



KAIROS WOMEN+

Spring Programme
April - June 2026



Welcome to Kairos Women+! We can't wait to welcome you to our space soon. We're a **community-led organisation** designed by and for 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 **spring programme**, you can find out more about Kairos and what's happening April-June. As always with a warm welcome!

Love,
Your Kairos team xxx



UPCOMING EVENTS & WORKSHOPS

APRIL

BEAUTIFUL ME

When: Fridays 24th April - 29th May 12.30-2.30pm

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

Part 2 of our 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. We'll see you out and about!

LIBRARY

OUTDOOR GROWING GROUP

When: Fridays 17th April - 8th May 11am-1pm

Where: Broadloan Gardens, Renfrew PA4 0BY

Join us to learn about outdoor food growing! 4-week growing group for women+ to learn the basics of food growing with access to an outdoor plot in Renfrew.



DROP-IN SOUP ACTIVITIES

When: Tuesdays 12.30-2.30pm
28th April
26th May
23rd June

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

Special activities at our Tuesday Drop-in, come along for a bowl of soup and join in, newcomers welcome:

28th April: Food & Mindfulness
26th May: Food & Mindfulness
23rd June: Cooking demonstration





MAY

NATURE DAY

When: Tuesday 12th May,
10am-3pm

Where: Clyde Muirshiel Visitor
Centre [meeting at Kairos]

We welcome you to a conservation day with RenCan at Clyde Muirshiel in Lochwinnoch. Designed with accessibility in mind; children 8+, wheelchairs, walkers, and prams welcome. Lunch and transport provided.

LET'S TALK: EXCLUSION

When: Thursday 14th May
12.30-2.30pm

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

A learning space to connect and explore 'micro-aggressions' or subtle acts of exclusion people experience, and what we can do about it as a community.



JUNE

LET'S TALK: BUILDING OUR SHARED TABLE

When: Thursday 4th June,
6-8pm

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

A workshop with Community Changemakers exploring the idea of 'building longer tables not higher walls' - how does this look in practice? Includes food, creche and BSL options available.



REFUGEE WEEK CELEBRATION: COURAGE!

When: Friday 19th June,
6-8pm

Where: TBC

Join our Kairos Kitchen group for a celebration of the contributions, creativity and resilience of people seeking sanctuary. This year Kairos celebrates the theme 'Courage'.



DROP IN TO...

THE DROP-IN

Chill & chat over a hot drink with other women+ in our weekly drop in spaces. Tuesday includes soup & Thursday for crafts

Tuesday & Thursday, 12.30-2.30pm

JOHNSTONE & RENFREW

Monthly info stalls 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

OUTDOOR GROWING GROUP

4-weeks growing at a plot in Broadloan Gardens, Renfrew

Tuesday 11am-1pm

LET'S TALK...

Two workshops on social issues. This programme's theme: anti-racism

Thursday 12.30-2.30pm & Wednesday 6-8pm

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

APRIL 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 7th		12.30-2.30pm The Drop-in	12.30-2.30pm Breastfeeding Network Support Group [external]
Wed 8th			3-5pm Wellness Group
Thu 9th		12.30-2.30pm The Drop-in	
Tue 14th		12.30-2.30pm The Drop-in	12.30-2.30pm Breastfeeding Network Support Group [external]
Wed 15th			3-5pm Wellness Group
Thu 16th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in	
Fri 17th	11am-1pm Outdoor Growing Group		12.30-2.30pm* Nothing About Us...
Tue 21st		12.30-2.30pm The Drop-in	12.30-2.30pm Breastfeeding Network Support Group [external]
Wed 22nd			3-5pm Wellness Group
Thu 23rd	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in	
Fri 24th	11am-1pm Outdoor Growing Group	12.30-2.30pm* Beautiful Me	10.30am-12.30pm** Textiles Meet-up
Tue 28th		12.30-2.30pm The Drop-in	12.30-2.30pm Breastfeeding Network Support Group [external]
Wed 29th			3-5pm Wellness Group
Thu 30th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in	
Fri 1 st May	11am-1pm Outdoor Growing Group	12.30-2.30pm* Beautiful Me	

For booked events: www.bit.ly/KairosEventbrite

MAY 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 5th		12.30-2.30pm The Drop-in	12.30-2.30pm Breastfeeding Network Support Group [external]	
Wed 6th			3-5pm Wellness Group	5.30-7.30pm** Recovery Podcast
Thu 7th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in		
Fri 8th	11am-1pm Outdoor Growing Group	12.30-2.30pm* Beautiful Me		
Tue 12th	10am-3pm* Nature Day	12.30-2.30pm The Drop-in	12.30-2.30pm Breastfeeding Network Support Group [external]	
Wed 13th			3-5pm Wellness Group	5.30-7.30pm** Recovery Podcast
Thu 14th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in	12.30-2.30pm Let's Talk: Exclusion	5.30-7.30pm Zine Club [external]
Fri 15th		12.30-2.30pm* Beautiful Me	12.30-2.30pm* Nothing About Us...	
Tue 19th		12.30-2.30pm The Drop-in	12.30-2.30pm Breastfeeding Network Support Group [external]	
Wed 20th			3-5pm Wellness Group	5.30-7.30pm** Recovery Podcast
Thu 21st	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in		
Fri 22nd		12.30-2.30pm* Beautiful Me		10.30am-12.30pm** Textiles Meet-up
Tue 26th		12.30-2.30pm The Drop-in	12.30-2.30pm Breastfeeding Network Support Group [external]	
Wed 27th		12.30-2.30pm** Fierce Women+ Heritage Trail	3-5pm Wellness Group	5.30-7.30pm** Recovery Podcast
Thu 28th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in		
Fri 29th		12.30-2.30pm* Beautiful Me		

For booked events: www.bit.ly/KairosEventbrite

JUNE 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 30th June - Friday 3rd July. We are back open for groups Tuesday 7th July.

	MORNING	AFTERNOON	EVENING
Tue 2nd		12.30-2.30pm The Drop-in	12.30-2.30pm Breastfeeding Network Support Group [external]
Wed 3rd		12.30-2.30pm** Fierce Women+ Heritage Trail	3-5pm Wellness Group
Thu 4th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in	5.30-7.30pm** Recovery Podcast Group
Fri 5th			6-8pm* Let's Talk: Building a shared table
Tue 9th		12.30-2.30pm The Drop-in	12.30-2.30pm Breastfeeding Network Support Group [external]
Wed 10th			No Wellness Group this week
Thu 11th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in	
Fri 12th			
Tue 16th		12.30-2.30pm The Drop-in	12.30-2.30pm Breastfeeding Network Support Group [external]
Wed 17th			No Wellness Group this week
Thu 18th	11am-2pm** Kairos Kitchen	12.30-2.30pm The Drop-in	5.30-7.30pm Zine Club [external]
Fri 19th		12.30-2.30pm Nothing About Us..	6-8pm Refugee Week event
Tue 23rd	10am-12pm** Language Cafe	12.30-2.30pm The Drop-in	12.30-2.30pm Breastfeeding Network Support Group [external]
Wed 24th			No Wellness Group this week
Thu 25th	No Kairos Kitchen this week	12.30-2.30pm The Drop-in	
Fri 26th			10.30am-12.30pm** Textiles Meet-up

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:

23rd April

28th May

25th June

Time: 1pm-3pm

WE'LL SEE YOU OUT AND ABOUT!

JOHNSTONE LIBRARY INFO STALL

Thursdays:

9th April

14th May

11th June

Time: 1pm-3pm

RENFREW LIBRARY INFO STALL

Thursdays:

16th April

21st May

18th June

Time: 12-2pm

WELLNESS GROUP

Wednesday
3-5pm

At Kairos
Women+



SPRING SESSIONS



8th April

Welcome Back Afternoon Tea

15th April

Calligraphy Workshop learn more and try a mindful art form

22nd April

Conversation Cafe: What Does Resilience Mean To You?

29th April

Sleep & Self Care: Build your nightly routine

6th May

Boardgames Afternoon

13th May

Groove Dancefloor: Movement Workshop with LM Wellbeing

20th May

Creative Writing for Wellbeing: A space for words, reflection & connection

27th May

Pamper Day: DIY Hand cream and learn a self- massage technique

Drop in for Activities, Workshops &
Discussion

OPPORTUNITIES

VOLUNTEER MEETING

Date: Thursday 2nd April

Time: 10am-1pm

Delivered by: Kairos Women+ staff

Welcoming our volunteer team back for the spring programme with opportunities to connect and share ideas and feedback.



VOLUNTEER FAIR

Date: Thursday 30th April

Time: 10am-1pm
Tannahill Centre

Join Jilly and Robyn on our stall at the volunteer fair, pop along for an hour to share your experiences with potential volunteers!

FIERCE WOMEN+ HERITAGE TRAIL MEETINGS

**open to members only*

Dates: Wednesdays 22nd April [round-up session] & 27th May [map consultation with media co-op]

Time: 12.30-2.30pm

DEVELOPMENT TEAM MEETINGS

**open to members only*

Dates: Monthly Wednesday
8th April, 6th May, 3rd June

Time: 10-11.30am

COMMUNITY CHANGEMAKERS MEETINGS

**open to members only*

Dates (Thursdays):

16th & 30th April

14th May

4th & 18th June

Time: 6-7.30pm

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

Email: info@kairoswomen.org

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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
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