wed 11th			No Wellness Group this week
Thu 12th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in	
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Fri 27th	10.30am-12.30pm* Textiles Workshop		

For booked events: www.bit.ly/KairosEventbrite



JOHNSTONE LIBRARY MONTHLY WORKSHOP:

- Connect with other women+ in the area
- Creative & art-based activities
- Free hot drinks and snacks available

Thursdays:

22nd January,
26th February
26th March

Time: 1pm-3pm

WE'LL SEE YOU OUT AND ABOUT!

JOHNSTONE LIBRARY INFO STALL

Thursdays:

15th January,
12th February
12th March

Time: 1pm-3pm

RENFREW LIBRARY INFO STALL

Thursdays:

29th January,
19th February
19th March

Time: 10.30am-12.30pm

OPPORTUNITIES

VOLUNTEER MEETING

Date: Wednesday 7th January

Time: 10am-1pm

Delivered by: Kairos Women+ staff

Welcoming our volunteer team back with opportunities to connect, share ideas and learn new skills.



DEVELOPMENT TEAM MEETINGS

**open to members only*

Dates: Monthly Wednesday
14th January, 25th February,
25th March

Time: 10-11.30am

COMMUNITY CHANGEMAKERS EVENT

Date: Saturday 7th February

Time: 11am-2pm

Sharing learnings & creative output with partner organisations.

FIERCE WOMEN+ HERITAGE TRAIL MEETINGS

**open to members only*

Dates: weekly Wednesdays
14th January - 18th February
[audio guide development with media co-op]

25th February & 4th March
[with Sarah]

Time: 12.30-2.30pm

COMMUNITY CHANGEMAKERS MEETINGS

**open to members only*

Dates (Thursdays):

8th & 22nd January
5th & 19th February
12th & 26th March

Time: 6-7.30pm

WELLNESS GROUP

**Wednesdays
3-5pm**

**At Kairos
Women+**

**Unit 56-60
Embroidery
Mill, PA1 1TJ**

WINTER SESSIONS

14th January

Board Games Afternoon

21st January

Conversation Cafe: Learn and chat about a topic

28th January

Conversation Cafe: Learn and chat about a topic

4th February

Workshop: Seated or Standing Yoga **please book in advance

11th February

Celebrate Yourself and Your Community for “Pal-entine’s” Day

18th February

Painting for Wellbeing

25th February

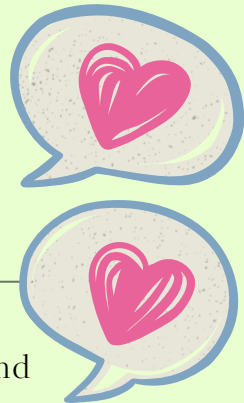
Workshop: Tips for Talking about Mental Health with See Me Scotland

4th March

Spring Planting: Decorate a pot & plant a seed

*Session topics are subject to change. Updates will be posted on Whatsapp and social media.

**DROP IN FOR ACTIVITIES, WORKSHOPS &
DISCUSSION**



FINDING 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 Pink
Room



Accessible
Bathroom



The Blue
Room



the Yellow
Room



The
Kitchen



The Free
Shop

YOUR FIRST VISIT

You'll be welcomed with a smile by a member of the team. 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 or Thursday from 12.30-2.30pm. Our Wellness Group and Kairos Kitchen are drop-in spaces, and run in 8-10 weekly blocks.

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 for What's On](#)



[Click to book](#)

Book a Welcome Meeting

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! Email, text or call to book via details on the back page.



[Click to book](#)

ACCESS INFORMATION

You can download our Access Guide for more. What's available:



**Click for our
Access Guide**

- Step-free access
- Accessible bathroom
- Prayer mat & wash basin
- Hearing loop
- Sensory boxes with ear defenders & fidget toys
- Quiet spaces
- Low lighting
- Dyslexia coloured overlays
- Free shop and pantry
- Children's area
- Transport fund
- Free drinks and snacks
- Community kitchen
- Translation software

CONTACT US

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Tel: 0141 378 5078

Mobile: 07716 950857



DONATE TO US

Kairos offers all activities and events free of charge, but if you have any spare pennies you can contribute towards the running of our space and support women+.



PROUDLY SUPPORTED BY:



Scottish Government
Riaghaltas na h-Alba



COMMUNITY
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RENFREWSHIRE



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Trust 60 YEARS

 Women's
Fund for Scotland
Inspiring Women

 ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre

 Can't do it? We'll help you. | Made possible with
Heritage
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@kairos_women

Kairos Women+

