

STAR Project Covid-19 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. We are also aware that, for many, attending STAR is seen as a lifeline for reducing isolation and tackling food insecurity. We have adapted some of the methods we use to support people to ensure these needs continue to be met. At STAR Project we pride ourselves on the ability to be flexible, creative and responsive to the needs of our community.

We have implement enhanced safety protocols developed to support community members and the STAR Project team while continuing to tackle the impacts of Covid 19 which has exacerbated issues such as isolation, mental health and food insecurity within an already marginalised community.

Previous Support	Adapted Support
<p>One to One support (inc. befriending)</p> <p>Monday to Friday between 9.30 and 5</p>	<p>One to One support (inc. befriending)</p> <p>Scheduled phone calls or meetings with our staff and/or trained volunteers</p> <p>Monday to Friday between 9:30 and 5 by arrangement</p>
<p>Drop-In/Digi Drop-In</p> <p>Blended approach through zoom and face to face</p> <p>Monday to Thursday 9.30 to 12.30</p>	<p>Drop-In</p> <p>Face to face peer support (themed topics, support, information and advice)</p> <p>Tuesday to Thursday 9.30-12</p>
<p>Workshops</p> <p>Blended approach through zoom, Slack or/and face to face</p> <p>Monday to Thursday AM or PM</p>	<p>Workshops</p> <p>These may be delivered either face to face (with some restrictions) or digitally through Zoom or Slack. It is our intention to deliver these as creatively as possible</p> <p>Monday to Thursday AM or PM</p>

<p>Community Fridge</p> <p>Food and essentials can be collected from Project by appointment only. Please call the Project or message us to arrange a call back. A set collection time slot will be allocated</p> <p>Between 1 and 5 by arrangement and dependent on supply</p>	<p>Community Fridge</p> <p>Food and essentials can be collected from Project by appointment only. Please call the Project or message us to arrange a call back. A set collection time slot will be allocated</p> <p>Tuesday to Friday between 1 and 5 by arrangement and dependent on supply</p>
<p>STAR Shoppers</p> <p>Service available for anyone struggling to access supermarkets. Appointments only. Please call the Project or message us to arrange a time slot</p> <p>Thursday and Friday AM</p>	<p>STAR Shoppers</p> <p>Service available for anyone struggling to access supermarkets. Appointments only. Please call the Project or message us to arrange a time slot</p> <p>Thursday and Friday AM</p>
<p>Pantry Plus</p> <p>A local and dignified shopping experience, that provides access to affordable food and is built on the ethos of resilience and sustainability</p> <p>Fridays 1 to 3</p>	<p>Pantry Plus</p> <p>A local and dignified shopping experience, that provides access to affordable food and is built on the ethos of resilience and sustainability. Our themed Communi-Tea Bags can be purchased each Friday</p> <p>Tuesday to Friday</p> <p>9 - 4 by arrangement</p>

<p>Wee STARs Toddler Group</p> <p>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 10 to 12 (term time only)</p>	<p>Wee STARs Toddler Group</p> <p>Sessions held at the Project are for families/carers who want to participate in creative, educational and fun activities with their toddlers including Book bug and Exertots sessions (with some restrictions).</p> <p>Fridays at 10am (term time only)</p>
<p>Paisley Men's Shed</p> <p>Tuesdays 11 to 1 & Thursdays 12 to 3</p>	<p>Paisley Men's Shed</p> <p>The Shed is open for socially distanced activities. First time visitors to the shed are requested only to attend on Tuesdays</p> <p>Contact the group through Facebook at @PMensShed or Twitter @PaisleyMensShed</p> <p>Tuesday's 11 to 1</p> <p>Thursdays 12 to 3</p>
<p>Chin Up</p> <p>Wednesdays 6 to 8</p>	<p>Chin Up</p> <p>Chin Up meet weekly at STAR Project (with some restrictions).</p> <p>Contact the group through Facebook at @ChinUpPaisley</p> <p>Wednesdays 6 to 8</p>

We will develop, refine and adapt this plan on a regular basis or in response to changes in restrictions. 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.

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.