

KAIROS WOMEN+

Summer Programme
July-September 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 **summer programme**, you can find out more about Kairos and what's happening July-September. As always with a warm welcome!

Love,
Your Kairos team xxx





Previous Project Manager Annie here taking over a page of the programme to share my **heartfelt gratitude** to the Kairos community for making this a special place to work.

I have left the staff team and moved onto a Community Development role in Loch Lomond & the Trossachs National Park, after working at Kairos for almost 7 years! It has been an incredible place to work, and I have learnt a huge amount from you all about how we can build an **inclusive, collaborative, supportive and kind community space** together.

When I started at Kairos as a Project Worker I was entering my first 'proper job' in Community Development, and I couldn't have asked for a better place to start this journey. Here we **'fight back with love'** and that is a radical thing in a world that wants to divide us and tells us we must compete with each other.

I hope I can continue spreading this ethos in my new role and beyond, **soaking up all the love from Kairos and going out in the world to spread it.** I am grateful for each and every person I've worked with, thank you so much.

THANK YOU TO THE KAIROS COMMUNITY



UPCOMING EVENTS & WORKSHOPS

JULY



NATURE DAY

When: To be confirmed

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.

TUESDAY DROP-IN SPECIALS

When: Tuesdays 12.30-2.30pm

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 July: Food & Mindfulness
25th August: Food & Mindfulness
22nd September Cooking demo

LET'S TALK: WOMEN+'S RIGHTS

When: Thursday 30th July,
6-8pm

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

A learning space with the Changemakers to connect and explore gender equality with Abril. Reflecting on the basics of women+'s rights, gender inequality and why we are a space for 'women+'.



AUGUST

FIERCE WOMEN+ WORKSHOPS

When: Wednesday 19th, 26th
Aug & 2nd, 9th, 16th & 21st Sep
12.30-2.30pm

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

Individual workshops exploring women+ rights and history.

1. Women+ Rights
2. Childhood
3. Fashion & Beauty
4. Rule Breakers
5. Work
6. Cooking



AUGUST CONT...

OUTDOOR GROWING GROUP

When: Fridays 21st & 28th August, 4th & 11th September
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.



WOMEN+ IN RECOVERY

When: Friday 28th August,
5.30-8pm

Where: The Hub, Mile End Mill, 12 Seedhill Road,
Paisley, PA1 1JS

Join us at the Hub in Mile End Mill for our Women+ in Recovery event to celebrate the launch of our podcasts featuring women+ in recovery from addiction speaking about their own personal experiences



SEPTEMBER

DISABILITY TRANSPORT GUIDE LAUNCH EVENT

When: Friday 18th September,
12.30-2.30pm

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

Join our Nothing About Us Without Us group as they celebrate the launch of their 'accessible transport guide' based on their research about transport accessibility in Renfrewshire.



LET'S TALK: LGBTQ+ INCLUSION

When: Thursday 17th September, 1-3pm

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

This session we're exploring LGBTQ+ issues with interactive activities. This is especially valuable if you don't know much about LGBTQ+ lives and want to learn more and become an ally.



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

GROWING GROUP

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

Friday 11am-1pm

LET'S TALK...

Two workshops on social issues. This season: LGBTQ+ Inclusion & Women's Rights

Thursday 12.30-2.30pm & 6-8pm

FIERCE WOMEN+ WORKSHOPS

6 workshops exploring women+ rights & history, check each week's theme

Wednesday 12.30-2.30pm

For booked events: www.kairoswomen.org/whats-on

JULY 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		No drop in this week	
Wed 8th		11.30-2pm** Recovery Podcast	No Wellness Group this week
Thu 9th	11am-2pm** Kairos Kitchen	No drop in this week	
Tue 14th		12.30-2.30pm Tuesday Drop-in	
Wed 15th		12.30-2.30pm** Fierce Women+ Heritage Trail	3-5pm Wellness Group
Thu 16th	11am-2pm** Kairos Kitchen	12.30-2.30pm Thursday Drop-in	
Fri 17th			12.30-2.30pm* Nothing About Us...
Tue 21st		12.30-2.30pm Tuesday Drop-in	
Wed 22nd			3-5pm Wellness Group
Thu 23rd	No Kairos Kitchen this week	12.30-2.30pm Thursday Drop-in	
Fri 24th	10.30am-12.30pm** Textiles Meet-up		
Tue 28th		12.30-2.30pm Tuesday Drop-in	
Wed 29th			3-5pm Wellness Group
Thu 30th	11am-2pm** Kairos Kitchen	12.30-2.30pm Thursday Drop-in	6-8pm* Let's Talk: Women's Rights

For booked events: www.kairoswomen.org/whats-on

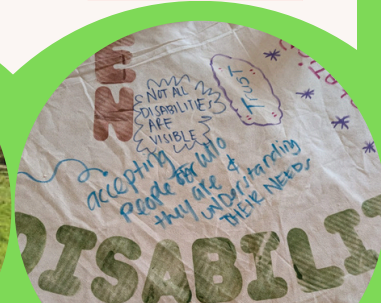
AUGUST 2026

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 4th		12.30-2.30pm Tuesday Drop-in	
Wed 5th	11.30am-2pm** Recovery Podcast		3-5pm Wellness Group
Thu 6th	11am-2pm** Kairos Kitchen	12.30-2.30pm Thursday Drop-in	
Tue 11th	10am-12pm** Language Cafe info session	12.30-2.30pm Tuesday Drop-in	
Wed 12th	11.30am-2pm** Recovery Podcast		3-5pm Wellness Group
Thu 13th	11am-2pm** Kairos Kitchen	12.30-2.30pm Thursday Drop-in	
Tue 18th	10am-12pm** Language Cafe	12.30-2.30pm Tuesday Drop-in	
Wed 19th	11.30am-2pm** Recovery Podcast	12.30-2.30pm* Fierce Women+: Women's Rights	3-5pm Wellness Group
Thu 20th	No Kairos Kitchen this week	12.30-2.30pm Thursday Drop-in	
Fri 21st	11am-1pm* Growing Group		12.30-2.30pm* Nothing About Us...
Tue 25th	10am-12pm** Language Cafe	12.30-2.30pm Tuesday Drop-in	
Wed 26th	11.30am-2pm** Recovery Podcast	12.30-2.30pm* Fierce Women+: Childhood	3-5pm Wellness Group
Thu 27th	11am-2pm** Kairos Kitchen	12.30-2.30pm Thursday Drop-in	
Fri 28th	10.30am-12.30pm** Textiles Meet-up	11am-1pm* Growing Group	5.30-8pm* Women+ in Recovery Event

For booked events: www.kairoswomen.org/whats-on



SEPTEMBER 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 29th September - Friday 2nd October. We are back open for groups Tuesday 6th October

	MORNING	AFTERNOON	EVENING
Tue 1st	10am-12pm** Language Cafe	12.30-2.30pm Tuesday Drop-in	
Wed 2nd		12.30-2.30pm* Fierce Women+: Fashion & Beauty	3-5pm Wellness Group
Thu 3rd	No Kairos Kitchen this week	12.30-2.30pm Thursday Drop-in	
Fri 4th	11am-1pm* Growing Group		
Tue 8th	10am-12pm** Language Cafe	12.30-2.30pm Tuesday Drop-in	
Wed 9th		12.30-2.30pm* Fierce Women+: Rule Breakers	No Wellness Group this week
Thu 10th	11am-2pm** Kairos Kitchen	12.30-2.30pm Thursday Drop-in	
Fri 11th	11am-1pm* Growing Group		
Tue 15th	10am-12pm** Language Cafe	12.30-2.30pm Tuesday Drop-in	
Wed 16th		12.30-2.30pm* Fierce Women+: Work	No Wellness Group this week
Thu 17th	11am-2pm** Kairos Kitchen	12.30-2.30pm Thursday Drop-in	1-3pm Let's Talk: LGBTQ+ inclusion
Fri 18th		12.30-2.30pm Disability Transport Guide Launch Event.	
Tue 22nd	10am-12pm** Language Cafe	12.30-2.30pm Tuesday Drop-in	
Wed 23rd		12.30-2.30pm* Fierce Women+: Cooking	No Wellness Group this week
Thu 24th	11am-2pm** Kairos Kitchen	12.30-2.30pm Thursday Drop-in	
Fri 25th	10.30am-12.30pm** Textiles Meet-up		

For booked events: www.kairoswomen.org/whats-on

OPPORTUNITIES

VOLUNTEER MEETING

Date: Tuesday 30th June

Time: 10am-12.30pm

Delivered by: Kairos Women+ staff

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

PARLIAMENTARY AWARENESS WORKSHOP

Date: Wednesday 9th September

Time: 11am-1pm

A session from the Participation and Communities Team at Scottish Parliament to learn about how the parliament works and who to contact to make change.

FIERCE WOMEN+ HERITAGE TRAIL MEETINGS

**open to members only*

Dates: Wednesday 15th July

[map consultation with media co-op]

Time: 12.30-2.30pm

COMMUNITY

CHANGEMAKERS MEETINGS

**open to members only*

Dates (Thursdays):

16th & 30th July

13th & 27th August

10th & 24th September

Time: 6-7.30pm

DEVELOPMENT TEAM MEETINGS

**open to members only*

Dates: Break for July & August, back **Wednesday**

16th September

Time: 10-11.30am



ZINE CLUB



Monthly zine-making and collage group run by community member Courtney.

Suggested donation £3



@zineclubpaisley

Thursdays 5.30-7.30pm

30th July

27th August

24th September

BREASTFEEDING NETWORK

Support and connection for breastfeeding parents in a weekly Drop-in. Run by trained volunteers

Tuesdays 12.30-2.30pm



BOOK A ROOM AT KAIROS WOMEN+



We have rooms available to hire for meetings, group work and one-to-ones at various times Tuesday-Friday.

WHAT WE CAN OFFER:

- Community space in Paisley (12-minute walk from Gilmour Street Station)
- Accessible entrance & bathroom
- Variety of seating options and layouts
- Free parking
- Optional refreshments (+£15/booking)
- Projector with screen
- Kids' area
- Kitchen access

Get in touch for availability and more info:



0141 3785078



info@kairoswomen.org





RENFREW LIBRARY CREATIVE WORKSHOPS

Time: 2pm-4pm

Wednesday 15th July

Badge Making

Wednesday 19th August

Friendship Bracelets

Wednesday 16th September

Art & Mindfulness

WE'LL SEE YOU OUT AND ABOUT!

JOHNSTONE LIBRARY INFO STALL

Thursdays:

9th July

13th August

10th September

Time: 1pm-3pm

RENFREW LIBRARY INFO STALL

Thursdays:

16th July

20th August

17th September

Time: 12-2pm

WELLNESS GROUP

Wednesday
3-5pm

At Kairos
Women+



SUMMER SESSIONS



15th July

Welcome Back:

Trivia Quiz

22nd July

Naming Our Feelings: Exploring emotions through collage

29th July

Pamper Day: DIY Pillow Spray & relaxation techniques

5th August

Groove Dancefloor: Dancing for Wellness and relaxation

12th August

Soundbath *Please note that this will **not** be a drop-in session. We kindly ask that you book in advance with our team.

19th August

Caring For Our Energy:

Understanding personal boundaries

26th August

Kindness Towards Ourselves & Others:

Self-talk, mistakes and understanding

2nd September

My Wellness Toolkit: Bring together what you've learned

FIERCE WOMEN+

CREATIVE MAKERS

- Creative writing
- Printmaking
- Textiles
- Photography

FIERCE WOMEN+ RIGHTS AND HISTORY WORKSHOPS

- Exploring women+ history you weren't taught in school
- Focussed on a Scottish perspective

HERITAGE TRAIL

- Uncovering ordinary women+ histories
- Capturing oral histories and stories

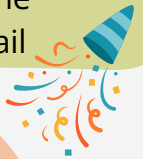


LEGACY

- Women+ heritage trail with audio guide
- Portable exhibition
- Oral histories and stories

EXHIBITION

- Showcasing the work created through the 3-year project
- Launch of the Heritage Trail



WHAT IS FIERCE WOMEN+?

It's a 3-year project funded by the National Lottery Heritage Fund to research, explore and share the histories of women+ in Paisley, Renfrewshire and beyond.

Speak to Sarah to discover how you can get involved: sarah@kairoswomen.org

Help Stock Our Pantry

Kairos has a **free pantry** with essential food and toiletries for women+ and their families

You can drop donations **Tuesdays to Fridays**
between 10am and 5pm



We are looking for:

- instant noodles
- rice
- pasta and sauces
- canned soup
- biscuits
- cereal
- kid's snacks
- toiletries (toothbrush, toothpaste, body lotion, shampoo)



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.



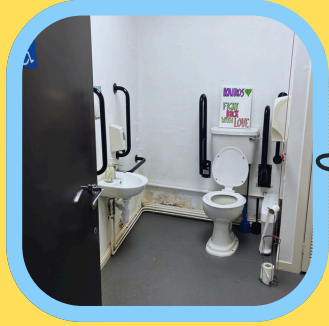
INSIDE OUR SPACE



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.

www.kairoswomen.org

Book online

Some of our activities you need to book ahead, including our creative workshops and public events. Take a look at our website or Eventbrite page to see what's coming up. New events are added every season.

www.bit.ly/KairosEventbrite

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.

www.kairoswomen.org

ACCESS INFORMATION

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

www.kairoswomen.org/access

- 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

Renfrewshire
Council

RENFREWSHIRE



COMMUNITY
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Robertson
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Fund for Scotland
Inspiring Women



ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre



Heritage
Fund



@kairos_women

Kairos Women+

