

A vibrant, stylized illustration composed of various icons and figures. In the top left, a woman with blonde hair is painting a colorful abstract shape on a canvas. Below her, a red cup holds several paintbrushes. To the right, a woman with short blonde hair sits on a white sofa, reading a red book. In the center, a woman with red hair is seated in a red wheelchair, raising her right arm. To her right, two women are embracing; one has dark skin and the other has light skin. Above them, a large yellow lightbulb with a simple filament is shown. On the far left, there is a classical-style bust of a man's head. In the bottom right, several interlocking puzzle pieces in yellow, red, and purple are scattered. Above the puzzle pieces, a hand is shown holding a balance scale. The background is a mix of solid colors and abstract shapes, creating a sense of a diverse and supportive community.



WELCOME TO KAIROS WOMEN+

We're a community-led organisation **created having in mind all all women+** from different backgrounds, faiths, experiences and walks of lives.

The “+” means our spaces are inclusive of trans women and anyone under the non-binary umbrella.

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, 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 everyone who walks through our door, and see you as the expert in your own experience.

We can't wait to welcome you to our space soon.

Love,
The Kairos Team

We will always have **tea & coffee to welcome you**, there are some snacks and fruit in the space. Ask the staff for any additional **food support**. If transport cost is a barrier to visit us, talk to the staff about **transport support**.

WHAT'S ON OUR PROGRAMME & A NOTE ABOUT OUR GROUPS



WHAT'S ON?

In this programme, you'll find all our projects. Each one has its own page with the key information: **when** it happens, **where** it is, **who** can join and **how** to do it. We also added some pictures to help you get to know it.

A WEE NOTE ABOUT OUR GROUPS.

You'll notice that **some of the groups** in our programme are created with particular communities in mind; for example, **mums/parents, racialised women+, LGBTQ+ folks, women+ with disabilities or long-term health conditions including mental health.**

Some sessions may also ask that you've had a **1-to-1 with us before joining.**

There's a reason for this.

We know that sometimes, being in a group with people who share parts of our lived experience can make a big difference. It can feel easier to be yourself, talk openly, feel understood, and connect without having to explain or translate parts of your experience. So these spaces are meant to create more opportunities for safety, belonging and better support.

Where a 1-to-1 is needed first, it's simply so we can get to know you a little, understand what you need, and make sure the session feels like a supportive and appropriate space for you.

We know that not every space will be the right fit for every person, and that's okay. Our hope is that, across the programme, you'll find spaces where you can show up as you are, feel welcome, and connect with people who get it.

Have a bowl of soup with us & meet some services



TUESDAY - WEEKLY

1.00PM TO 3.00PM

FREE OF CHARGE

Join us for a bowl of soup. A mix of arts and crafts materials available to use before sharing a meal together. We also invite some services and organisations to chat about support and what they can offer. *Some special sessions this Autumn:*

- **20 October** Shopmobility
- **27 October:** Food and Mindfulness by Jilly
- **17 November:** Your Voice Matters. have your say on what you want to see in the Council's plan
- **24 November:** Food and Mindfulness by Jilly
- **8 December:** WISE Group. Get Energy advice for this winter

CAN I JOIN? All women+ can join
NO BOOKING NEEDED

In person at
Kairos
Women+



TUESDAY - 8 WEEKS

10AM TO 12PM

FREE OF CHARGE

20 October runs until **15 December**

Course to learn English as an additional language with a different theme each week. Sessions for women+ seeking education and employment. Additional sessions available for beginners. Babies and toddlers welcome - KLAS Care will take care of them. Funded by Renfrewshire Council.

- **Information session 20 of October**
- **All levels** welcome

CAN I JOIN? Women+ who are **living in Renfrewshire**

REGISTRATION NEEDED

Email georgina@kairoswomen.org

Call 0141 378 5078

Text or WhatsApp 07716 950857

In person at
Kairos
Women+



TUESDAY - WEEKLY

12.30PM TO 12.30PM

FREE OF CHARGE

The Breastfeeding Network comes to Kairos to deliver their peer support sessions in our space. Knowledgeable peer-support volunteers will answer any baby feeding questions. Come at the time that suits you better. You'll find:

- Fun and relaxed environment
- A place to meet other mums and babies
- A cuppa and chat

CAN I JOIN? Women+ who are breastfeeding

NO BOOKING NEEDED, JUST DROP-IN

Email GGC@breastfeedingnetwork.org.uk

In person at
Kairos
Women+



WEDNESDAY - 8 WEEKS

3.00PM TO 4.30PM OR 5PM

FREE OF CHARGE

8-week group for learning more about looking after health & wellbeing. Join all sessions or just the ones that interest you:

- **7 Oct** (1.30 hrs) Introduction to the Group
- **14 Oct** (2 hrs) Understanding and Managing Emotions
- **21 Oct** (2 hrs) Managing Stress and Overwhelm
- **28 Oct** (1.30 hrs) NHS Breast screening information
- **4 Nov** (2 hrs) Sleep, Rest and Recovery
- **11 Nov** (2 hrs) Telling People What I Need
- **18 Nov** (2 hrs) Relationships and Boundaries
- **25 Nov** (2 hrs) My Personal Wellness Plan & Celebration.

CAN I JOIN? This group is for women+ with disabilities or long-term health conditions - including mental health

BOOK IN OUR WEBSITE IF YOU CAN, OR DROP-IN

In person
at Kairos
Women+



WEDNESDAY - MONTHLY

2.00PM TO 4.00PM

FREE OF CHARGE

Relax, connect, take part in activities & find out about opportunities:

- **14 October:** Do It Yourself: Bookmark
- **11 November :** Mixed Media Collage - Autumn Theme
- **9 December:** Make Your Own Card: Holiday Edition

CAN I JOIN? All women+ can join

NO BOOKING NEEDED

Hosted at
Renfrew
Library



WEDNESDAY - 8 WEEKS

12.30PM TO 2.30PM

FREE OF CHARGE

8-weeks of photography workshops exploring women+ photographers, both contemporary and in history, learn art of taking photographs and explore themes of Home and Identity. Using collage and embroidery techniques to bring photographs to life.

- **October:** 7 (info session), 21, 28
- **November:** 4, 11, 18, 25
- **December:** 9

CAN I JOIN? Project designed only for racialised women+

BOOK AHEAD BY CONTACTING:

Email info@kairoswomen.org

Call 0141 378 5078

Text or WhatsApp 07716 95057

In person at
**Kairos
Women+**



THURSDAY - FIXED DATES

11.00AM TO 2.00PM

FREE OF CHARGE

Welcoming space for racialised women+ of all faiths and backgrounds to cook, share food, connect and access support and services. Travel costs refunded.

- **October: 8, 22, 29**
- **November: 5, 12, 19**
 - **Saturday 7 November**- *Certified Food Hygiene Training*. Limited spaces available, Please contact Laura if you are interested.
- **December: 3, 10**

CAN I JOIN? Kairos Kitchen is for racialised women+ of all faiths and backgrounds. Already part of the group, just come! Interested in joining? Text, call or email for more info:

Email laura@kairoswomen.org

Call 0141 378 5078

Text or WhatsApp 07716 950857

In person at
Kairos
Women+



THURSDAY - FIXED DATES

12.30PM TO 2.30PM

FREE OF CHARGE

Different services will join sessions to provide information and support to the community.

- **8 Oct:** Women and Children First (support for gender-based violence) - Appointment Only
- **22 Oct:** Carers Centre - Relaxed info session over a cup of tea.
- **29 Oct:** Recovery Across Mental Health (RAMH) - Relaxed info session over a cup of tea.
- **12 Nov:**
 - Citizens Advice - Relaxed info session over a cup of tea.
 - Women and Children First - Appointment Only

DROP-IN AND BOOKING WHERE INDICATED

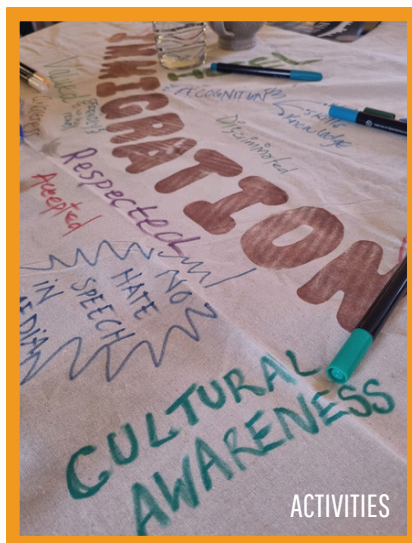
To book in advance get in touch:

Email georgina@kairoswomen.org

Call 0141 378 5078

Text or WhatsApp 07716 950857

In person at
Kairos
Women+



ACTIVITIES



THE SESSIONS



ACTIVITIES

LET'S TALK: RELATIONSHIPS AND BOUNDARIES

Thursday 5 November

11:00am to 1:00pm

CAN I JOIN? All women+ can join - drop in welcome

LET'S TALK: WOMEN'S RIGHTS AND GENDER (IN)EQUALITY

Thursday 26 November

10.30am to 12:30pm

CAN I JOIN? Designed for racialised women+ of all faiths

BOOK AHEAD BY CONTACTING US:

Email abril@kairoswomen.org

Call 0141 378 5078

Text or WhatsApp 07716 95057

In person at
Kairos
Women+



THURSDAY - EVERY 2 WEEKS

6.00PM TO 7.30PM

FREE OF CHARGE

Hybrid meetings to work on different human rights campaigns and impact change. Open to omen+ (inclusive of trans identities) from all backgrounds and interested in impacting change.

October: 8, 22; **November:** 19; **December:** 3, 17

CAN I JOIN? Current members (new members welcome to apply)

IF YOU ARE INTERESTED, CONTACT US:

- Email abirl@kairoswomen.org
- Call 0141 378 5078
- Text or WhatsApp 07716 950857

**HYBRID: ONLINE
AND AT KAIROS
WOMEN+**



Drop-in to your local library and chat to Jilly about our programme, opportunities and find out more about Kairos Women+

FIND JILLY AT JOHNSTONE LIBRARY:

1:00PM TO 3:00PM

**Thursday 15 October, 12 November,
10 December**

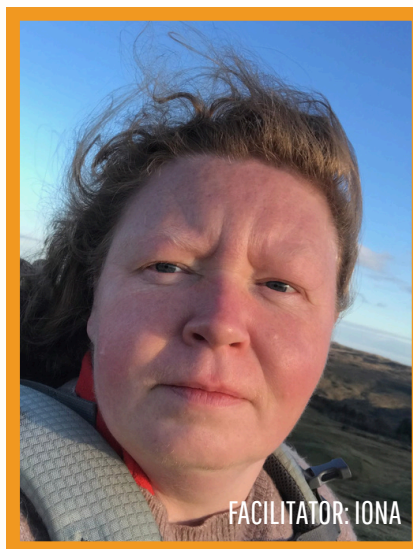
FIND JILLY AT RENFREW LIBRARY:

12.00PM TO 2.00PM

**Thursday 19 November
Wednesday 16 December**

Hosted at
local
libraries

Our growers community and focused sessions on growing



FRIDAYS - FIXED DATES

11.00AM TO 1.00PM

FREE OF CHARGE

9, 23, 30 October and 6 November

4-week growing group for women+ to learn the basics of food growing with access to an outdoor plot to practise as we go. You can continue engaging with the garden after the facilitated sessions.

- The sessions are hosted at Broadloan Gardens: 84 Broadloan, Renfrew, PA4 0BY

CAN I JOIN? All women+ can join

BOOK IN ADVANCE ON OUR WEBSITE OR:

Call 0141 378 5078

Text or WhatsApp 07716 950857

Hosted at
Broadloan
Gardens



FRIDAYS - 6 WEEKS

12:00 TO 2:30PM

FREE OF CHARGE

23 October to 27 November

Personal development 6-week course exploring the world and our place within it. Beautiful Me: 6-week course delves deeper into our thoughts, feelings and behaviours.

CAN I JOIN? All women+ can join

BOOK IN ADVANCE (limited spaces)

A few options to book:

- Email liz@kairoswomen.org
- Call 0141 378 5078
- Text or WhatsApp 07716 950857
- Let us know next time you are around!

In person at
Kairos
Women+



WORKSHOP: WHAT DO YOU THINK OF THE KAIROS WEBSITE?

Friday 6 November

12:30pm to 2:30pm

Facilitated conversation to improve our website.
We want to know how to make it better for women+!

WORKSHOP: WHAT DO YOU THINK OF THE NEW HEALTH PROJECT?

Friday 23 October

12:30pm to 2:30pm

Get to know the new health project and share
what your ideas for its future.

CAN I JOIN? All women+ can join

BOOK AHEAD ON OUR WEBSITE

In person at
Kairos
Women+

BOOK A SESSION, GET IN TOUCH & VISIT US



You can **book your sessions** on our website www.kairoswomen.org under What's On. Scan the QR code to go straight there, email the staff listed for each project or email info@kairoswomen.org



Call us to the office Tues-Friday 10-5pm, **email, text** via SMS or WhatsApp. We check the office mobile during working hours.

- Tel: 0141 378 5078
- Mobile: 07716 950857
- info@kairoswomen.org

Book a **welcome meeting** through our website and we'll have a **1-to-1** chat to explore the projects you're interested in. You can go to our booking system by scanning this code.



HOW TO FIND US

OUR ADDRESS:

56-60 Embroidery Mill, Abbey Mill Business Centre, Paisley, **PA1 1TJ**

OUR BUILDING



BUILDING ENTRANCE

Just push to enter



OUR ENTRANCE

ring the bell



ACCESSIBILITY

- Ground-floor, wheelchair-accessible space
- Accessible bathroom
- Hearing loops available
- Apps for translation
- Prayer mat and quiet space provided
- **Go to our website's 'Accessibility and Inclusion' page for our Access Guide**

SENSORY INFO

Kairos is a very colourful space that can be noisy during busy groups. Our spaces have dimmed lights, fidget toys, quiet space and noise cancelling headphones.

CHILDREN

You are welcome to bring children space. Creche available only in specific sessions. Children must be supervised by a parent/caregiver. Ask about bringing kids, some groups aren't suitable but we will do our best!

DONATIONS

All our activities are free of charge. If you'd like to donate, drop spare pennies in the collection buckets or use the QR code. Alternatively, set up a regular direct debit using our **bank details**:

- Kairos Women+ [KW+]
- Sort code: 089299
- Account: 67219656



FREE SHOP & PANTRY

We also **welcome donations** for our **free shop and pantry**: clothes, toiletries (toothpaste, soap, shampoo, etc.) and food (like instant noodles, rice, pasta, sauces, canned soup, biscuits, cereal, kid's snacks, etc)

OCTOBER

members only - ask
how to join

drop-in and join
us!

external
group

book
ahead



Tuesday	Wednesday	Thursday	Friday
6 12:30-2:30 Breastfeeding Network (also referred as BFN in this calendar) 1-3 The Drop-in	7 12:30-2:30 Info session photography workshop 3-4.30 Wellness Group	8 11-2 Kairos Kitchen 12:30-2:30 Women and children first 6-7.30 Changemakers	9 11-1 Growing Group
13 12:30-2:30 BFN 1-3 The Drop-in	14 12:30-2:30 Photography workshop 3-5 Wellness Group 2-4 Renfrew Library workshop	15 1-3 Johnstone Library info stall *No Kairos Kitchen today*	16 *No groups today*
20 10-12 Language Cafe-Information session 12:30-2:30 BFN 1-3 The Drop-in	21 12:30-2:30 Photography workshop 3-5 Wellness Group	22 11-2 Kairos Kitchen 12:30-2:30 Carers Centre info session 6-7.30 Changemakers	23 11-1 Growing Group 12-2.30 Beautiful Women+ 12:30-2:30 co-design with us: health project
27 10-12 Language Cafe 12:30-2:30 BFN 1-3 The Drop-in (food + mindfulness)	28 12:30-2:30 Photography workshop 3-4.30 Wellness Group	29 11-2 Kairos Kitchen 12:30-2:30 RAMH info session	30 12-2.30 Beautiful Women+ 11-1 Growing Group

NOVEMBER



book ahead

external group

drop-in and join us!

members only - ask how to join

Tuesday	Wednesday	Thursday	Friday
10-12 Language Cafe 12:30-2:30 Breastfeeding Network (also referred as BFN in this calendar) 1-3 The Drop-in	4 12:30-2:30 Photography workshop 3-5 Wellness Group	5 11-2 Kairos Kitchen 11-1 Let's talk: Relationships and boundaries, booking preferred, also drop-in	6 11-1 Growing Group 12-2:30 Beautiful Women+ 12:30-2:30 co-design with us: kairos website
10 10-12 Language Cafe 12:30-2:30 BFN 1-3 The Drop-in	11 12:30-2:30 Photography workshop 3-5 Wellness Group 2-4 Renfrew Library workshop	12 11-2 Kairos Kitchen 12:30-2:30 Citizens Advice 12:30-2:30 Women+children 1st 1-3 Johnstone Library info stall	13 12-2:30 Beautiful Women+
17 10-12 Language Cafe 12:30-2:30 BFN 1-3 The Drop-in: Your Voice matters	18 12:30-2:30 Photography workshop 3-5 Wellness Group	19 11-2 Kairos Kitchen 12-2 Renfrew Library info stall 6-7:30 Changemakers	20 12-2:30 Beautiful Women+
24 10-12 Language Cafe 12:30-2:30 BFN 1-3 The Drop-in (food + mindfulness)	25 12:30-2:30 Photography workshop 3-5 Wellness Group	*No Kairos Kitchen today* 26 10:30-12:30 Let's talk: Women rights and gender (in)equality	27 12-2:30 Beautiful Women+

*Saturday 7th of November: Food Hygiene session for **Kairos Kitchen** - booking needed

DECEMBER

members only - ask
how to join

drop-in and join
us!

external
group

book
ahead



Tuesday	Wednesday	Thursday	Friday
10-12 Language Cafe 12:30-2:30 Breastfeeding Network (also referred as BFN in this calendar) 1-3 The Drop-in	12:30-2:30 Photography workshop	11-2 Kairos Kitchen 6-7.30 Changemakers	4 *No groups today*
10-12 Language Cafe 12:30-2:30 BFN 1-3 The Drop-in: Wise Group- energy advice	12:30-2:30 Photography workshop 2-4 Renfrew Library workshop	11-2 Kairos Kitchen 1-3 Johnstone Library info stall	11 *No groups today*
10-12 Language Cafe 12:30-2:30 BFN 1-3 The Drop-in	12-2 Renfrew Library info stall	*No Kairos Kitchen today* 6-7.30 Changemakers	18 *No groups today*

Closed for 2 weeks. We'll see you on the
5th of January 2027!

ANNOUNCEMENTS

Community updates and more



Welcome Georgina!

Next time you are around, say hi to our new Project Manager. We are so happy to have you onboard!



Bye bye creative cafe/ thursdays drop-in!

We are changing our Thursday's sessions to bring you more information and connection with services and supportive projects, that's why our crafts group will come to an end as you knew it. We will continue creating in other dedicated spaces.

Submission Open Call: Home Anthology

We are inviting short creative writing submissions from women+ with connections to Renfrewshire for our Home Anthology.

Whether you live here now, grew up here, work here, or have spent significant time here. We're looking for pieces that explore what "home" means to you. **Send us one piece of poetry, flash fiction, or short creative non-fiction by 7th November 2026.**

Submit here:



Welcome Sarah!

Sarah will be doing her student placement with us for the next few months. You'll see her in most of our projects supporting and delivering.





PROUDLY SUPPORTED BY



Follow us for
more updates



@kairos_women

Kairos Women+