

MEARNS KIRK HELPING HANDS

March/ April 2026

To get involved with any activity, visit our website or get in touch



Monday

10am- 11am Tai Chi

2pm- 3.30pm Monday Meet Ups (dementia friendly cafe)

Tuesday

1.45pm- 3.15pm Friendship Club (10/3, 24/3, 7/4, 21/4)

2pm- 3.30pm Crookfur Catch Ups (dementia friendly cafe held at the Hugh Fraser estate)

7pm- 8pm Eastwood Bereavement Group (first Tuesday of every month, 3/3, 7/4)

Wednesday

1.30pm - 2.30pm Gentle Exercise Class

Thursday

12pm - 4pm Lunch and Social Club for People Living With Dementia

Friday

10am- 11am Mens Breakfast Club

11am- 12.30pm Sporting Memories Group

11am- 1pm Table Tennis

2pm- 3pm Gentle Exercise Class

07858552767

www.mkhelpinghands.org.uk



Registered
SCIO
SC046646



We also offer:

- One to one befriending
- Volunteering opportunities