# MEARNS KIRK HELPING HANDS

## ANNUAL REPORT

2022

# ABOUT MEARNS KIRK HELPING HANDS

### Mearns Kirk Helping Hands (MKHH) is a SCIO (SC046646), registered in 2016.

We aim to reduce loneliness and isolation, and improve health and wellbeing, by community helping community.

We are based in Mearns Kirk Halls, 404 Mearns Road, Newton Mearns, East Renfrewshire, G77 5BU.

www.mkhelpinghands.org.uk

hello@mkhelpinghands.org.uk

facebook.com/MearnsKirkHelpingHands/

07858 552 767

#### Our Trustees are:

Fiona MacLeod (Chair) Robert Paton (Treasurer) Graeme Bell Isobel Dawson Aileen Louden Heather Smyth

#### Our staff team are:

Vicky Attwood (Project Manager) Laura Watts (Volunteer Coordinator) Liz Highet (Project Worker, Befriending Project) Maryam Khan (Project Support Worker)

We are supported in our work by a team of 91 volunteers. Without you, we would not be able to continue to support our community. A huge thank you to each and every one of you for all that you do.



# MEARNS KIRK HELPING HANDS IN 2022

2022 saw MKHH return to full delivery of all of our groups and activities as pandemic restrictions gradually subsided. As the impact of covid and the various lockdowns became clearer, we began to see where our work could be best focussed to meet the needs of our community.

## In 2022, we delivered:

- One to one befriending to 41 older, isolated individuals.
- Wellbeing activities, including tai chi, Strength and Balance classes and mindfulness sessions to 110 people.
- IT skills development groups accessed by 16 people.
- A monthly Bereavement Group, providing peer support to people experiencing grief and loss.
- Weekly social activities, including the Friendship Club, Blether and Brew coffee afternoons and the Men's Breakfast Club, attended by 102 in total.
- A weekly Lunch and Social Club for People Living with Dementia, supporting 20 individuals and providing respite for 20 families members/carers.
- Weekly Sporting Memories reminiscence groups, attended by 12 members.

Men's Breakfast Club



## ACHIEVEMENTS

## SPOTLIGHTS ON 2022

### Spotlight on Volunteering

In 2022, we recruited, trained and supported 32 new volunteers. We currently have 91 active volunteers in various roles.

New volunteering roles recruited in 2022 include breakfast cooks, fundraisers, and Blether and Brew group leader.

Specialised volunteer training offered in 2022 included Best Practice in Dementia Care, Heart Start, Mental Health First Aid, Food Hygiene and Moving and Positioning.

### **Spotlight on Statistics**

In 2022 our groups, activities and volunteering opportunities were accessed by 412 people. This is an increase of 38% from 2021 when we engaged with 297 people, clearly demonstrating continued and growing need for our range of community supports.

Since launching our Crowdfunder page, we have received £5230 in donations from 72 individual donors.

Volunteers provided 4014 hours of their time, skills and enthusiasm to support others in our community.



## IT Group (Learning To Use Zoom)

## FUNDERS AND SUPPORTERS

# OUR FUNDERS AND SUPPORTERS IN 2022

## Our 2022 Funders:

- The National Lottery Improving Lives Fund
- Impact Funding Partners: Volunteering Support Fund (Scottish Government)
- Foundation Scotland
- The Card Factory
- The Assura Community Fund
- The Charles Hayward Foundation
- Community Mental Health and Wellbeing Fund (Scottish Government)
- Arnold Clark
- Barchester Foundation
- Age Scotland
- ASDA Community Fund
- CO- OP Community Fund
- Virgin Money



Befrienders Outing to Loch Lomond

### Our 2022 Partners:

- Talking Points
- East Renfrewshire Health and Social Care Partnership
- The Sporting Memories Foundation
- Alzheimer Scotland

### 2022 Sponsors and Supporters:

We regularly receive private donations from our supporters for which we are extremely grateful. In 2022 we were also delighted to receive sponsorship monies from fundraising activities carried out on our behalf by:

- Katrina Bell
- 121 Thursday Scouts

To support sponsorship activity, we have launched a Crowdfunder page, which can be found at: www.crowdfunder.co.uk/p/mearns-kirk-helping-hands

## FOCUS ON FINANCE

## STATEMENT OF RECEIPTS AND PAYMENTS TO 31ST DECEMBER 2022

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £	Unrestricted Funds £	Restricted Funds £
RECEIPTS						
Donations	45073	0	45073	19491	0	19491
Grants	7944	106673	114617	95290	94200	1000
Charitable Activities	2285	0	2285	2423	0	2423
Total Receipts	55302	106673	161975	117204	94200	22914
PAYMENTS						
Charitable Activities	45917	93767	139684	85805	63118	22687
Net (deficit)/ Surplus	9385	12906	22291	31399	31172	227

## Bank balance at 31/12/22:£128717 Bank balance at 31/12/21: £106426

## OUR FUTURE

## 2023 AND BEYOND...

As the effects of the pandemic have become clearer, we have been working with our volunteers, members and colleagues in the voluntary and statutory sectors to find out how best to respond to the needs of our community. The number of referrals for our Befriending Project has almost doubled from previous years and we therefore realise that this needs to be an area of growth for us. Similarly, we have seen an increase in referrals to our Lunch and Social Club for People Living with Dementia. With this in mind we have partnered with Alzheimer Scotland to provide an additional weekly activity for people living with dementia, their families and carers. At the suggestion of one of our volunteers, we are also going to be piloting an activity for people living with Parkinson's in 2023. And of course we also want to maintain all of our existing groups and activities.

We are also excited to see what events our recently established Fundraising Committee will have planned for 2023, building on the success of December's Art Exhibition (in partnership with Glasgow South Art Club). All of which requires resources! This includes funding to cover overheads, maintain our staff team, and train and support our volunteers, It also includes the time, skills and knowledge of volunteers, without which we could not provide any of our supports. Our Project Manager and Volunteer Coordinator will be focussing on these areas of growth in 2023. We also need to increase our team of Trustees, who provide governance and leadership to MKHH. Our existing Trustees are pleased to be working with Scottish Enterprise through their "Accelerate Programme" which will help us with strategy development. Having been selected to take part in this Scottish Government backed process which provides mentorship and guidance from an expert, our Trustee and staff team are looking forward to working alongside mentor Nicola Hanssen over the coming year.

2023 will be a year of growth and development for MKHH. We are, as ever, excited to see where the year will take us. And we hope that our members, volunteers, partners, sponsors, funders and supporters continue to travel alongside us.



