

MEARNS KIRK HELPING HANDS

July/ August 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

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

7pm- 8.30pm Eastwood Bereavement Group (first Tuesday of every month, 7/7, 4/8)

Wednesday

10am- 11.30am Men's Breakfast Club (at the GHA Rugby Club)

1.30pm - 2.30pm Gentle Exercise Class

2.45-3.45 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

We also offer:

- One to one befriending
- Volunteering opportunities

