RENFREWSHIRE COMMUNITY WELLBEING DIRECTORY 2026-27

THIS DIRECTORY BELONGS TO:

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Renfrewshire has a wealth of third sector groups who each support the community with activities that can make life a little easier, and bring wellbeing closer. Whether it is knitting, dancing acting or crafting, there is something for everyone!

This directory gives an overview of groups from across Renfrewshire's third sector, who each offer some kind of wellbeing activity.

We have asked groups to give a short description of their projects, as well as current contact details. We hope this will make it easy for other groups, partners and potential participants to find information about activities in their local area.

At a time when mental health services are most needed, these groups offer soft interventions, community, friendship, safety and very importantly - fun!

info@engagerenfrewshire.com

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1 A WALK WITH A THOUSAND FRIENDS

Open to: Ethnic minority communities, migrants, refugees, asylum seekers, young people, students, adults, entrepreneurs, job seekers, professionals, and local communities

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A Walk With A Thousand Friends UK (AWWATF UK) is a social enterprise supporting ethnic minority and underserved communities across Renfrewshire and beyond. We provide research-informed educational support, mentoring, employability guidance, entrepreneurship and business support, professional development workshops, volunteering opportunities, networking events, and community engagement activities. Our programmes are designed using research and evidence to ensure the support we provide responds to the real needs and aspirations of the communities we serve. Our services are open to young people and adults, including students, job seekers, aspiring entrepreneurs, professionals, migrants, refugees, and anyone looking to develop their skills or connect with opportunities. Self-referrals and referrals from partner organisations are welcome. Through inclusive learning, meaningful partnerships, and community collaboration, we help build the next generation of global leaders.

Email: rep@awwatf.co.uk
Website: www.awwatf.co.uk
Address: Renfrewshire, Scotland, United Kingdom
Location: Renfrewshire wide at partner organisations
Open: 9am - 4pm Weekdays

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2 ABILITY POST PRODUCTION ACADEMY

Open to: Various

We run film making and film editing classes in conjunction with Brick Lane Studios, Tannahill Centre and L and P Studios.

Email: honeynigel@gmail.com
Phone: 07703 272681
Website: www.abilityacademy.co.uk
Location: Renfrewshire wide
Open: 9am - 4pm Weekdays

3 ACCESS TO INDUSTRY

Open to: Everyone, 16-25

As a Caseworker, I provide one-to-one intensive support for young individuals aged 16-25 who have been involved in the justice system and live in Glasgow or Renfrewshire. I help them create a personal action plan, build CV's and disclosure letters, access vocational training (e.g. CSCS, driving theory) & help you complete SQA accredited learning. My goal is to motivate and encourage people towards education, training, or employment.

Email: jennykiernan@accesstoindustry.co.uk
Phone: 07759126167
Website: www.accesstoindustry.co.uk/services-for-young-people/passport-cashback
Address: 156 Cowgate, Edinburgh EH1 1RP
Location: Renfrewshire wide outreach service
Open: Monday-Thursday 9am-5pm, Friday 9am - 3.45pm

4 ACTIVE COMMUNITIES (SCOTLAND) LTD

Open to: Everyone

Active Communities is a charity based in Station Seven in Johnstone, Renfrewshire. Open to all, we are dedicated to improving health and wellbeing by providing a wide range of free activities and support. We offer social groups, creative sessions, wellbeing workshops, youth groups, exercise and fitness classes, and an onsite Community Pantry with cookery classes. Helping create a community within a community.

Email: info@activecommunities.co.uk
Phone: 01505 801501
Website: www.activecommunities.co.uk
Address: Station Seven, 7 Quarry Street, Johnstone, PA5 8DY
Location: Renfrewshire wide
Open: 9am-4pm Monday to Friday
(with some evening and weekend sessions)

5 BIPOLAR SCOTLAND

Open to: People living with or caring for someone living with bipolar and cyclothymia, 18+

We run a monthly peer support group for people aged 18+ living with or caring for someone living with bipolar. We bring together people living with bipolar and their loved ones to connect, share experiences and learn from one another in a welcoming and understanding space. We also offer an online support group which runs on the 2nd Monday of each month.

Additionally, we offer Beyond Diagnosis, 1-2-1 peer support for people newly diagnosed with bipolar, Momentum Works, 1-2-1 peer support for people navigating education or employment whilst living with bipolar and Self-management Training to help you and your loved ones learn to live well with bipolar.

Our services are delivered by facilitators, peer workers and trainers, many who live with bipolar. By engaging in our services, you'll be supported by someone who truly understands the day to day of living with bipolar.

Email: info@bipolarscotland.org.uk
Phone: 0141 560 2050
Website: www.bipolarscotland.org.uk
Address: Unit 10, Anchor One, 7 Thread Street, Paisley, PA11JR
Location: Support Group at Paisley Methodist Church, all other services online or via phone
Open: In person support group: 4th Monday each month 6pm-7.30pm

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6 BRICK LANE MUSIC ACADEMY CIC

Open to: Different for each activity

Award winning music education, recording and rehearsal studios and community music activities in the heart of Paisley. As well as one to one lessons and group classes for children and adults, we deliver a range of community workshops and projects accessible to all areas and all ages within the community. We are also a Qualification Scotland approved centre. Our passion is music and the positive impact it has on all areas of our lives, including health and well being, social skills and confidence. We strongly believe that music brings people together and combats social isolation.

Email: info@bricklanemusicacademy.co.uk
Phone: 0141 328 6983
Website: www.bricklanepaisley.co.uk/brick-lane-music-academy
Address: Brick Lane Music Academy, 7-9 Weir St, Paisley, PA3 4DW
Location: Paisley

7 BRIGHTEST STAR

Open to: Bereaved parents, grandparents, siblings and families affected by the death of a child.

Brightest Star supports bereaved parents, grandparents and siblings following the death of a child. We provide a range of free services including counselling, peer support groups, wellbeing workshops, memory boxes, play therapy, family activities and practical support.

Our wellbeing workshops take place throughout Renfrewshire and include activities such as yoga, meditation, art therapy, sound baths, walking groups and creative workshops. These sessions provide a safe and welcoming space where bereaved families can connect with others who understand their experiences. Wellbeing workshops, peer support groups and family activities take place throughout the year. Contact Brightest Star for current programme details.

Our services are available to bereaved families across Renfrewshire and surrounding areas. Referrals can be made by individuals, healthcare professionals or support organisations.

People who access Brightest Star gain emotional support, practical coping strategies and opportunities to build meaningful friendships, helping them feel less isolated and more supported on their grief journey.

Email: emailus@brighteststar.org.uk
Phone: 0141 428 3132
Website: www.brighteststar.org.uk
Address: Pavilion 3, St James Business Park, Linwood Road, Paisley, PA3 3AT
Location: Renfrewshire wide
Open: Varies depending on activity

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8 BRING UNITY TO COMMUNITIES (BUC)

Open to: Young people aged 15-25 years from ethnic minority backgrounds, refugees and asylum seekers.

Bring Unity to Communities (BUC) is a group of young refugees who offer a safe space for 15-25 year olds from ethnic minority backgrounds to meet Tuesdays 5-8pm at Foxbar Youth Drop In. All activities are free and flexible – come along have some fun and enjoy a meal together and meet new friends. Young people feel less isolated and have built their confidence by learning new skills at the group – cooking, leadership, team building, games, singing and music. Guest speakers and trainers support them to share knowledge and information with the community.

You can also learn committee skills to help deliver activities in the community for other young people and families. Events are planned by the young people and relevant workshops are delivered in different locations based on consultation carried out by the young people with the community eg Easter/Christmas Arts and Crafts; T-shirt Printing to campaign about anti-racism.

Email: unitytocommunities@gmail.com
Address: Foxbar Youth Drop In, Findhorn Avenue, Foxbar, Paisley PA2 0NP
Location: Renfrewshire wide
Open: Tuesday 5pm-8pm Foxbar

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9 COMMUNITY CIRCUS PAISLEY

Open to: Everyone.

Community Circus Paisley is a community circus school based in Ferguslie Park, Paisley. We deliver a wide range of circus activities including aerial arts, flying trapeze, acrobatics, juggling, balance and creative movement.

Our programmes are open to children, young people and adults, with dedicated sessions for disabled people, people with additional support needs, young carers, older adults and local families. Activities take place at our Paisley venue and through outreach projects across Renfrewshire. Some sessions are open to everyone, while others are delivered in partnership with referral organisations.

Participants develop physical skills, confidence, creativity and social connections in a supportive and inclusive environment. We use circus as a tool for improving wellbeing, reducing isolation, building resilience and creating opportunities for people to try new experiences, achieve personal goals and become part of a welcoming community.

Email: info@communitycircus.co.uk
Website: www.communitycircus.co.uk
Address: 85 Blackstoun Road, Paisley, PA3 1NR
Location: Paisley, Renfrewshire wide
Open:

10 CRAFT CLASS (RENFREW DEVELOPMENT TRUST)

Open to: Everyone 16+

Our monthly Craft Class is a free, friendly and welcoming group open to adults of all abilities who enjoy being creative or would like to try something new. Each session offers the opportunity to take part in a variety of craft activities in a relaxed and supportive environment, with all materials provided.

The class is a great way to meet new people, learn new skills, boost confidence and improve wellbeing through creativity and social connection. Whether you are an experienced crafter or a complete beginner, everyone is welcome to come along, enjoy a chat, and have fun creating something unique.

Our Craft Class helps reduce social isolation, encourages friendships within the community, and provides a positive space to relax and unwind.

For dates or more information, please contact us via our email address.

Email: developmentrdt@outlook.com
Address: Anderson Business Centre, 13 Anderson Drive, Renfrew, PA4 8PL
Location: Renfrew
Open: Monthly on a Monday evening 7-8.30pm (contact for details)

11 CREATE PAISLEY

Open to: Young people, 12-21

We're an arts charity working with young people (aged 12-21) in Renfrewshire since 2009, using creativity to change lives and support good mental health.

We offer FREE weekly creative activities – art, crafts, writing, design – that allow young people to explore and celebrate who they are and what they're passionate about.

We create safe, welcoming spaces. Our work is playful, inspiring and hopeful. Our sessions are informal, flexible, and tailored to the needs of the young people taking part. We support young people to shape their experience across four areas of work: creative drop-ins; Youth Forum and Young Volunteers; schools; community partnerships.

Email: info@createpaisley.org.uk
Website: www.createpaisley.org.uk
Address: The Finding Your Feet Charity Hub, St James House, Paisley PA3 2HQ
Location: Paisley and Johnstone
Open: Drop-in: Mondays 5.30-7pm (Paisley),
Youth Forum: Tuesdays 4.30-5.30pm (Paisley),
Create Club: Thursdays 4-5.30pm (Station 7 Johnstone)

12 CRISIS

Open to: Everyone

Crisis a counselling service with a range of therapies available across Renfrewshire which can be face to face or online .

Email: info@crisiscounselling.co.uk
Phone: 0141 812 8474
Website: www.crisiscounselling.co.uk
Address: Riverside House, Old Ferry Road,Erskine PA8 6AX
Location: Renfrewshire wide and online
Open: Monday-Friday 9.30am -1pm

13 DATES-N-MATES

Open to: Adults with a learning disability, 18+

Dates-n-Mates is Scotland's national dating and friendship charity run by and for adults with a learning disability. We aim to tackle social isolation and create a space for people to build meaningful relationships. We run over 20 events a month across Glasgow and Renfrewshire allowing adults over the age of 18 with learning disabilities to create connections.

We host a huge array of events from chilled out coffee and catch ups to dance nights and concerts! Our events are to build connections, confidence, friendships and relationships. We run monthly workshops for our members where they can learn how to maintain friendships, create safe boundaries and learn about sex and healthy relationships.

Email: renfrewshire@datesnmates.org.uk
Phone: 0141 427 2957
Website: www.datesnmates.org.uk
Location: Renfrewshire wide - Any and all accessible spaces
Open: Varying- mostly evenings and afternoons

14 DEAF FRIENDS

Open to: Everyone

Games, hobbies, going out to visit culture. An equal group for everyone to be welcomed, for helping with mental health and wellbeing.

Email: eahemphill@googlemail.com
Phone: 07961 734182
Location: Renfrewshire
Open: 1pm-3pm

15 DISABILITY RESOURCE CENTRE USERS COMMITTEE

Open to: Adults with a physical disability and/or sensory impairment living in Renfrewshire

The Disability Resource Centre is a welcoming, supportive and inclusive place for adults with a physical disability and/or sensory impairment. There is a wide range of activities on offer including art, tai chi, social history, computing and gardening. The Service Users Committee currently have grant funding for a Mental Health and Wellbeing Peer to Peer Support Group for service users and carers.

Phone: 0300 300 0370
Location: Renfrewshire

16 EARLY YEARS SCOTLAND

Open to: Families with children aged 0–5

Our qualified early years team offers free baby massage, baby yoga, buggy walks, Little Riders & Striders balance-bike blocks, and indoor/outdoor Stay, Play and Learn sessions. Groups run across Foxbar, Gallowhill and Ferguslie Park.

Families gain a friendly space to meet others, build confidence and learn new ways to support their child's development. Children benefit from play, movement, early learning experiences and opportunities to explore outdoors.

Email: laura.mccleary@earlyyearsscotland.org
Phone: 0141 221 2148
Website: www.facebook.com/people/Early-Years-Scotland-Renfrewshire/61556287052675/
Address: Early Years Scotland Main Office 23 Granville Street, Glasgow G3 7EE
Location: The Tannahill centre, Foxbar Community centre, Gallowhill Community centre, outdoors
Open: Tuesday at The Tannahill centre, Thursday at Foxbar and Gallowhill community centre's. Outdoor sessions on Monday

17 EMPOWERHER

Open to: Women and Families

Supporting women's physical, mental, and emotional health through education, workshops, and wellbeing activities.

- **Reducing social isolation by creating safe spaces where African women can connect, share experiences, and build supportive networks.**
- **Celebrating African culture while promoting inclusion and diversity within Scotland.**
- **Providing practical assistance, including food, clothing, and support for women and families experiencing financial hardship, particularly those with No Recourse to Public Funds (NRPF).**
- **Helping women develop skills, confidence, and opportunities through training, volunteering, and community programmes.**

Email: info@empowerher.org.uk
Phone: 07776 764604
Website: www.empowerher.org.uk
Location: Renfrewshire, Online

18 ERSKINE ARTS

Open to: Everyone

Erskine Arts is the creative heartbeat of our community – a dynamic and welcoming hub where people come to feel safe, seen and supported. We provide inclusive low-cost or free creative programmes, ensuring learning and participation in the arts is accessible to all. We pride ourselves on our high quality tuition as well as a wide range of community programmes for all ages and abilities. At Erskine Arts there really is something for everyone : music, art, drama, creative wellbeing, social drop-ins with soup/brunch sessions, peer-led support, recreation and accessible cultural events and community cinema. Activities run 7 days per week so have a look at our programme online or pop into reception for a cuppa catch-up - we can't wait to welcome you into the Erskine Arts community!

Email: info@erskinearts.co.uk
Website: www.erskinearts.co.uk
Address: Erskine Arts, Kilpatrick Drive, Erskine, PA8 7AF
Location: Erskine
Open: Every day

19 ERSKINE WRITERS

Open to: Everyone

We are a group who enjoy the challenge of creative writing. We work to a set syllabus which covers all types of genre, have regular competitions and are visited by occasional guest speakers who lead specific workshops. We are a very closely-knit and friendly group which encourages fellowship and expression the medium of the written word.

Email: erskinewritersinfo@gmail.com
Phone: 07546 594553
Website: www.erskinewriters-uk.blogspot.com
Address: Inchinnan Parish Church
Location: Inchinnan
Open: Tuesday 1pm - 3pm

20 FAMILIES OUTSIDE

Open to: Children and adults affected by imprisonment

Families Outside Helpline provides impartial information and support and is often the first port of call for families and professionals looking for help and guidance. Families can self-refer and professionals can make referrals via our helpline or support email inbox.

Our family support team provides local face to face support, for emotional support and help with practical issues, information about prisons, visiting and maintaining contact, help with cost of prison visits, preparing for release, preparing to talk with your child/children about imprisonment, can link you to local specialist services. Our service is confidential and non-judgemental, and support can help you to take more control of your situation.

Email: support@familiesoutside.org.uk
Phone: Helpline 0800 254 0088
Website: www.familiesoutside.org.uk
Location: Renfrewshire Wide
Open: Monday - Friday 9am-5pm

21 FERGUSLIE LEARNING CENTRE (WEST COLLEGE SCOTLAND)

Open to: Everyone 16+

Ferguslie Learning Centre, part of West College Scotland, is a community-based learning centre for adults located in Ferguslie, within the courtyard of the Tannahill Centre. We provide a welcoming and supportive environment for learners aged 16 and over, offering opportunities for personal growth, education, and social connection.

Our programme includes a wide range of courses such as Wellbeing, Photography, Art, Gardening, Creative Writing, Dementia Awareness, Criminology, Sociology, and IT. We aim to support and guide learners to build confidence, develop new skills, work towards qualifications, and improve employability, while also creating a space to connect with others in the community.

We look forward to welcoming you to our Centre.
The Communities Team.

Email: kathleen.brown@wcs.ac.uk
Phone: 0141 842 1015
Website: www.westcollegescotland.ac.uk/courses/communities-and-outreach/ferguslie-learning-centre/
Address: 10 Falcon Crescent, Paisley PA3 1NS
Location: Paisley
Open: Monday-Friday 9.30am-4.30pm

22 FERGUSLIE PARK DROP IN

Open to: Everyone, 16+

The morning Drop In is an informal, welcoming space open to ANYONE with no referrals needed. In this relaxed space people can sit together with refreshments always available and darts or pool can be played.

Other activities include short discussions around life stories based upon examples from the bible or other people's stories. Shared wisdom has included exploring things like bereavement, relaxation, budgeting, etc.

At other times, where funding allows, we enjoy group activities together, such as day trips to Largs, coastal walks, going to the movies and enjoying meals together. These are open to those who attend regularly.

The afternoon Drop In is open to anyone wanting to discuss life controlling issues. We provide tailored one-to-one and group support, including referrals to rehab if wanted and help participants develop healthier coping mechanisms, build personal resilience, and ultimately break free from addiction to enjoy happier, more fulfilling lives.

Email: sdavidson@churchofscotland.org.uk
Phone: 07717 503059
Website: www.facebook.com/Fergusliechurchoutreach
Address: Community Room, Tannahill Community Centre, 76 Blackstoun Road, Paisley PA3 1NT
Open: Every Wednesday 09.30pm – 11.30am and 11.45am-1.45pm (Recovery Drop In 2 with Street Connect)

23 FIBROMYALGIA PAISLEY & INVERCLYDE NETWORK (FIBRO PAIN)

Open to: People with fibromyalgia

Support group providing information and support for people with fibromyalgia and those who support them. Day and evening meetings are held alternate months. New members always welcome. Affiliated with the national charity Fibromyalgia Action UK (head.office@fmauk.org, 0141 370 3940, www.fmauk.org).

Email: fibroinfo@paisleyfm.org
Phone: 07305 577314
Website: www.paisleyfm.org
Address: Studio 3006, Mile End, Abbeymill Business Centre, Paisley PA1 1JS
Location: Monthly support group meetings held in Paisley, 3rd Monday of month, alternating day and evening.
Open: Daytime meetings - Mile End, Abbeymill Business Centre 1.00-3.00pm and evening What If, 25 Moss Street 6.00-8.00pm 11.45am-1.45pm (Recovery Drop In 2 with Street Connect)

24 FINDING YOUR FEET

Open to: Amputees, those born without limbs

Finding Your Feet supports amputees, those born without limbs, and their families through peer support, counselling, well-being services and inclusive clubs and activities. We understand that life after limb loss involves far more than physical recovery. Isolation and changes to emotional and mental well-being can be just as challenging.

Our community brings people together with others who understand. It offers space to talk openly, share experiences and move forward at a pace that feels right, whether someone is newly adjusting or has lived with limb difference for many years. Support is ongoing and shaped around individual needs, so people and their families are not left navigating life after amputation on their own.

Email: info@findingyourfeet.net
Phone: 0141 258 4868
Website: www.findingyourfeet.net
Address: St James House, 25 St James Street, Paisley, PA3 2HQ
Location: Paisley, Online

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25 FORGET ME NOT CAFE

Open to: People living with dementia, their family, friends and carers.

The cafe is for people living with dementia their family, friends and carers. We provide a range of entertainment from singers, choirs, ukulele bands, Accordian bands and many more. We run 50 weeks of the year and entirely volunteer led. It is free to attend but we do appreciate a donation.

The cafe offers a warm friendly atmosphere and a safe place to enjoy making new friendships and receiving peer support.

Email: fortgetmenot@renfrewnorth.org.uk
Address: Renfrew North Parish Church, 14b Renfield Street, Renfrew, PA4 8RG
Location: Renfrew North
Open: Wednesday 2pm-4pm

26 FOXBAR COMMUNITY GARDENS

Open to: Everyone

Our organisations purpose is to bring the community together to improve mental health and wellbeing and skills surrounding planting and growing. We organise monthly workshops including mental health awareness, mindfulness and relaxation, information sessions on planting and specific plants and herbs. We also hold seasonal swap shops where people can get rid of unwanted items and help themselves to items they may need. This helps with cost of living crisis and brings community together to share and help.

Our workshops are for everyone and are free to attend. People who attend our workshops often feedback to us that they feel more involved in the local community, meet like-minded people, have a better understanding of mental health and general coping mechanisms. They have also advised that information sessions on growing and planting has built a their confidence to try and grow themselves.

Email: foxbarcommunitygardens@gmail.com
Address: Foxbar Library, Amochrie rd, Foxbar
Location: Foxbar
Open: Last Saturday of every month 10am-12.30pm

27 FRIENDS OF KNOCKHILL PARK

Open to: Everyone

Friends of Knockhill Park is an active local volunteer group in Renfrew (just a short drive from Paisley) that maintains and improves Knockhill Park. The dedicated group manages the park's upkeep and frequently organizes free family-friendly activities and community events.

Email: fokp@outlook.com
Location: Renfrew

28 GALA MINISTRY

Open to: 16+

GALA 'Healthy Minds' initiative creates safe, reflective spaces for participants aged 16 and above to explore emotions and build communication using NHS Scotland's Healthy Minds resources, while also sharing lived experiences to normalise mental health conversations. The project brings ethnically diverse people together, builds strong relationships and seeks to tackle intergenerational mental health challenges and cultural stigma within communities. For more information and to register your interest, please email info@galaministry.org
Kindly remember to caption 'GALA HM' as the subject of the email.

Email: info@galaministry.org
Address: GALA Ministry, 118 Brediland Road, PA2 0HE, Paisley
Location: Renfrewshire
Open: Twice a month

29 GLENVALE FC

Open to: All ages

We are a local football club with teams at all ages . We also have an academy and are fully accredited under the Syfa.

Email: glenvalefc@gmail.com
Address: Ferguslie Sports Centre
Location: Ferguslie Park

30 HOME-START RENFREWSHIRE AND INVERCLYDE

Open to: Parents

Our Parents/Carers Wellbeing Peer Support Group is a warm, welcoming space for families with babies and young children (0 years - 5 years) to come together, connect and feel supported.

Whether you're navigating sleepless nights, feeling overwhelmed or simply looking to meet other parents, you're not alone. Our weekly sessions offer a chance to chat, share experiences and build meaningful friendships with others who understand.

Alongside peer support, we offer gentle wellbeing activities and creative crafts for you and your little one to enjoy together helping to boost mood, reduce stress and create special moments of connection.

Please note this is not a 'drop-in' service.
Sessions are held at FYF Charity Hub, Paisley, on Fridays (term time) 10am-12pm.

Spaces are limited, so families are asked to register in advance to join the group - https://hsri.org.uk/contact-us/ or ask your Health Visitor to make a referral.

Email: hello@hsri.org.uk
Phone: 0141 889 5272
Website: www.hsri.org.uk
Address: FYF Charity Hub, St James House, St James St, Paisley, PA3 2HQ
Location: Paisley Town
Open: Friday 10am-12pm

31 INCHINNAN DEVELOPMENT TRUST

Open to: 16+

Sycamore Saturdays are free nature activity sessions held regularly in Teucheen Wood, Inchinnan. They offer a chance to slow down and reconnect with nature, creativity, and community.

Set in the heart of the woodland, the sessions provide a perfect space to learn new skills, discover local wildlife, enjoy outdoor activities, and make new connections.

Whether identifying plants and wildlife, trying bush craft and foraging, or simply spending time beneath the trees, participants are supported to explore, create, and connect - building confidence and discovering the benefits of time outdoors.

Email: lacey-idt@outlook.com
Website: www.inchinnandt.com
Address: India of Inchinnan, Greenock Road, Inchinnan, PA49LH
Location: Teucheen Wood, Inchinnan

32 JOHNSTONE DEMENTIA FRIENDLY COMMUNITY GROUP

Open to: Those living with Dementia and their carers

We provide a social get together on a weekly basis with the opportunity to meet others who are experiencing the same challenges. Chatting with others in the same position, helps restore confidence and gives some insight into how others cope. People living on their own and feeling isolated are also very welcome to join in the group. As we provide catering we are not a drop in cafe and need notice if you are planning on coming along.

A friendly, relaxed, fun afternoon starting with lunch and a chat. Then a variety of activities which include musical entertainment, bingo and quizzes. There are occasional outings organised as well. We often have visits from outreach departments of various organisations, who give advice and help on a variety of issues.

Our members are all respectful and friendly to each other and many have been with us several years. After our sessions our members leave feeling relaxed and uplifted.

Email: jdfgroup@hotmail.com
Phone: 07703 183653
Location: Johnstone Town Hall
Open: Wednesday 1pm - 3pm

33 KAIROS WOMEN+

Open to: For women+ aged 16+ (The “+” means inclusive of trans women, non-binary people, and people of all backgrounds, faiths and ethnicities)

Kairos Women+ offers a wide range of weekly groups and activities including: personal development programmes, recipe-sharing sessions -by and for- ethnic diverse women+, ESOL, growing and gardening, wellness and recovery groups, creative and social spaces, community meals, campaigning groups, and disabled-led sessions.
It’s for women+ aged 16+ across Renfrewshire and beyond, inclusive of trans women and non-binary people, with no referral needed. People can drop in or book. Participants gain a safe, welcoming space to connect, build confidence, learn new skills, influence change, and be part of a supportive community that values their lived experience.

Email: info@kairoswomen.org
Phone: 0141 378 5078
Website: www.kairoswomen.org
Address: Unit 56-60 Embroidery Mill, Abbey Mill Business Centre, Paisley, PA1 1TJ
Location: Paisley, Renfrew, Johnstone, Online
Open: Tuesday-Friday 10am-5pm

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34 LAPIDUS SCOTLAND

Open to: Groups and organisations

Lapidus Scotland is an independently constituted voluntary association and is managed by a committee who have skills and experience in facilitating reading and writing for wellbeing. We are affiliated to Lapidus International (https://lapidus.org.uk) and adhere to the same ethical code.

Since 1996 Lapidus Scotland has looked to explore and expand knowledge and understanding of the value of words. We have worked with people, groups and organisations across Scotland, promoting health and wellbeing in Scotland through reading and writing.

Our programmes offer a creative approach to supporting self-management of long-term conditions and can e.g. help with mild to moderate depression, isolation, dementia, recovery from stroke and other illnesses that impact on individual identity. Our facilitators work with statutory and voluntary organisations across a range of settings. We also offer networking and training events for wellbeing practitioners.

Email: lapidus.scotland.1@gmail.com
Website: www.lapidusscotland.co.uk
Address: Online and on-site with partner organisations
Location: Renfrewshire wide

35 LEAP

Open to: Various for each project

LEAP hosts the Feel Good Festival, a schedule of wellbeing focused community events engaging people in participatory activities. The themes are wide and include nature based, recreational, creative, therapeutic and community building workshops and classes, taking place at venues across rural Renfrewshire and sometimes including larger scale events and parades.

LEAP also runs Diggin' It, a community of food growers supported by their Seed Library project, providing free open pollinated seed and guidance on growing food and seed at home or in community growing spaces, along with education and in-person learning events. Their Seed Libraries are based in Johnstone and Lochwinnoch, and they supply seed to libraries in North Ayrshire too.

Additionally, LEAP delivers Lochwinnoch Community Larder, a seven day a week food support service including a community pantry, weekly food parcel deliveries, a 24/7 community fridge and freezer, free cooking classes, community meals, and volunteering opportunities, along with locally grown food and connections to energy advice and benefits services.

Email: digginit@myleapproject.org, feelgood@myleapproject.org, communitylarder@myleapproject.org
Website: www.myleapproject.org/diggin-it
Address: 39 High Street, Lochwinnoch, PA12 4AB
Location: Lochwinnoch
Open: Larder opening hours: Tuesday 12.00 pm - 4.00 pm, Thursday 10.00 am - 2.00 pm, Saturday 10.30 am - 12.00 pm, Community Fridge and Freezer accessible 24/7 via coded lock for Members.

36 LIVING LIFE EVENTS CIC

Open to: Everyone, with an emphasis on the elderly and the lonely

Our project provides regular interactive events – musical, audio-visual and movement, chat or just sit and watch - within the local area available to all to attend, but with a specific emphasis on the lonely, those who would like some company in a safe and welcoming place and the elderly who find it more difficult to get to entertainment events through insecurity or mobility difficulties. We promote feelings of inclusion, confidence and uplifted spirits from the entertainment provided for the people we help and create lasting impressions that people do care – all towards improvement of mental health and wellbeing. Watch out for our monthly calendar of events on our social media pages or WhatsApp us!

Email: livinglifeevents@outlook.com
Phone: 07853 636175
Address: 23 Stonefield Avenue, Paisley PA2 7RN
Location: Paisley and surroundings

37 MY BABY AND I

Open to: Women immigrants

My Baby and I is a community project supporting pregnant women, new mums, and families with children aged 0–5 in Renfrewshire and surrounding areas. We provide parent-and-baby meetups, wellbeing sessions, practical parenting advice, breastfeeding and infant feeding support, access to baby essentials, and signposting to local services. We also offer employment support, including CV guidance, interview preparation, job search advice, and access to training opportunities to help parents return to work or progress in their careers.

Our project is open to expectant parents and families with young children. Self-referrals are welcome, and professionals can also refer families who may benefit from additional support.

By joining My Baby and I, families gain a supportive community, practical resources, trusted information, and opportunities to reduce isolation, improve wellbeing, build confidence, and develop the skills needed to create a brighter future for themselves and their children.

Email: info@mybabyandi.co.uk
Location: Renfrewshire

38 NEHEMIAH

Open to: Adults with drug and alcohol issues

Nehemiah reaches out to individuals and families impacted by drug and alcohol use. We seek to meet people where they are, and support them to move towards where they would like to be in their Recovery journey. We believe in Hope, Freedom and Healing.

We offer a variety of activities which include:

- **FORC (Recovery Café) where individuals can meet in a relaxed environment and enjoy pool, table tennis or crafts; as well as refreshments**
- **Therapeutic Group work Programmes that cover a variety of topics such as goals, recovery, wellbeing, trauma and positive interaction skills**
- **Wild and Free Outdoor Group which includes looking after vegetable beds and walks in the countryside**
- **Recovery Choir**
- **Individual Support which can vary from help at home to guidance in accessing other Services**
- **Text Support**

Please don't hesitate to get in touch if you would like further information.

Email: hope@nehemiah.org.uk
Phone: 0774 860 5854
Website: www.nehemiah.org.uk
Location: Renfrewshire
Open: Various

39 NEXT CHAPTER SCOTLAND

Open to: Anyone who has been involved with the criminal justice system

Next Chapter Scotland exists to help anyone navigate the consequences for them or their family members of having a criminal record or being under investigation for a crime. We offer honest, non-judgemental help to anyone who - or who family member - is involved in the criminal justice system. We help people understand the personal, financial, emotional and social consequences for them or their loved ones and address the stigma and discrimination they can face as a result. We support individuals with defending their rights, work, living life, the justice system, housing, health, family and society and money matters. You can contact our helpline directly or alternatively visit us at the Russell Institute building in Paisley open between 2-5pm every Tuesday.

Email: support@nextchapterscotland.org.uk
Phone: 03303557145
Website: www.nextchapterscotland.org.uk
Address: Russell Institute building
Location: Paisley
Open: Tuesday 2pm-5pm

40 OPEN AYE CIC

Open to: Everyone

Open Aye creates participatory photo projects for groups, which can help with creativity, wellbeing, nature connection and community resilience. We run many different projects, but as an example: our Wellbeing of the Woods project has been running for 10 years and provides guided photo walks in nature for a range of communities, including groups with complex needs. We feel lucky to have worked with New Scots groups for a long time and we are specialists in trauma informed participatory practice and inclusive community engagement.

Our participatory methodology also works for social action research, advocacy or skills development, alongside wellbeing outcomes.

We can work with any group, in any place, to provide a creative feel good session!

Please feel free to get in touch for a chat to discuss how our session can be tailored to your group.

Email: hello@openaye.co.uk
Phone: 07903 020937
Website: www.openaye.co.uk
Location: Renfrewshire wide

41 PACHEDU MULTICULTURAL HUB

Open to: Various: Activities for women, men, young people (14-25 Years old), neurodivergent people, immigrants

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Pachedu Multicultural Hub delivers weekly mental health and wellbeing workshops, creative arts and music sessions, youth and leadership programmes, employability support, and social activities including cookery, sports, and family events. We also provide digital inclusion sessions through our Digital Inclusion Hub, offering access to computers, IT training, and refurbished devices, while promoting a circular economy by redistributing donated equipment. We run neurodiversity support sessions and flagship programmes such as Rediscover Africa, alongside events like Refugee Week and Black History Month.

Our services support children, young people, adults, and families from diverse ethnic minority communities across Renfrewshire, particularly those facing isolation, cultural barriers, or digital exclusion.

Participants gain digital and life skills, improve wellbeing, reduce isolation, and build confidence, connections, and a sense of belonging.

Email: admin@pachedu.org
Phone: 07554 942791
Website: www.pachedu.org
Address: Pachedu Multicultural Hub - 1 Falcon Crescent, Paisley, PA1 3NS
Location: Primarily in Paisley, Outreach sessions across Renfrewshire
Open: Hub opening: Monday-Friday, 9am- 5pm.
Visionaries programme: Friday 6pm – 8pm.
Varying schedules for different projects.

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42 PAISLEY ACTORS FOCUS GROUP CIC

Open to: 18+

Paisley Actors Focus Group CIC provides acting, movement, wellbeing and creative workshops for adults aged 18+ in Renfrewshire. We welcome beginners and experienced performers with no referral required. Participants build confidence, reduce isolation, improve wellbeing, develop creative skills and make social connections through theatre and arts activities.

Email: info@paisleyactorsfocusgroup.co.uk
Location: Paisley

43 PAISLEY OPERA COMMUNITY CHORUS

Open to: Everyone, 16+

Paisley Opera Community Chorus is open to all who wish to take part, from those who have sung in choirs before, to those who have never sung except maybe in the shower! There are no auditions and you don't need to read music. We hold open "gies a go" sessions once or twice a year, or you can just come along on a Monday evening and say hello; the chorus is always very welcoming to new members!

We believe everyone has a voice and encourage everyone to experience the joy of singing great music together in a great group of friends, so the tea break is one of the most important parts of any rehearsal! We sing in various pop-up concerts throughout the year and work towards a big production every year to eighteen months, so come along and see what you think.

Email: info@paisleyopera.org.uk
Website: www.paisleyopera.org
Address: Rehearsals at Tannahill Centre 76 Blackstoun Rd, Paisley PA3 1NT
Location: Renfrewshire wide
Open: Monday 7pm-9pm

44 PAISLEY ST GEORGE'S CHURCH

Open to: Various: Activities for children, families, young people, women, men, immigrants, over 65 and open for all

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We are a local Parish Church for Paisley and Glenburn. We want to welcome and support all - we are friendly and we aim to provide a warm, welcoming environment for people to come along, meet others and engage with a range of fun and healthy activities that are free or low-cost. Our programme of activities -Thrive Together- provides something for everyone no matter your age or experience: sports, arts and creative wellbeing, social drop-ins, learning activities, peer-led support, recreation, breakfast and tea/coffee afternoons, dances and accessible musical events. Join us to build confidence and self-esteem; or if you are feeling a little lonely and would like to meet new people and make friends; come express yourself or boost your mood; and come to learn new skills and build a network of support. We can't wait to welcome you. Social events are announced on website calendar and Facebook page every day.

Email: office@paisleystgeorges.org.uk
Phone: 0141 889 4335
Website: www.paisleystgeorges.org.uk
Address: Paisley St George's Church, 82 Causeyside St., Paisley PA1 1YP
Location: Various locations in Paisley
Open: Office Hours: Monday - Wednesday 10am- 2pm. Various for different activities

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45 PATERSON PARK ALLOTMENT

Open to: Everyone

Established in Renfrew, Paterson Park Allotments are very close to the Town Centre nestled between the old Scottish Power substation and newly built Renfrew Health and Social Work Centre. It has been her since 1932 and is known as the Secret Garden its entrance is nested behind tall trees. Made up of 27 plots and an onsite cabin that has been recently upgraded. Plot 24 is a wellness plot funded by One Ren to help people with physical and mental health conditions come together

Plot holders grow a variety of fruit and vegetables all year round. Visitors of any age are always welcome when the gates are open.

Key Benefits of the Allotment:

- **Healthy Food: Grow fresh, organic, seasonal healthy produce.**
- **Mental Well-being: Spending time on a plot relieves daily stress and anxiety.**
- **Physical Fitness: Regular tasks like digging, weeding, and lifting provide great exercise.**
- **Community Spirit: Can act as social hubs for meeting like-minded people and swapping tips.**

Email: patersonparkallotmentcommittee@outlook.com
Address: Ferry Road Renfrew PA4 8SA
Location: Renfrew
Open: 9am-5pm

46 Q NETWORK

Open to: All members of diverse Renfrewshire's LGBTQ+ communities

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Q Network provides support, signposting, resources & social connection for people from all of Renfrewshire's diverse LGBTQ+ communities. We are still in our early days, but hope we will be able to provide spaces & support for trans groups, folk who are HIV+, clothes swaps, book clubs, creative activities, LGBTQ+asylum seekers, etc. Participation is open to all LGBTQ+ people in Renfrewshire no matter their faith, race, ethnicity, gender identity, sexuality, HIV status, immigration status, disability, neurodivergence, sobriety… We aim to be accessible by, not just 'open to' all.

Email: qnetworkren@gmail.com
Location: Renfrewshire wide

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47 QUARRIERS

Open to: Adults who have sustained a brain injury and their family members

Brain Injury Community Support - Rebuilding lives, restoring hope across Renfrewshire.

Quarriers Brain Injury Community Support provides support for adults living within the Renfrewshire area who have an acquired or traumatic brain injury.

We work with the person, family and carers to provide a co-ordinated and holistic approach. We raise awareness of the effects of brain injury and provide practical support to reduce isolation and enable people to reach meaningful outcomes and manage day-to-day living.

Email: headinjuryservice@quarriers.org.uk
Phone: 07498 843421
Website: www.quarriers.org.uk/blog/service/epilepsy-and-neurology/brain_injury_community-support/
Address: 20 St Kenneth Drive, Glasgow G51 4QD
Location: Renfrewshire wide
Open: Monday to Friday 9-4.30pm

48 RALSTON OUT OF SCHOOL CARE

Open to: Parents

We are an out of school care but we are running parent fitness boot camps for all parents in the area.

Email: ralston.osc@hotmail.co.uk
Website: www.rosc.org.uk
epilepsy-and-neurology/brain_injury_community-support/
Address: Ralston Primary School, school road, Paisley PA1 3AT
Location: Paisley

49 RALSTON PRIMARY SCHOOL – PARENT COUNCIL

Open to: Everyone

We support parents who wish to go back to work or education by providing safe, secure and stimulating care setting for their children before and after school. We work with parents to improve their child's physical and emotional wellbeing enabling them to grow and develop.

Phone: 07932 005224
Website: www.rosc.org.uk
Address: Ralston Primary School, school road, Paisley PA1 3AT
Location: Paisley
Open: 8am till 6pm

50 RALSTON SENIORS CLUB

Open to: Over 65's

A weekly club for independently mobile seniors meeting every Friday 11.15am - 2.00pm offering friendship and recreation. A session of chair based exercise provided by a qualified instructor is followed by a soup and sandwich lunch. From 1.00pm there is musical entertainment or a social activity.

Email: ralstonseniorsclub@stmarksoldhall.org.uk
Phone: 07721 911 234
Address: St Marks Church, 334 Glasgow Road, Paisley, PA1 3DL
Location: Paisley
Open: Friday 11.15am - 2pm

51 RAMH

Open to: Everyone, 16+

RAMH provides short-term, non-medical mental health support to adults aged 16+ across Renfrewshire, helping people move on from distress and build coping skills.

Supports include counselling, anxiety management, wellbeing courses, peer groups and social activities alongside a crisis line offering immediate help. The service also delivers Distress Brief Intervention (DBI), providing practical and emotional support for people during periods of distress. Also a friendly information service offers advice, signposting and guidance on local supports.

There's no need for a diagnosis and people can self-refer, making it easy to access the right support at the right time.

Email: enquiries@ramh.org
Phone: 0141 847 8900
Website: www.ramh.org
Address: 41 Blackstoun Road, Paisley, PA3 1LU
Location: Renfrewshire wide
Open: Community support Monday-Friday 9am-5pm, Crisis support Monday-Friday 9.30am-7.30pm and Saturday-Sunday 9.30am-5pm

52 RAYS OF HOPE

Open to: People with a cancer diagnosis and their families

Rays of Hope is a cancer support charity based in elderslie providing practical and emotional well-being to those who have received a cancer diagnosis.

We provide physical, emotional & therapeutic support to help with recovery and ease treatment side effects.

Our peer support group with structured cancer support sessions aim to improve lives and give quality of life to those facing a cancer diagnosis.

Email: jennifer@raysofhopecancersupport.com
Phone: 07773 605 815
Website: www.raysofhopecancersupport.com
Address: Byres road Elderslie - Temp location East Gate church during building works
Location: Renfrewshire
Open: Monday, Wednesday, Friday 10am - 3pm

53 RENFREW ASSOCIATION OF GROWERS AND GARDENERS

Open to: Everyone, under 18's accompanied by an adult

Renfrew Association of Growers and Gardeners is a community food-growing project based in Renfrew. We offer allotment plots for annual rental, flexible volunteering opportunities, and a range of activities focused on food growing, sustainability, and organic gardening. We also run men's and women's wellbeing groups that include outdoor activities, arts and crafts, cooking, and opportunities to connect with others.

Our activities are open to local people of all ages and abilities, with opportunities for members, volunteers, and community groups to get involved. Some activities may require booking or referral depending on the programme.

By taking part, people can learn practical food-growing skills, improve their physical and mental wellbeing, build confidence, reduce social isolation, and develop connections within their local community. Our project provides a welcoming outdoor space where people can learn, share skills, and enjoy the benefits of gardening and nature.

Email: info@broadloangardens.org.uk
Phone: 07577 358 608
Website: www.facebook.com/BroadloanGardensRenfrew
Address: 84 Broadloan, Renfrew, PA4 0BY
Location: Renfrew
Open: 9am - 4.30pm

54 RENFREW MEN'S SHED

Open to: Men

The Renfrew Men's Shed is a free welcoming community space where local men can come together to connect, learn new skills, and support one another in a friendly and relaxed environment. Open to men of all ages and backgrounds, the group helps reduce loneliness and social isolation while promoting positive mental health and wellbeing.

The Shed provides opportunities for members to take part in a range of activities including woodworking, repairs, upcycling projects, community initiatives, and social events. It is a place where skills and experiences can be shared, friendships can grow, and everyone feels valued and included.

By attending the Renfrew Men's Shed, members gain confidence, purpose, and a sense of belonging within their community. Whether someone is looking to meet new people, keep active, learn practical skills, or simply enjoy a chat and a cup of tea, the Men's Shed offers a supportive and enjoyable environment for all.

Email: developmentrdt@outlook.com
Address: Anderson Business Centre, 13 Anderson Drive, Renfrew, PA4 8PL
Location: Renfrew
Open: Tuesday-Thursday 11am-2pm

55 RENFREWSHIRE CLIMATE ACTION HUB

Open to: Everyone

Renfrewshire Climate Action Hub runs accessible networking events and workshops, and brings community groups and individuals together through knowledge exchange, education, practical action, and resource sharing. Through a mixture of activities and small grants, the Hub offers and promotes activities such as food growing, upcycling, repairing and tree planting, while improving local community wellbeing. We are part of a wider network of climate hubs across Scotland. Our drop-in sessions are Wednesdays most weeks in Ferguslie Park Community Library, Paisley Central Library or Johnstone Library.

The Hub is the facilitation and support organisation of Renfrewshire Climate Action Network (RenCAN), a network of over 70 community-led organisations and individuals involved in climate action and related activities in the Renfrewshire area. RenCAN supports groups and individuals to network and work together, and is free and open for anybody to join.

The Hub is delivered by LEAP (Local Energy Action Plan), and its main premises are based in Lochwinnoch.

Email: toni-ann@myleapproject.org
Website: www.renfrewshireclimate.scot
Address: Renfrewshire Climate Action Hub, Local Energy Action Plan, 39 High St, Lochwinnoch, PA12 4AB
Location: Renfrewshire wide
Open: Drop in most Wednesdays 11am-1pm

56 RENFREWSHIRE COMMUNITY TRANSPORT

Open to: Any community group or organisation
(SCIO, CIC, Charity, Constituted groups etc)

Renfrewshire Community Transport provides affordable minibus access for local community groups, charities and not-for-profit organisations across Renfrewshire. We offer own-driver minibus hire, with two vehicles available for small groups of around 8 to 16 people. Organisations can currently become members for free, and we can support them with on boarding approved drivers so they can arrange transport for activities, appointments, day trips, community events and group outings.

Our service is for Renfrewshire-based community organisations and local groups that need safe, flexible, and low-cost transport for their members, service users, or volunteers. By helping groups access reliable transport, we reduce barriers to participation, support wellbeing, tackle isolation and help people stay connected to services, social activities and community life.

Email: renfrewshirect@outlook.com
Website: www.rencommunitytransport.org
Address: The Tannahill Centre, 76 Blackstoun Road Paisley PA3 1NT
Location: Renfrewshire wide
Open: Monday-Friday 9am-5pm, members can book in advance outwith these hours

57 RENFREWSHIRE VISUALLY IMPAIRED FORUM

Open to: Blind and Visually Impaired

Our Forum is designed to support blind and visually impaired people across Renfrewshire. We meet on a monthly basis to empower independence, equalities and full participation in society. This includes overcoming barriers including mobility, education, employment and social interaction through rehabilitation, technology and advocacy.

Email: renfrewshirevif@gmail.com

58 RIGHT2DANCE

Open to: All ages and abilities

right2dance is a vibrant community dance company, based in Paisley, with a strong 'dance for all' ethos. Our vision is to encourage everyone to participate in dance by offering high quality, low-cost opportunities for people of all ages and abilities. We aim to break down barriers and increase access to the arts through a programme of dance that is creative, inclusive and accessible to all. We currently have classes in the following venues: West Primary School, Tannahill Centre, West College Scotland.

We deliver dance for children, young people and adults, through a core programme of weekly dance classes, holiday programmes, school workshops and outreach projects, often collaborating with other local organisations.

Email: dance@right2dance.com
Phone: 07508 884 760
Website: www.right2dance.com
Address: West Primary School, Newton Street, Paisley, PA1 2RL
Location: Paisley

59 ROAR-CONNECTIONS FOR LIFE LTD

Open to: Over 65's

Roar-Connections For Life Ltd is a Renfrewshire based charity supporting people aged 65 and over to live healthier, happier and more connected lives. We deliver a wide range of activities and services including weekly social clubs, health and wellbeing sessions, gentle exercise classes, walking groups, digital inclusion support, befriending, foot care services, prevention and early intervention support, volunteering opportunities, information and advice, and community events. Our services are available to older adults across Renfrewshire, with referrals accepted from individuals, families, health and social care professionals, and community organisations.

Through participation in our activities, older people increase their physical activity, improve their mental health and wellbeing, reduce loneliness and social isolation, and develop meaningful friendships and support networks.

Email: info@roarforlife.org
Phone: 0141 889 7481
Website: www.roarforlife.org
Address: HQ Station 7, 7 Quarry St, Johnstone PA5 8DY
Location: Venues across Renfrewshire
Open: Monday-Thursday 9am-5pm. Friday 9am-3.45pm

60 SCHOOL OF AFRICAN CULTURES

Open to: HAY Ladies: Women, YOG: Young people 16+

School Of African Cultures (SOAC) main objective is to nurture pride and self-esteem among young people of Black African descent and support their families through:

Weekly African Cultures workshops and Drumming classes that celebrate African heritage while fostering Scottish cultural integration.

SOAC also runs:

- **A weekly Homework Help Club,**
- **A weekly Play club**
- **Holiday Camps For young people aged 5-13**
- **A Young Volunteers Opinion Group (16+) and**
- **“”How are you?”” Wellbeing project and a women’s Group “HAY Ladies?”, which activities aim to prevent mental health issues and promote positive mental Health.”**

Email: schoolofafricancultures@gmail.com
Phone: 07491 476 967
Website: www.facebook.com/schoolofafricancultures
Address: Pachedu Multucultural Hub, 1 Falcon Cres, Paisley, PA3 1NS
Location: Renfrewshire wide and online sometimes
Open: HAY Ladies!- Fridays 4pm-6pm and
The Youth Opinion Group (YOG) every 2 weeks

61 SEWING2GETHER ALL NATIONS

Open to: Refugee and asylum seeker community

Sewing2gether All Nations: Caring, Creating, Connecting is a grass roots community-based organisation providing creative upcycling workshops, language cafe, life skill training and practical support to refugees and asylum seekers who wish to practise English and build new friendships.

Email: sewing2getherallnations@gmail.com
Website:www.sewing2getherallnations.com
Address: 60 Greenock Road Paisley Renfrewshire PA3 2LE
Location: Renfrewshire wide
Open: Wednesday - Thursday. Various for different activities

62 SHOPMOBILITY RENFREWSHIRE

Open to: Everyone

Shopmobility Renfrewshire offers 5 vital, interconnected services empowering individuals with mobility disabilities to live independently, enabling them to move around and engage fully in social, economic and cultural life.
First, free daily hire of wheelchairs, power chairs and electric mobility scooters.

Second, a low-cost repairs and maintenance service for mobility equipment.

Third, social inclusion opportunities for our members to attend free exciting events designed/reasonably adjusted to be inclusive for disabled.

Fourth, advocate on the behalf of anyone with a mobility disability in Renfrewshire and ensure that any policy and practices of organisations and companies take them into account. As part of our advocacy support, we are managing disability hate crime situations.

Finally, conduct comprehensive accessibility surveys.

Email: admin@shopmobilityrenfrewshire.org.uk
Phone: 0141 889 0441
Website: www.shopmobilityrenfrewshire.com
Address: The Paisley Centre Car Park, Storie Street, Paisley is our base location
Location: Renfrewshire wide
Open: Monday-Friday 10am - 4pm. Saturday 10am - 3pm

63 ST MIRREN FC CHARITABLE FOUNDATION

Open to: Everyone

St Mirren FC Charitable Foundation is the official charity of St Mirren Football Club. Building on the reach and community of the football club, we deliver programmes that support health and wellbeing, education, inclusion and community connection across Renfrewshire.

Our wellbeing activities include Menopause Goals, Football Memories and Football Fans in Training (FFIT), alongside a range of programmes for children, young people and adults. Working directly with individuals and alongside schools, health services, local authorities and community organisations, we help people improve their wellbeing, stay active and feel more connected to their communities.

Email: hello@smfcfoundation.co.uk
Website: www.smfcfoundation.co.uk
Social Media Links:
Facebook: facebook.com/SMFCcharitablefoundation
Instagram: instagram.com/smfc_charitablefoundation
X: x.com/SMFC_CF
Address: The SMiSA Stadium, St Mirren Park, Greenhill Road, Paisley, Renfrewshire, PA3 1RU
Location: Renfrewshire wide
Open: Various

64 STAR PROJECT

Open to: Everyone

STAR Project (est. 1999) is an award-winning community organisation that delivers long lasting positive social outcomes, building safer, more connected and resilient communities in Renfrewshire. Through themes of Wellbeing, Connections and Creativity, we provide a large and varied programme of activities, supports and services that are open to everyone.

Email: enquiries@star-project.org.uk
Phone: 0141 889 5850
Website: www.star-project.org.uk
Address: STAR Project, 12-14 Wallace Street, Paisley, PA3 2BU
Location: Paisley
Open: Tuesday - Friday 9am - 5pm

65 STREET CONNECT

Open to: People affected by drug and alcohol addiction and related life-controlling issues

Street Connect offers hope and practical recovery support for people affected by addiction and related issues like homelessness, social isolation, and poor mental health. Our activities are run in partnership with Paisley North Church of Scotland, Life Church, and Refuge Church.

- **Drop-In and One-to-one support (Tuesdays and Wednesdays from 10am)***
- **Recovery Group (Tuesdays and Wednesdays 12.30-14:00pm)**
- **Refuge Church [PA1 1YD – 5 Shuttle Street]: - Recovery Café on the fourth Sunday of every month at 18:30pm.**

*** Tuesday and Wednesday, we have a female Project Worker available for one-to-one support. On Wednesday, we also have a male Project Worker available for one-to-one support.**

Email: info@streetconnect.co.uk
Phone: 0141 237 5859
Website: www.streetconnect.co.uk
Address: Life Church – Unit 9 Paisley Centre, PA1 2AQ
Location: Paisley
Open: Tuesday and Wednesday 10am-2pm

66 STROKE ASSOCIATION

Open to: Anyone who has had a stroke or their family members

The Stroke Association provides support, information and resources to anyone who has had a stroke or a family member or friend.

Email: engagementteamscotland@stroke.org.uk
Website: www.stroke.org.uk/scotland
Location: Renfrewshire wide

67 TALK IT OVER GROUP

Open to: New mothers

The Talk it Over group is a peer support group led by a previous Health Visitor for mothers who are experiencing depression or anxiety after the birth of their baby by self referral or through a Health Visitor. The Group provides a confidential space where mothers can talk with others with the same issues , meet new friends and discuss feelings. A Crèche is provided so that those attending can have an hour and a half of time to concentrate on themselves which has proved to be very beneficial. The leader will meet anyone outside and accompany them into the room where they meet if a new attendee wishes.

The Group covers all Renfrewshire and is the only Support Group of this kind in the area.

Email: margaretsharp176@gmail.com
Phone: 07763 128 911
Address: Place of Paisley. Paisley Abbey
Location: Paisley
Open: Tuesday 10.30am-12pm

68 THE ART DEPARTMENT, PAISLEY LTD

Open to: Everyone

The Art Department, Paisley Ltd is a visual arts organisation that runs year-round classes in painting, drawing, textiles, ceramics, printmaking. It also runs the Big Art Show and hosts the Accord Hospice art and various other youth and community art shows. Its new permanent base is 9-11 Causeyside Street, a recently refurbished 3 storey art galleries, workshops and studios, located in Paisley Town Centre. It has over 3,000 workshop attendees and upwards of 20,000 exhibition visits per year.

Email: contact@art-department.org
Phone: 0141 847 1122
Website: www.art-department.org
Address: 9-11 Causeyside Street, Paisley PA1 1UW
Location: Paisley
Open: Monday - Saturday 9.30am - 4pm

69 THE BUDDY BEAT

Open to: For adults 18+ with a mental health diagnosis

The Buddy Beat uses djembe drums, percussion and songs to provide weekly workshops that are so beneficial to our wellbeing. We are open every Thursday. Music making changes lives and builds community. Referral is through our website or by email. Our group activities help reduce social isolation and gives folks a positive reason to get out the house and take part in something beneficial.

Email: tom.thebuddybeat@sky.com
Website: wwww.thebuddybeat.org
Address: Johnstone High Parish Church Halls, Quarry Lane, Johnstone PA5 8EE
Location: Johnstone
Open: Thursday 10am-12pm

70 THE HUB ST VINCENT'S HOSPICE

Open to: Everyone

The Hub offers a wide range of free wellbeing activities and community support sessions open to everyone, with no referral needed. Our monthly programme includes yoga, Pilates, sound baths, crochet, live music, and creative workshops designed to support mental health, relaxation, and social connection.

We also run a Creative Mindfulness group every Tuesday, where people can enjoy arts and crafts projects at their own pace in a welcoming and supportive environment. Regular pamper and wellbeing days provide relaxing activities such as Indian head massage, hand massage, and nail treatments.

Our aim is to offer inclusive activities for different ages, interests, and abilities, helping people reduce isolation, build confidence, and make new friendships. All sessions are free to attend, with refreshments including tea and coffee provided. The Hub is fully accessible, with disabled access, accessible toilet facilities, and accessible parking available on site.

Email: day.services@svh.co.uk
Phone: 01505705635 Ext 208
Website: www.stvincentshospice.org
Address: Midton Road Howwood PA9 1AF
Location: Howwood
Open: Monday - Friday 9am-3pm

71 THE QUALITY WELLBEING HUB

Open to: Everyone, 16+

The Quality Wellbeing Hub is dedicated to improving wellbeing for all across Renfrewshire. We provide a welcoming space where individuals can engage in activities, access support, to enhance their overall quality of Life. The heart of our work is promoting positive mental health and emotional resilience. We offer a range of programmes designed to support people experiencing loneliness, stress, or social barriers.

Our team works closely with healthcare professionals, local partners, and volunteers.

Through Quality Radio we share uplifting content, highlight local initiatives and information on air during three weekly radio programmes.

At the Quality Wellbeing hub in Linwood we currently offer a variety of free weekly activities including, Fitness for Life, A Men's Group as an informal peer to peer meeting space, Knit and Natter group to foster personal growth and exchange of knowledge.

Guitar for All group meets weekly and is open to guitar players of all levels.

Email: qualitywellbeinghub@qualityradio.uk
Website: www.qualityradio.uk
Address: Phoenix House, Pegasus Avenue,
Pheonix Business Park, Linwood
Location: Renfrewshire

72 THE TANNAHILL CENTRE

Open to: Everyone

The Tannahill Centre is a vibrant community hub in the heart of Ferguslie Park, Paisley. We provide a welcoming space where local people can access community activities, training and employability opportunities, support services, events, and affordable room hire for groups and organisations. The centre is also home to a community café that offers training and work experience for local young people.

Our services are open to residents of Ferguslie Park and the wider Paisley area, including children, young people, adults, families, community groups and local organisations. We aim to be an inclusive space where everyone can participate, connect and contribute.

By taking part, people can reduce social isolation, build confidence, develop new skills, improve employability, access support, and become more involved in their community. The Tannahill Centre helps create opportunities for people to thrive while supporting community-led action and positive change across Ferguslie Park.

Email: tannahillcentre@fpha.org.uk
Phone: 0141 280 8801
Website: www.facebook.com/tannahillcentre
Address: The Tannahill Centre, 76 Blackstoun Road, Ferguslie Park, Paisley PA3 1NT
Location: Tannahill Centre
Open: Monday - Friday 8am -9.30pm.
Saturdays 8am -5pm

73 THE WISE GROUP

Open to: Eligible to families with children under 18 years old

Our Relational Mentoring approach provides one-to-one support to better understand the wider needs of the household and addressing them to break down barriers and achieve positive progress. This may include support for skills, employability, community justice, and home energy.

Email: relationalmentoringscotland@thewisegroup.co.uk
Phone: 0141 303 3131 (option 8)
Website: https://www.thewisegroup.co.uk
Location: Renfrewshire wide
Open: Monday - Friday 9am-5pm

74 THRIVE AND BELONG CIC

Open to: Anyone who has experienced barriers accessing wellbeing spaces

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At Thrive and Belong CIC, we believe everyone deserves to enjoy activities that enhance their wellbeing. With rising living costs self-care can be challenging, but we're here to help! We offer welcoming and inclusive spaces for those who have faced barriers accessing wellbeing opportunities.

Our sessions teach you about your nervous system and provide tools for regulation through movement, breath work, meditation and visualisation. We host a range of free community classes and programmes across Renfrewshire.

While our classes are yoga-based, no prior experience is necessary, and they accommodate all abilities. Whether you prefer chair, mat or wall-based classes, we ensure everyone feels included. Our welcoming and supportive environment has helped attendees feel calmer and more relaxed, with many reporting improved stress management in daily life.

Although most sessions are for adults, we can also arrange classes for young people. Contact us for more details on our local offerings!

Email: lynsey@thriveandbelong.com
Location: Renfrewshire wide

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75 TOTNOSH

Open to: Everyone

Totnosh deliver interactive cooking classes for all ages. We work with community groups and schools to deliver classes that allow people to develop an interest in food and healthy eating, experience new tastes and learn a skill for life.
We run family cooking sessions, children's cooking, adults and ASN classes and tailor our session to the needs of the group. All our classes aim to support people to learn healthy, budget friendly recipes in a fun and inclusive environment helping them to reduce food waste, lower food budgets and increase food dignity.

Email: info@totnosh.net
Phone: 07584 246 513
Website: www.totnosh.net
Address: 103 Main Street, Neilston, G78 3NH
Location: Renfrewshire wide
Open: Various for each activity

76 UBUNTU WOMEN SHELTER

Open to: Women and people of other marginalised genders

We are a charity providing unconditional practical support for destitute women and people of other marginalised genders. Ubuntu provides emergency accommodation, advocacy & casework, lawyer referrals, 'Demand Your Rights' training, counselling and emotional support, as well as practical support like emergency cash grants, GP registration and navigating public services etc.

Who it's for- Women and people with other marginalised genders with no recourse to public funds(NRPF).

What people will get from Ubuntu- our charity is a support HUB and shelter which are safe spaces for women to share their experience. We help women to connect with specialist services and develop a sense of belonging. We empower women and build their confidence to achieve long-term independence.

Email: info@ubuntu-glasgow.org.uk
Phone: 07835 160 913 and 07570 877 817
Website: www.ubuntu-glasgow.org.uk
Location: Paisley
Open: Monday-Friday 10am-5pm

77 WEEKDAY WOW FACTOR

Open to: Over 50s

We create Minibus adventures including trips to Grid, Braehead and Day time Discos in person and online aimed at adults aged 50+

Physical, Mental, Social and brain health and wellbeing benefits!

Joining on your own to make new friends!

Email: hello@weekdaywowfactor.com
Phone: +44 7938 947096
Website: www.weekdaywowfactor.com
Address: Postal address: Links Charity, community rooms, 200 Lincoln avenue, Knightswood G13 3PP
Location: Various locations across Renfrewshire
Open: Monday-Friday 10am- 2.30pm

78 WEST COLLEGE SCOTLAND (FERGUSLIE COMMUNITY LEARNING CENTRE)

Open to: Adult Learners

The Ferguslie Learning Centre provides certificated learning opportunities at beginner's level within a friendly, community environment. This Ferguslie Learning programme is designed to assist adult learners build upon their employability and Life skills. Explore Wellbeing in Everyday Life SCQF Level 4, as a 14 weeks unit, which helps adult learners understand what wellbeing means - mentally, emotionally, socially, and physically. You'll learn how different factors influence wellbeing, how to find and use information to make healthy choices; you will gain practical skills, boost your confidence. This course is Ideal for anyone interested in improving their own wellbeing or supporting others to improve their wellbeing. No prior experience is needed.

Email: marina.mccracken@wcs.ac.uk,
kathleen.brown@wcs.ac.uk
Phone: 07980 696139
Website: www.westcollegescotland.ac.uk/courses/communities-and-outreach/ferguslie-learning-centre/
Address: 10 Falcon Crescent, Paisley, PA3 1NS
Location: Paisley
Open: 9.30am - 4pm

79 WEST END GROWING GROUNDS ASSOCIATION (SCIO)

Open to: Everyone within the PA1, 2 and 3 postcodes

We provide 56 raised beds for local residents to grow their own healthy fruit and vegetables. We welcome experienced and inexperienced gardeners and provide all the tools and materials necessary to grow successfully. For those living alone, and without a garden, it offers an opportunity to meet with others and enjoy the benefits of gardening and community activity.

Email: john.wilby@btinternet.com
Phone: 07710 782 510
Website: www.wegga.org.uk
Address: Next to 57 Underwood Road Paisley PA3 1TQ
(Opposite the Royal Mail Sorting Office)
Location: Paisley
Open: Open to members 24/7

80 WEST SCOTLAND PARANORMAL RESEARCH

Open to: Everyone, 18+

We are a paranormal research group who bases its work on mental health support and isolation, our events look similar to groups on television, we visit reportedly haunted locations across Scotland and attempt to document claims by our hosts.

We currently host around 10 to 12 events yearly and anyone is welcome as long as you are above the age of 18.

Email: westscotlandparanormalresearch@gmail.com
Phone: 07545 627 976
Website: www.linktr.ee/wsprscotland
Location: Renfrewshire wide
Open: Most events start 8pm

81 WITH YOU – RENFREWSHIRE COMMUNITY LINK WORKER PROGRAMME

Open to: Everyone, 16+

The Community Link Worker Service works in GP practices across Renfrewshire to support people with social, emotional, financial, and practical challenges affecting their wellbeing. They take time to understand what matters to each person and help them access the right support at the right time. This includes money/debt advice, mental health, loneliness, isolation, carers' support, employability and many more issues affecting daily life.

The service also offers 6 week wellbeing programmes, including a CBT based Mixed Depression & Anxiety course and Reclaim Your Life, which supports people living with long term conditions, persistent pain, and fatigue.

Link Workers offer short term, person centred support, helping people build confidence, reduce stress, and feel more connected. They work closely with GP teams and community organisations to link people into free, accessible services. The service is free, confidential, and available to anyone registered with a Renfrewshire GP practice.

Email: renfrewshirelinks@wearewithyou.org.uk
Website: www.wearewithyou.org.uk/about-us/in-scotland/community-links-scotland
Location: GP Practices across Renfrewshire
Open: Monday-Friday: 9am-5pm

82 YOUTH INSPIRED

Open to: Everyone

Youth Inspired are a multi-disciplinary team of professionals who specialise in the mental and emotional wellbeing of our young people and their families.

We are a collective of BACP/COSCA registered Psychotherapists/ Counsellors/ Coaches, Youth Workers, Recovery & Wellbeing Practitioners and central to our work is our collaborative approach.

We offer 1:1's, lots of group activities and projects, and a safe place to be.

Everyone at YI is heard, valued, seen and respected.

Email: louise@youthinspired.world
Phone: 07799 952 937
Website: www.youthinspired.world
Address: The YI Hub, Mossedge Village, 145 Brediland Road Linwood PA3 3RX
Location: Linwood
Open: Monday-Thursday: 9am-8pm Friday: 9am-5pm

HELPFUL CONTACTS

HELPFUL CONTACTS

For anyone experiencing a mental health crisis or looking for immediate support.

Emergency services (999) - for immediate risk to life

RAMH FIRST Crisis Line
For: Anyone in Renfrewshire aged 16 or over experiencing a crisis in their mental health
Freephone: 0800 221 8929 (or standard rate 0141 848 9090)
Hours: Every day, all year - Monday to Friday 9am–8pm, Saturday and Sunday 9am–5pm

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We Are With You - Renfrewshire Community Link Workers
For: Anyone aged 16 or over registered with a GP in Renfrewshire, for support with wellbeing and mental health
Contact: To book a meeting, speak to your GP or email directly: renfrewshirelinks@wearewithyou.org.uk

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Breathing Space
For: Anyone in Scotland over the age of 16 feeling low, depressed or anxious.
Phone: 0800 83 85 87 – Free and Confidential
Hours: Monday-Thursday 6pm- 2am
Weekend: Friday 6pm until Monday 6am

CALM (Campaign Against Living Miserably)
For: People affected by suicide or suicidal thoughts
Phone: 0800 58 58 58
Hours: 5pm–midnight, every day
Website: www.thecalmzone.net/get-support

Samaritans
For: Anyone in distress or despair
Phone: 116 123 - Free
Hours: 24/7

Switchboard
For: People who identify as LGBT+
Phone: 0800 0119 100 - Free
Hours: 10am–10pm, every day
Email: hello@switchboard.lgbt

Mind - Welfare Benefits Line
For: Anyone with mental health problems navigating the benefits and welfare system
Phone: 0300 222 5782
Hours: 9am–5pm, Monday to Friday, except bank holidays
Website: www.mind.org.uk

Shout
For: Anyone in crisis who prefers not to talk but wants mental health support
How to contact: Text SHOUT to 85258
Hours: 24/7, confidential

NOTES

NOTES

The Directory is supported by:

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