

# KAIROS WOMEN+

Winter Programme

January-March 2026



**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-20<sup>th</sup> 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 5<sup>th</sup>-26<sup>th</sup> 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 6<sup>th</sup> February - 27<sup>th</sup> 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 7<sup>th</sup> 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 17<sup>th</sup> 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 24<sup>th</sup> 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 5<sup>th</sup> 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 6<sup>th</sup> 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](http://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](http://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](http://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 31<sup>st</sup> March - Friday 3<sup>rd</sup> April. We are back open for groups Tuesday 7<sup>th</sup> 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	5.30-7.30pm Recovery Podcast Group
Thu 5th	No Kairos Kitchen this week	12.30-2.30pm The Drop-in	12.30-2.30pm* Let's Talk: Menopause	
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		
Fri 13th	10.30am-12.30pm* Textiles Workshop			
Tue 17th	10am-12pm** Language Cafe	12.30-2.30pm Community Soup	12.30-2.30pm Breastfeeding Network Support Group [external]	
Wed 18th			No Wellness Group this week	
Thu 19th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in		
Fri 20th	10.30am-12.30pm* Textiles Workshop	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]	
Wed 25th			No Wellness Group this week	
Thu 26th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in		
Fri 27th	10.30am-12.30pm* Textiles Workshop			

For booked events: [www.bit.ly/KairosEventbrite](http://www.bit.ly/KairosEventbrite)



# WE'LL SEE YOU OUT AND ABOUT!

## JOHNSTONE LIBRARY MONTHLY WORKSHOP:

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

### Thursdays:

22<sup>nd</sup> January,  
26<sup>th</sup> February  
26<sup>th</sup> March

**Time:** 1pm-3pm

## JOHNSTONE LIBRARY INFO STALL

### Thursdays:

15<sup>th</sup> January,  
12<sup>th</sup> February  
12<sup>th</sup> March

**Time:** 1pm-3pm

## RENFREW LIBRARY INFO STALL

### Thursdays:

29<sup>th</sup> January,  
19<sup>th</sup> February  
19<sup>th</sup> March

**Time:** 10.30am-12.30pm

# VOLUNTEER CALENDAR

\*BOOK ON TIMECOUNTS

## 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

**14<sup>th</sup> January**

Board Games Afternoon



**21<sup>st</sup> January**

Conversation Cafe: Learn and chat about a topic



**28<sup>th</sup> January**

Conversation Cafe: Learn and chat about a topic

**4<sup>th</sup> February**

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

**11<sup>th</sup> February**

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

**18<sup>th</sup> February**

Painting for Wellbeing

**25<sup>th</sup> February**

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

**4<sup>th</sup> 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



our building

We're just across  
from Morrisons car  
park.

building entrance



step free  
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 Yellow  
Room



The Pink  
Room



The  
Kitchen



Accessible  
Bathroom



The Free  
Shop



The Blue  
Room

# 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

**Email:** info@kairoswomen.org

**Website:** www.kairoswomen.org

**Tel:** 0141 378 5078

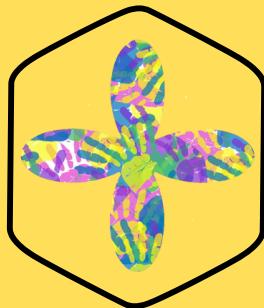
**Mobile:** 07716 950857



## 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  
FUND

**ENGAGE**  
RENFREWSHIRE

 Equality and  
Human Rights

INSPIRING SCOTLAND

 The  
ROBERTSON  
Trust 60 YEARS

  
Renfrewshire  
Council

RENFREWSHIRE  
  
COMMUNITY  
HEALTH &  
WELLBEING FUND

 Women's  
Fund for Scotland  
inspiring Women

  
**ALLIANCE**  
HEALTH AND SOCIAL CARE  
ALLIANCE SCOTLAND  
people at the centre

Can shoot wi help fae | Made possible with  
  
Heritage  
Fund

@kairos\_women

Kairos Women+

