

COMMUNITY SURVEY REPORT 2026



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INTRODUCTION

Kairos Women+ is a community-led organisation driven by love and kindness. We believe that the best decisions are made collectively, and that everyone should have an opportunity to participate.

The inclusion of diverse women+ (including trans women and non-binary people) in the design and delivery of our organisation is one of our core aims. This participation moves beyond the bare minimum and is instead threaded into the fabric of the organisation as the key to our success.

We are led by and for women+ and know that inclusion takes active effort and the creation of varied methods of participation, to meet different needs.

As part of this process, every two years, our Development Team (a Trustee Subcommittee made up of local women+), undertake a period of community consultation to collect the views and experiences of both participating and non-participating women+.

The core aims of the 2026 Community Survey are:

1. To collect the views of diverse women+ to inform our delivery plan for 2026-2028
2. To encourage women+ to share their ideas and see those ideas implemented, increasing confidence in and commitment to the organisation
3. To collect the experiences of women+ in relation to their safety in public and at Kairos
4. To influence the future development of projects to respond in a way that meets women's needs

The process of data collection involved:

1. Release of online survey using TypeForm between November 2025 and February 2026.
2. Sitting with individual women+ to complete the survey, reaching women+ who would not usually respond.

Thank you to every woman+ who shared ideas and feedback with us!

SURVEY RESPONDENTS

We had **66 responses** between November 2025 and February 2026

- 82% of respondents were from Renfrewshire
- 67% had been to Kairos before with 27% of those attending for 1-year or more, including 8% who have been attending 5-years or more



described themselves as having a long-term health condition or learning difference



1 in 3 described themselves as disabled

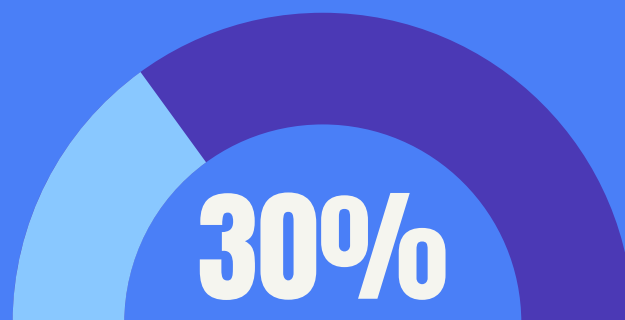


2 in 3 had experience of childhood trauma



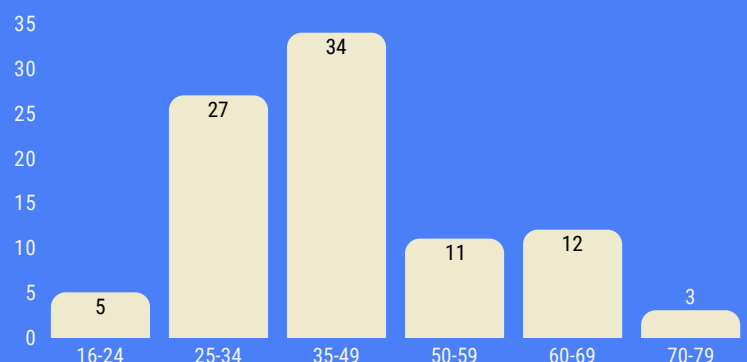
were from an ethnic minoritised background

8% OF RESPONDENTS IDENTIFIED AS TRANS



identified as lesbian, gay, bisexual, queer +

Age of women+ (%)



CHALLENGES FACING WOMEN+

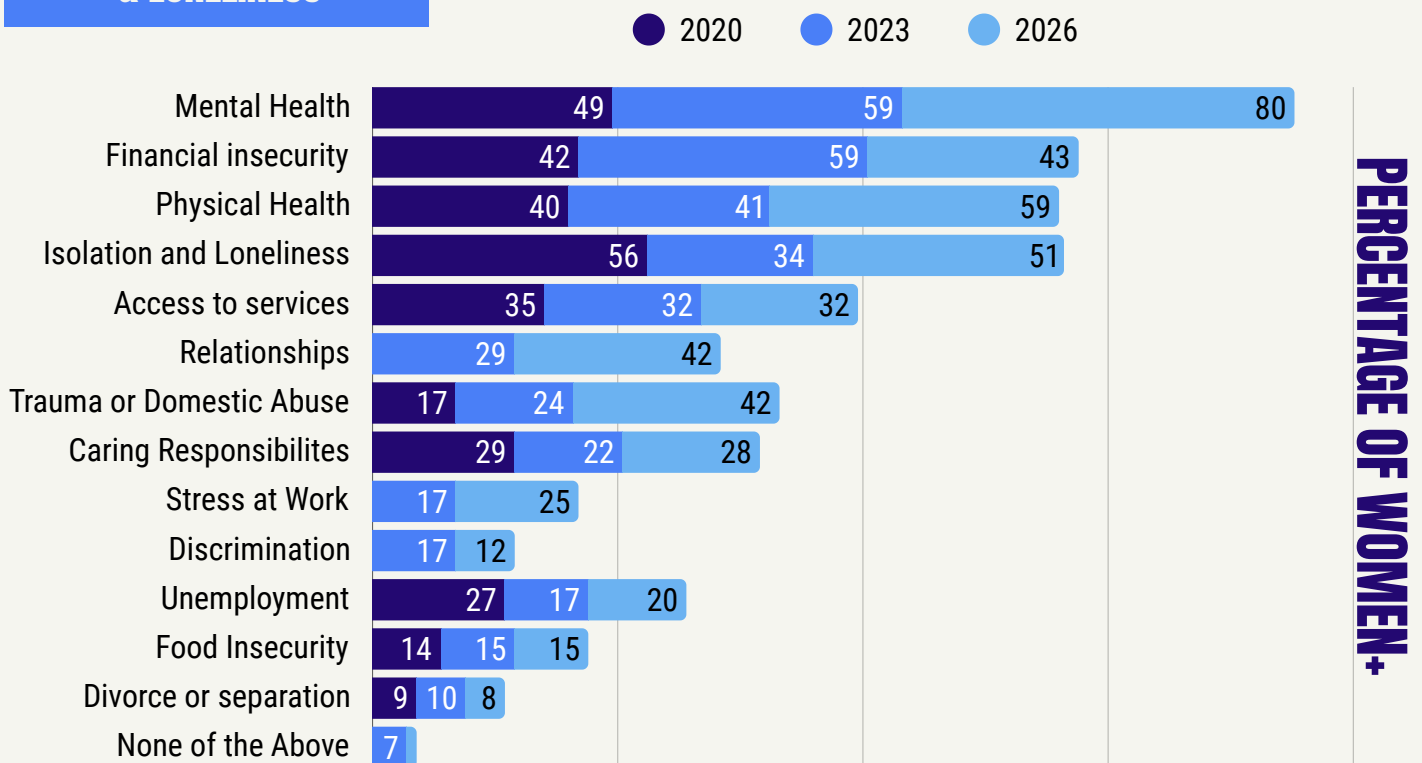
We asked women+ to tell us about the biggest challenges in their life right now, and this is what they told us.

80%
IMPACTED BY POOR
MENTAL HEALTH

59%
IMPACTED BY POOR
PHYSICAL HEALTH

51%
IMPACTED BY ISOLATION
& LONELINESS

Women+ told us that **mental health** and **physical health** were the two biggest challenges. Since our 2023 survey, we have seen significant increases in challenges with **mental health** (+21%), **physical health** (+18%), **isolation & loneliness** (+17%), and **trauma or domestic abuse** (+18%). It is alarming that 80% of respondents are experiencing challenges with mental health. We know it's more important than ever to create spaces for women+ from all backgrounds to heal, connect, learn, and make change together. In 2025/26, our **Wellness Group** (to support positive mental health) continued to thrive, offering 30 sessions with 293 attendances. Plus, we offered 321 **one-to-one support sessions**, an increase in 70% compared to the year before. Lastly, we offered 90 **drop in sessions** with 1,182 attendances to increase social connections and nurture friendships.



PERCENTAGE OF WOMEN+

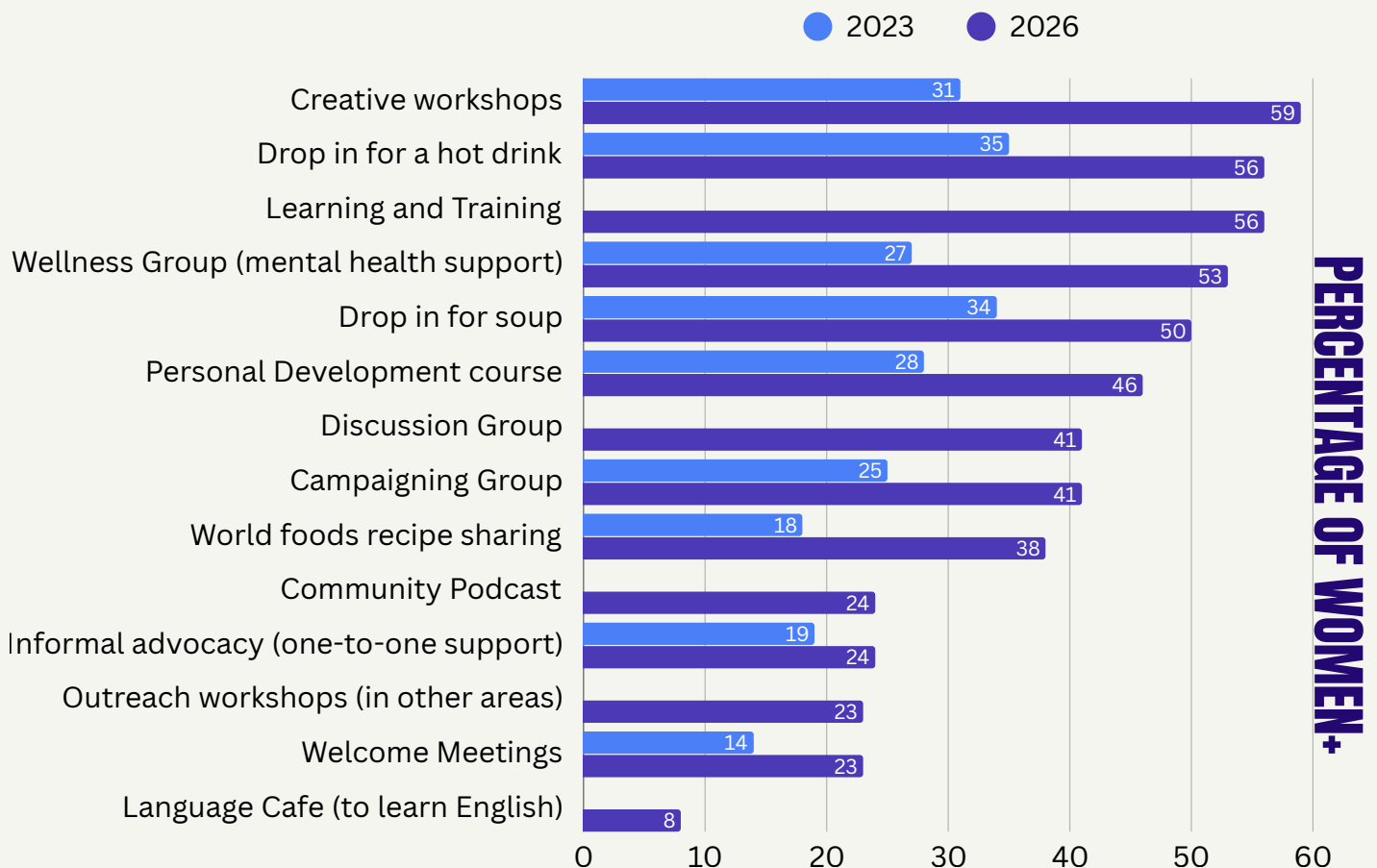
POPULAR PROJECTS

We asked women+ to tell us what current projects they were interested in.

THE MOST POPULAR PROJECTS WERE: CREATIVE WORKSHOPS, DROP-IN, LEARNING & TRAINING, AND THE WELLNESS GROUP

We were delighted to see lots of our core projects voted the most popular including **Wellness Group** (53%) and our **Drop In groups** (56% and 50%). There has been more interest in **creative workshops** (+28%) and **learning & training** since 2023. We are pleased that we have our **Community Learning workshop series**, offering two blocks per season (one in the evening), as well as **creative workshop blocks**, which

have recently included choir and creative textiles. Our popular **personal development programme, Beautiful Women**, will continue offering two courses per year, as will our **human rights campaigning group** on Thursday evenings.



POPULAR PROJECTS BY GROUP

We wanted to understand what different groups of women+ were most interested in.

DISABLED WOMEN+

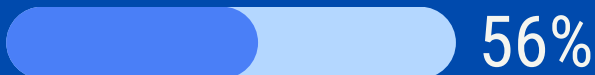
#1 Creative Workshops



#2 Learning & Training



#3 Drop In for activities



Activity ideas: crochet, baking, chair exercise, puppet making and outreach in Johnstone

LGBTQI+ WOMEN+

#1 Creative Workshops



#2 Learning & Training



#3 Discussion Group and Campaigning Group



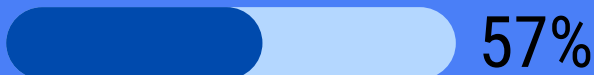
Activity ideas: First Aid Training, mindfulness, arts workshops, sports or languages

YOUNGER WOMEN+

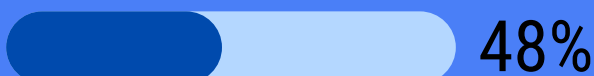
#1 Learning & Training



#2 Creative Workshops



#3 Personal Development Course



Activity ideas: music, singing, sports, discussion groups, day trips, training in mental health

ETHNIC MINORITISED WOMEN+

#1 World Foods Cookery



#2 Learning & Training and Creative Workshops



#3 Drop In for activities and Community Podcast



Activity ideas: tie dye, self defence, skills sharing, cooking, sewing and podcast

COMMUNITY IDEAS

We collected ideas for workshops and future projects. Here's what women+ told us.

We'll use these ideas to create our Delivery Plan for 2026-2028 (that's the plan for what groups & projects will happen), and we'll include some of the ideas in our current projects such as Wellness Group. Not all ideas will be possible but we'll focus on the ones that got the most mentions or where the need is highest.

SUPPORT & WELLBEING



- mindfulness & relaxation
- massage
- personal development course

other ideas:

aromatherapy, meditation, reiki, pamper days, stress buster, counselling, single parent group, talking group, mental health education

SKILLS DEVELOPMENT



- self defence
- DIY & joinery
- clothes repair

other ideas:

How to run a home, computer courses, languages, first aid training

CREATIVITY



- crochet
- creative writing
- crafting
- playwriting
- sewing
- singing, music, choir

other ideas:

tie-dye workshop, friendship bracelets, making key-rings, making jewellery, colouring in, making puppets, podcast exploring other issues (e.g. mental health)

FOOD & ENVIRONMENT



- cooking, learning recipes
- baking

other ideas:

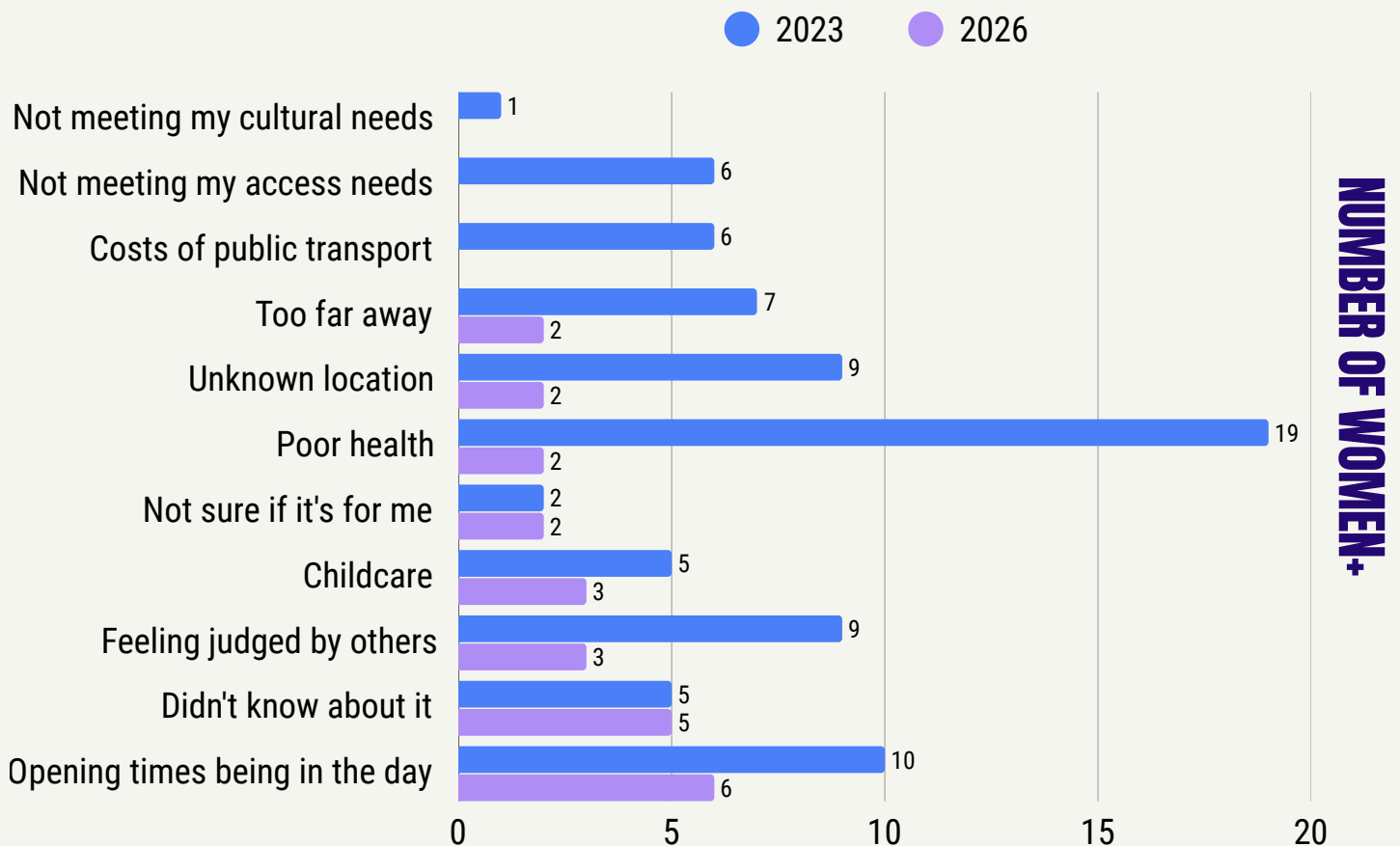
minimising food waste, environmental group, eco anything, citizen science projects, tree planting

OTHER IDEAS

- Information sessions: health, caring, benefits
- Sports including swimming, running, chair exercise, group sport
- Workshops in Johnstone
- LGBT focused sessions
- Trips/days out
- Film evenings
- Activities for teens and mums or young people
- Conversation Café

BARRIERS TO COMING ALONG

We asked about barriers to accessing our activities in our Paisley hub. This included both participating and non-participating women+.



Barriers have significantly reduced since 2023. We believe this is due to the range of things we have put in place:

- **transport access fund** for disabled women+
- **anti-racism training** to develop cultural understanding in the team
- **free creche** across a range of groups
- co-designed **Access Guide** available on our website
- more **groups specifically for women+ of colour**, including Language Cafe
- short films for **directions** to our hub
- **more evening groups** including changemakers, podcast and community learning workshops

SAFETY OF WOMEN+

We asked how safe women+ feel both in public places and in our community hub.

“Everything seems dark at night, not enough lighting & transport poor.”

“Being stared at or spoken to aggressively.”

“Fear of racist attacks and predators.”

“Feeling vulnerable”

“Lack of trust in the justice system”

“Mobility on the bus”

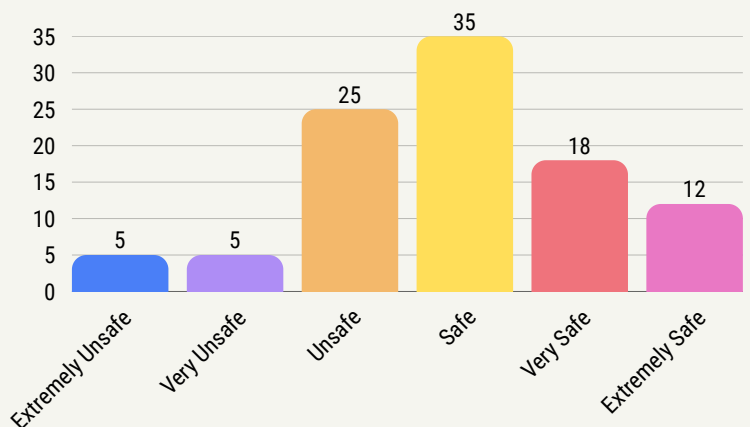
SAFETY IN PUBLIC PLACES

Women+ scored an average **3.94 out of 6** for public safety with only **12% feeling extremely safe**.

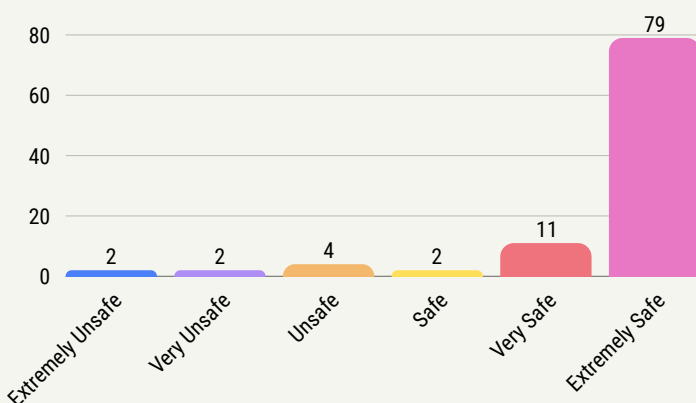
The **main themes** were:

1. Fear of discrimination
2. Fear of men
3. Health conditions or disabilities
4. Poor public infrastructure

How safe do you feel in public places? (%)



How safe do you feel inside Kairos? (%)



SAFETY IN KAIROS

Women+ scored an average **5.52 out of 6** for safety inside Kairos with **79% feeling extremely safe**. This highlights the trauma-informed environment we have created. There were 4 women+ who felt unsafe, and we are improving our approach based on feedback to shift this.

WHAT WE DID AFTER LAST TIME

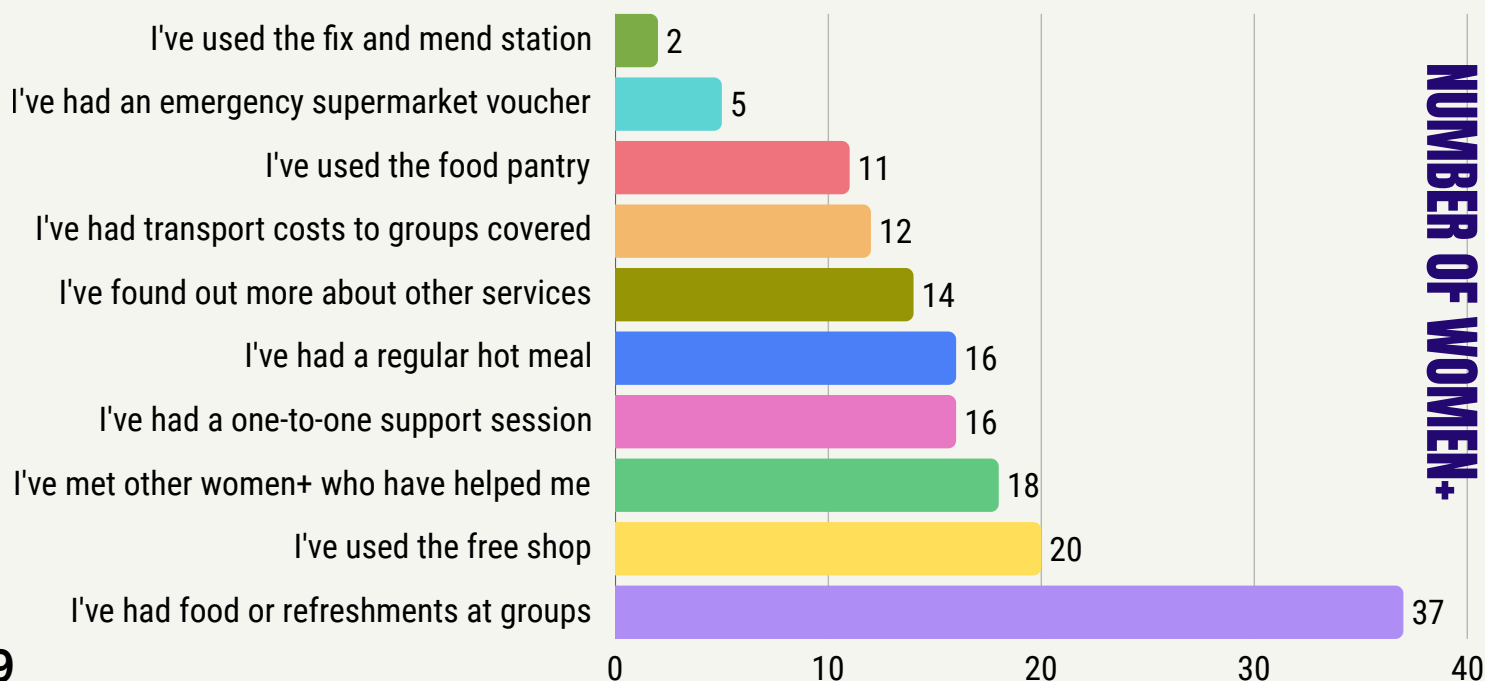
In our **Community Survey Report 2023**, you gave us lots of ideas for workshops and projects. We've done so much in the last two years based on your suggestions, here's a snapshot:

<p>GARDENING</p> <p>Growing Group both indoor and outdoor runs in blocks every Spring and Summer.</p>	<p>DAYS OUT</p> <p>Nature Days every season, trips to museums and galleries, picnics and more!</p>	<p>BOOK GROUP</p> <p>Piloted for 6-months. Lovely project that we can seek funding to continue if there's interest.</p>
<p>PERFORMANCE</p> <p>Karaoke, choir, open mic, pantomime visit with more to come.</p>	<p>THERAPIES & PAMPER</p> <p>Delivered in Wellness Group we offer alternative therapies and pamper workshops.</p>	<p>CREATIVE WORKSHOPS</p> <p>Creative writing, textiles, photography, woodwork and more!</p>

Other activities included training (including Deaf Awareness and BSL), Women's Rights & History Course, cookery classes, menopause sessions, and launching our information hub for connecting to services.

COST-OF-LIVING REPORT 2023

You told us what you needed, and we put lots of things in place



THINGS THAT COULD CHANGE

We asked what could be different about Kairos to both participating and non-participating women+.

KNOWING WHAT TO EXPECT

We offer **Welcome Meetings** as introductions to the space, bookable via our website.

MORE EVENING GROUPS

We have a **range of projects** running in the evenings, including talks, podcast and changemakers.

CHILDCARE SUPPORT

We offer **free childcare** for some groups, just ask. Children are welcome to our drop in groups too.

ACCESSIBLE INFORMATION

Our **programme** is online plus a printed programme is available in A5 and large print.



RECOMMENDATIONS

- Create videos from inside some of the projects
- Offer more evening groups
- Add a QR code to our programme and general flyers for easier access
- Utilise everyone's skills for activities
- Having brief introductions to staff and volunteers at the start of groups
- Increasing the staff available to support people

THANK YOU TO OUR DEVELOPMENT TEAM

Our **Development Team** have been part of Kairos Women+ since we started as a project in 2018. Made up of **volunteers, staff and Trustees**, they meet regularly to support the **development of the organisation** through **events, community consultation** and **project reviews**. They also give **feedback on funding applications** and **share their experiences of attending groups** to improve things.

The **lived-expertise** of the team is wide-ranging, which means our decision-making and support can better meet the needs of our community. **Find out more on our website:** www.kairoswomen.org/our-team

Left to right: Arpie, Laura, Kate, Cath & Jules. They created a reel to promote our survey and reach even more women+



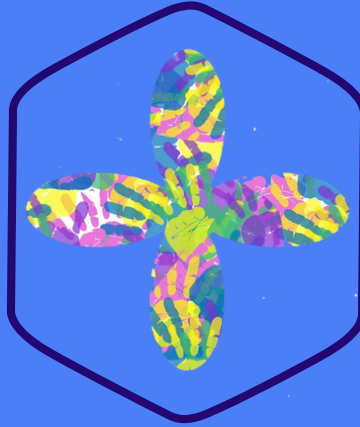
Members who contributed to this report:

Jules O'Brien
Arpie Martin
Cath Gibson
Laura Ndanuko
Bryony Cox
Jacqueline Wilde
Katy Wilson-Scott



“I am not free while any woman is unfree, even when her shackles are very different from my own.”

— Audre Lorde



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