

2023

MEARNS KIRK  
HELPING  
HANDS

ANNUAL  
REPORT



HELPING  
HANDS



# ABOUT MEARN'S KIRK HELPING HANDS

**Mearns Kirk Helping Hands is a SCIO (SC046646) registered in 2016.**

Our aims are to reduce loneliness and isolation and improve wellbeing by "community helping community".

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

[www.mearnskirkhelpinghands.org.uk](http://www.mearnskirkhelpinghands.org.uk)

[hello@mkhelpinghands.org.uk](mailto:hello@mkhelpinghands.org.uk)

[facebook.com/mearnskirkhelpinghands/](https://facebook.com/mearnskirkhelpinghands/)

07858 552 767

## **Our Trustees are:**

- Fiona MacLeod (Chair)
- Robert Paton (Treasurer)
- Isobel Dawson
- Heather Smyth
- Aileen Loudon
- Pat Kedsle

## **Our staff team are:**

- Vicky Attwood (Project Manager)
- Laura Watts (Volunteer Coordinator)
- Liz Highet (Project Worker, Befriending Project)
- Venus Choi (Project Support Worker)

**We are supported in our work by a team of 116 volunteers, without whom we would not be able to continue to provide our range of activities and supports. We would like to express our thanks and gratitude to all our volunteers for all that they do.**

**OSCR**  
Scottish Charity Regulator  
[www.oscr.org.uk](http://www.oscr.org.uk)

**Registered  
SCIO  
SC046646**

# 2023 HIGHLIGHTS

2023 was a busy year for us at Mearns Kirk Helping Hands.

- We developed and delivered new activities in response to what our community told us they needed. We provided a new weekly group giving additional support to people living with dementia and their families and carers, and increased our provision of activities promoting lifelong wellbeing.
- We also continued to provide our existing, well established groups. We are particularly proud that our three “founding groups”, the Friendship Club, Eastwood Bereavement Group and Lunch and Social Club for People Living with Dementia continue to be well used, flourishing community supports.
- To enable us to undertake this valuable work, we recruited, trained and supported 25 new volunteers in a variety of roles, bringing our current total of active volunteers to 116.
- We established a dedicated, committed fundraising team, who organised 4 large scale events over the year, raising over £10000.
- We welcomed three new trustees to the team, all bringing new skills and experience to help drive Mearns Kirk Helping Hands forward.
- We secured a multi year grant from the National Lottery Community Fund to help with core costs over the coming 3 years.
- Our staff and trustee team completed the “Accelerate” Programme, provided by Scottish Enterprise. With guidance from a professional mentor with expertise in the charity sector, we began the process of developing a strategy for the coming years. The process also helped us to consider the charities strengths, challenges and potential areas of growth.

2022	2023	INCREASE
<b>Number of people accessing our supports:</b>		
321	457	42%
<b>Number of volunteers:</b>		
91	116	28%
<b>Activities provided this year:</b>		
468	624	33%

# OUR 2023 IMPACT

As a charity, we understand the importance of measuring not just how many people we have engaged with but also the impact of our engagement. We ensure that all our members and volunteers have the opportunity to tell us what difference being part of Mearns Kirk Helping Hands makes for them.

1

**“Since I lost my car, it feels like I’ve lost like an arm or a leg I can’t get out and like I said most my friends are gone. So, you guys have done me a world of good with sending me Hazel.”**

Some of the people accessing our befriending project are unable to get out of the house very often if at all. An hour or so a week with company makes a huge difference to the beneficiary. It helps to reduce feelings of isolation or loneliness, and improves mental wellbeing.

3

**“It’s the most amazing thing in my life. I feel purposeful. I’m tired after the lunch club but after I have an amazing feeling of calmness, it is a beautiful experience.”**

Volunteering also helps to promote wellbeing, giving volunteers the opportunity to use their skills, learn new ones, meet new people and feel part of a community.

2

**“Tai chi gets me moving and out on a Monday morning, helps my balance and gives me help as an osteoporosis sufferer.”**

Our groups which promote lifelong wellbeing are helpful not just for mental and physical wellbeing. Participants tell us that being part of a group helps with structure and routine, as well as providing the opportunity to spend time with other.

4

**“Everyone is so kind and supportive. Dad is always happy to come to Helping Hands and as ever it’s much appreciated.”**

Providing a safe, stimulating and welcoming environment for people living with dementia helps to ensure members enjoy coming to our groups. This benefits family members and carers too, as they can have short respite breaks, knowing their loved one is in a caring environment.

# FINANCES

## 2023

	Unrestricted Funds £	Restricted Funds £	2023 Total £	2022 Total £	Unrestricted Funds £	Restricted Funds £
<b>RECEIPTS</b>						
Donations	12765	0	12765	45073	0	45073
Grants	35420	96186	131606	112679	106673	7944
Charitable Activities	3441	0	3441	4223	0	4223
Total Receipts	51626	96186	147812	161975	106673	55302
<b>PAYMENTS</b>						
Charitable Activities	28041	113696	141737	139684	93767	45917
Net (Deficit)/ Surplus	23585	-17590	5995	22291	12906	9385

**In 2023, volunteers contributed an incredible 8000 hours of their time. It is impossible to put a true value on this, but at the current living wage, this amounts to £96,000.**

# OUR FUNDERS AND SUPPORTERS



**The National Lottery Improving Lives Fund**

**The National Lottery Awards for All**

**Impact Funding Partners: Volunteering Support Fund (Scottish Government)**

**Coop Community Fund**

**Community Mental Health and Wellbeing Fund (Scottish Government)**

**The Allan Lane Foundation**

**Age Scotland**

**Baillie Gifford**

**The Endrick Trust**

**ASDA**

**PF Charitable Trust**

**McCarthy Stone**

**Virgin Money**

# WE THANK YOU

## FOR YOUR SUPPORT IN 2023