

ANNUAL REPORT

MEARNS
KIRK
HELPING
HANDS

20
24



ABOUT US

MEARNS KIRK HELPING HANDS

MEARNS KIRK HELPING HANDS (MKHH) IS A SCIO (SC046646)

Incorporated in 2016, we aim to improve wellbeing and reduce loneliness and isolation for older people and people living with dementia in East Renfrewshire.

Our trustees are:

Fiona MacLeod (Chair)
Robert Paton C. A. (Treasurer)
Isobel Dawson
Jenn Hood
Pat Kedsle
Graham Kerr
Aileen Loudon
Heather Smyth
Shelley Matheson

Our staff team are:

Vicky Attwood (Project Manager)
Venus Choi (Project Worker)
Laura Watts (Volunteer Coordinator)

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



Registered
SCIO
SC046646

07858552767

hello@mkhelpinghands.org.uk

mkhelpinghands.org.uk



ABOUT US

MEARNS KIRK HELPING HANDS

ALL OF OUR GROUPS AND ACTIVITIES AIM TO IMPROVE WELLBEING AND REDUCE LONELINESS AND ISOLATION FOR OLDER PEOPLE AND PEOPLE LIVING WITH DEMENTIA

We provide:

- One to One Befriending
- Gentle Exercise Classes
- Tai Chi
- Table Tennis
- Lunch and Social Club for People Living with Dementia
- Monday Meet Ups Dementia Friendly Cafe
- Wonderful Wednesdays Dementia Friendly Social Club
- The Eastwood Bereavement Group
- The Friendship Club
- Blether and Brew Coffee Afternoons
- Men's Breakfast Club
- Sporting Memories Group (in partnership with the Sporting Memories Foundation)
- Volunteering Opportunities



OUR IMPACT

IN 2024

We ran 12 different groups and activities, offering over 20 hours a week social and wellbeing support.

3 of our weekly groups are dementia friendly, helping to give unpaid carers short respite breaks. In 2024, 59 families/ unpaid carers were supported.

Our Befriending Project provided over 2000 hours of one to one companionship for older people in 2024.

The Friendship Club has been running for over 30 years and currently has more than 80 members who enjoy afternoon tea and entertainment together once a fortnight.

Thanks to our volunteer drivers, we provided transport to activities for 40 of our members who otherwise would not have been able to attend.

136 volunteers donated 14000 hours of their time, skills and enthusiasm to helping others.

Over 100 older people enjoyed the benefits of attending groups promoting lifelong wellbeing, including tai chi, gentle exercise and table tennis.

We are proud to have continued our long standing partnership with the Sporting Memories Foundation to provide a lively discussion group every Friday morning.

320 members now access our groups and activities.

OUR IMPACT

IN 2024

I have become more outgoing since meeting other members in the social activities.

It's very nice meeting men of my own age group. It brings me out of the house and I enjoy conversation and different ideas.

Coming to Helping Hands means I am not stuck at home all day and gives me the change to meet other people and play ping pong.

WHAT OUR MEMBERS SAY...

I find coming to Blether and Brew excellent. I have made new friends and it helps make my mental health problems more manageable.

Classes help me to unwind and give me a sense of wellbeing. It has also helped my balance and core strength.

The groups are good for me mentally and physically.

VOLUNTEERING

2024

WHAT OUR VOLUNTEERS SAY ABOUT THE DIFFERENCE VOLUNTEERING MAKES IN THEIR LIVES

“Volunteering has given me a sense of purpose again. I was a bit lost when I first retired. But have now found this role and so glad I did so.”

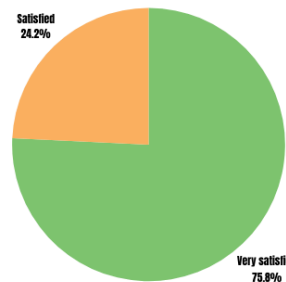
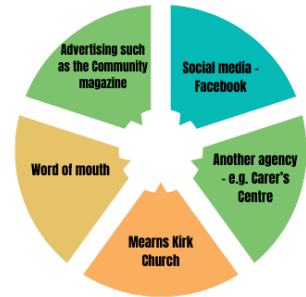
“Opportunity for social interaction, something to get up out of bed for / look forward to. Develop friendship. Has helped me feel useful, has helped my mood which helps me feel happy, relaxed + calm.”

“It is so rewarding. Giving time to someone is the most precious thing to the elderly and I feel very valued and I feel I am making a difference.”



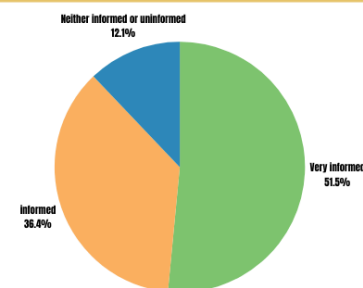
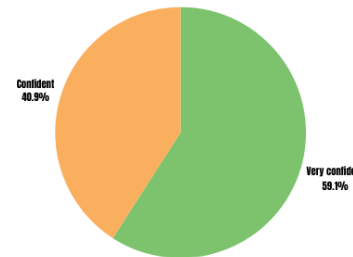
Thank you

How did you hear about Mearns Kirk Helping Hands?



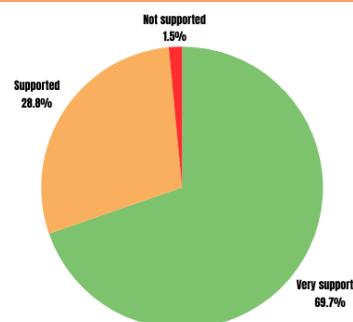
How satisfied are you with your volunteering role at Mearns Kirk Helping Hands?

How confident are you in your volunteering role?



How informed do you feel about the work of Mearns Kirk Helping Hands?

How supported do you feel as a volunteer with Mearns Kirk Helping Hands?



Questions were asked using a 5 point scale

FINANCIALS

2024

	Unrestricted Funds £	Restricted Funds £	2024 Total £	2023 Total £	Unrestricted Funds £	Restricted Funds £
RECEIPTS						
Donations	4177	0	4177	12765	12765	0
Grants	12210	123536	135746	128317	35420	92897
Fundraising	13651	0	13651	3289	3289	0
Group Activities	7856	0	7856	3441	3441	0
Total Receipts	37894	123536	161430	147812	59415	92897
PAYMENTS						
Charitable Activities	16999	111091	128090	141737	113696	28041
Net Surplus/ (Deficit)	20895	12445	33340	5995	-17590	23585

FUNDERS AND SUPPORTERS

2024

The National Lottery Community Fund (Improving Lives)

The Scottish Government: Volunteer Support Fund

Age Scotland: Encouraging and Supporting Grass Roots Activity

The Allan Lane Foundation

ASDA

The National Lottery Awards for All

COOP Community Fund

The Darroch Family Trust

The Garfield Weston Foundation

The James McNab Trust

McCarthy Stone

The Stafford Trust

Stagecoach Giving For Good

Urquarts Community Fund

Waitrose

The Westwood Charitable Fund

Woodroffe Benton

Azure Pool Services

Mearns Academy Golf Club

Mearns Kirk

Kelly Residential

Barrhead Travel

Williamwood Golf Club

Mearns Castle Golf Academy

Nethercraig Holiday Park

Curlers

Clinica

Kate's Boutique

Gerry Weber

Alan Beveridge

Creative Promotions

Maverick Friends

Monica Houston

Jim and Ian



thank
★ you ★

And the many people who made individual donations to us over the year.

