

## STAR Project (Transition Plan)

We are very aware of STAR Project's responsibility to consider the health, safety and wellbeing of people in our community when delivering our services. Now, more than ever, as we transition from lockdown and aim for a 'new normal'. We are also aware that, for many, STAR is seen as a lifeline for reducing isolation and tackling food insecurity.

**STAR Project aims to tackle the continuing impact of the pandemic which has exacerbated issues such as isolation, mental health, poverty and food insecurity within an already marginalised community. We have adapted our supports and services in line with Government guidelines and restrictions.**

We have created a **request form** to enable us to tailor any supports people may need – you can access it here <https://www.surveymonkey.co.uk/r/STARRequest>

| Previous Support                                                                                                                                                                                                                                  | Adapted Support                                                                                                                                                                                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>One to One support</b></p> <p>Regular 'check in' phone calls from our staff and/or trained volunteers</p> <p>Monday to Friday between 9:30 and 5 by arrangement</p>                                                                         | <p><b>One to One support</b></p> <p>Scheduled phone calls from our staff and/or trained volunteers for those requiring solution focused support and/or advice</p> <p>Monday to Friday between 9:30 and 5 by arrangement</p>                                                                         |
| <p><b>Counselling/CBT Sessions</b></p> <p>Counselling Placement – referred clients offered appointments through Zoom</p> <p>EAP - Employee Assistance Programme clients offered appointments through Zoom</p>                                     | <p><b>Counselling/CBT Sessions</b></p> <p>Counselling Placement – referred clients offered appointments through Zoom. Solutions to digital barriers available</p> <p>EAP - Employee Assistance Programme clients offered appointments through Zoom</p>                                              |
| <p><b>Digi Drop-In</b></p> <p>Online facilitated chat room through the platform of Slack on themed topics, Q &amp; A sessions, information and advice</p> <p>Monday to Thursday 9:30 to 10:30 and again from 11:30 to 12:30</p>                   | <p><b>Digi Drop-In</b></p> <p>Online facilitated chat room through the platform of Slack on themed topics, Q &amp; A sessions, information and advice</p> <p>Monday to Thursday 9:30 to 10:30 and again from 11:30 to 12:30</p>                                                                     |
| <p><b>Online Workshops</b></p> <p>These will be delivered digitally through our social media channels, Zoom, and on *Slack (details below). It is our intention to deliver these as creatively as possible</p> <p>Monday to Thursday AM or PM</p> | <p><b>Online/Face to Face Workshops</b></p> <p>With a blended approach, these will be delivered either face to face (socially distanced) or digitally through our social media channels/Zoom. It is our intention to deliver these as creatively as possible</p> <p>Monday to Thursday AM or PM</p> |

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| <p><b>N/A</b></p>                                                                                                                                                                                                                                                                   | <p><b>Digital Support</b></p> <p>Focused support, and practical solutions, by staff and/or trained volunteers via phone/online to improve digital inclusion</p>                                                                                                                                                                                    |
| <p><b>Community Fridge &amp; Pantry Delivery</b></p> <p>Staff and Volunteers will deliver food, hygiene, and essential products to individuals and families who would benefit from this service</p> <p>Tuesday to Friday between 1 and 5 by arrangement and dependent on supply</p> | <p><b>Community Fridge &amp; Pantry</b></p> <p>Food and essentials can be collected from Project (from Monday 14<sup>th</sup> Sept). Appointment only. As before, please call the Project or complete an online form. A collection time slot will be allocated</p> <p>Tuesday to Friday between 1 and 5 by arrangement and dependent on supply</p> |
| <p><b>N/A</b></p>                                                                                                                                                                                                                                                                   | <p><b>STAR Shoppers</b></p> <p>Service available for anyone struggling to access supermarkets. Appointments only. Please call the Project or complete an online form to arrange a time slot</p> <p>Thursday and Friday AM</p>                                                                                                                      |
| <p><b>Wee STARs Toddler Group</b></p> <p>For families/carers who want to participate in creative, educational and fun activities with their toddlers including Book bug and Exertot sessions</p> <p>Fridays at 10am via Facebook or Zoom (term time only)</p>                       | <p><b>Wee STARs Toddler Group</b></p> <p>With a blended approach, these sessions are for families/carers who want to participate in creative, educational and fun activities with their toddlers including Book bug and Exertots sessions</p> <p>Fridays at 10am via Zoom or face to face (socially distanced/outdoors) (term time only)</p>       |
| <p><b>Paisley Men's Shed</b></p> <p>Closed during this period</p>                                                                                                                                                                                                                   | <p><b>Paisley Men's Shed</b></p> <p>Continues to be closed but preparing to re-open when permitted. Contact the group through Facebook at @PMensShed or Twitter @PaisleyMensShed</p>                                                                                                                                                               |
| <p><b>Chin Up</b></p> <p>Closed during this period</p>                                                                                                                                                                                                                              | <p><b>Chin Up</b></p> <p>Continues to be closed but preparing to re-open when permitted. Contact the group through Facebook at @ChinUpPaisley</p>                                                                                                                                                                                                  |

We will develop, refine and adapt this plan on a monthly basis. Where resources mean we can't offer the kind of help we would like to, we'll ensure community members are signposted to access support from the Government, statutory services, and trusted partners.

### **Key contact information**

Please contact us via phone, email or through social media channels. Our building remains closed to the public other than through appointment.

**0141 889 5850** or **enquiries@star-project.org.uk**

**12-14 Wallace Street, Paisley, PA3 2BU**

#### *Social Media*

**Facebook** @STARProjectPaisley

**Twitter** @STARProjPaisley

**Instagram** @paisleystarproject

**Slack** - [Digi Drop-In](#)

#### *Financial Donations*

All our activities are reliant on funding and fundraising. Please support us if you can GoFundMe – <http://bit.ly/GoFundSTAR>

Stay safe, know we're here for you and keep on being STARs. Please follow the official guidelines from the Government and look after each other.