

ANNUAL REPORT 2025



Mearns
Kirk
Helping
Hands



ABOUT US

Mearns Kirk Helping Hands is a SCIO (SC046646).

Established in 2016, our aims are to improve wellbeing and reduce loneliness and isolation for older people and people living with dementia in East Renfrewshire. We are based in Mearns Kirk Hall, 404 Mearns Road, Newton Mearns, G77 5BU.

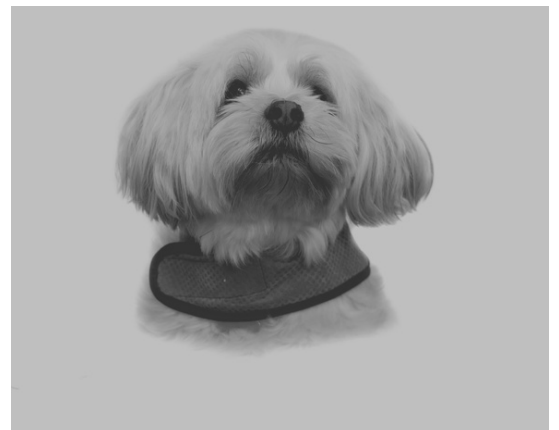
We achieve our aims using a model of “community helping community”, harnessing the skills and knowledge of local people via volunteering. Our volunteers, supported by a small paid staff team, deliver a variety of activities and supports which focus on lifelong wellbeing and increasing social connections.

Our staff team are:

Vicky Attwood: Operations Manager
Laura Watts: Deputy Operations Manager
Venus Choi: Project Worker
Shaun Leinster: Befriending Coordinator

Our trustees are:

Fiona MacLeod: Chair
Robert Paton C.A.: Treasurer
Isobel Dawson
Aileen Loudon
Pat Kedsle
Graham Kerr
Jenn McCann
Heather Smyth



(...and our official mascot, Bear)

www.mkhelpinghands.org.uk

MEARNS KIRK HELPING HANDS

WHAT WE DO

We provide:

Tai chi classes.

Dementia Friendly Cafe (Monday Meet Ups).

Friendship Club.

Bereavement Group.

Gentle Exercise Classes.

Lunch and Social Club for People Living with Dementia.

Men's Breakfast Club.

Sporting Memories Group (in partnership with the Sporting Memories Foundation).

Table Tennis sessions.

Befriending for older people who identify as lonely or isolated.

Befriending for people with a diagnosis of dementia.

Volunteering opportunities.



IMPACT AND ACHIEVEMENTS 2025

Our groups and activities provided companionship, and supported lifelong wellbeing, for 369 older people in 2026. In total, we delivered 742 hours of group support.

33 older people who self identify as lonely or isolated received one to one befriending visits every week from trained volunteer befrienders.

50 families were provided with short respite breaks every week whilst their loved ones attended our dementia friendly activities.

Volunteers provided 14600 hours of their time and kindness to make this happen. 36 new volunteers joined us in 2025. Without our dedicated volunteers, Mearns Kirk Helping Hands simply wouldn't be here.

41 volunteers completed specialist training, including First Aid, Moving and Assisting and Food Hygiene.

Our fundraising team, with the help and generosity of our supporters and our community, raised £26000 through events, sponsorships and donations.

We successfully applied for funding to secure an additional part time staff member who will oversee delivery of our befriending activity. This has allowed us to launch a befriending service for people with a diagnosis of dementia.

IMPACT AND ACHIEVEMENTS 2025

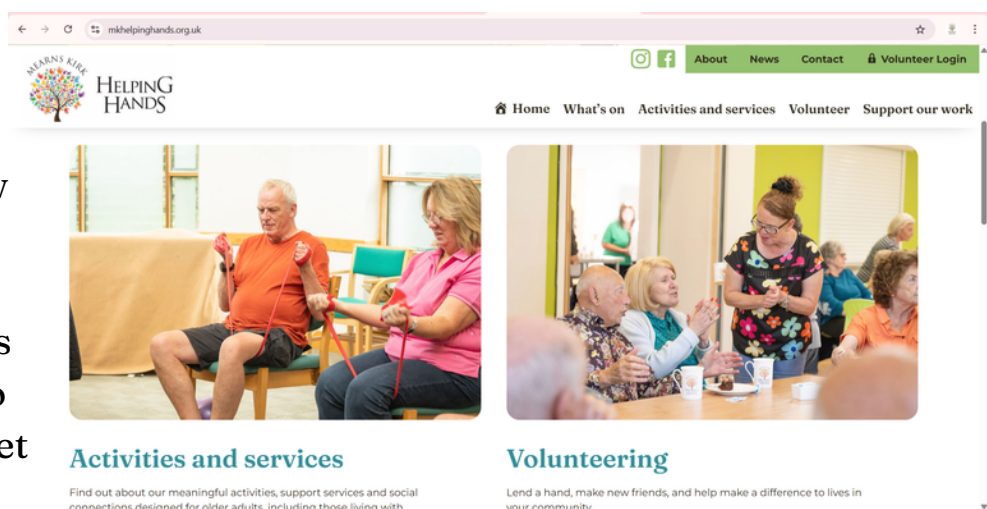


The King's Award for Voluntary Service

In November, we were honoured with the King's Award for Voluntary Service. Equivalent to an MBE, this is the highest award given to volunteering groups in the UK. This reflects the truly incredible work undertaken by all our volunteers, past and present. In 2026 we will be officially presented with the award by the Lord Lieutenant of East Renfrewshire, and two of our volunteers will also be invited to attend a Garden Party at Holyrood House.

We also launched our brand new website in November.

Thanks to our trustee, Jenn McCann, with support from our digital subgroup, we now have a fresh, accessible website with increased functionality. The design has been carefully thought out to ensure it will continue to meet the needs of Mearns Kirk Helping Hands well into the future.



www.mkhelpinghands.org.uk

OUR PLANS FOR 2026



2026 will be a very special year for us at Mearns Kirk Helping Hands.

We will be celebrating the 10th anniversary of our registration as a community based charity. Although 3 of our groups have been running for much longer, originally as work carried out by volunteers of Mearns Kirk, the charity was founded by the original trustees in 2016. This is a real milestone for us and we have lots of plans in store to celebrate alongside our members, our volunteers and our community.

And we will continue responding to community need.

What we know from listening to our community that there is need for more provision in dementia support and activities for older men. We are planning to replicate our Men's Breakfast Club and our Monday Meet Ups (dementia friendly cafe) in 2026. These will be held in different local venues, meaning that not only will we have more places to offer but our groups will be accessible to people who don't live close to Mearns Kirk Halls. We will also be offering befriending support to people with a diagnosis of dementia in 2026, a development of our existing befriending service.



FINANCIALS 2025

	Unrestricted Funds £	Restricted Funds £	2025 Total £	2024 Total £	Unrestricted Funds £	Restricted Funds £
RECEIPTS						
Donations	3274	0	3274	4177	4177	0
Grants	7000	111888	118888	135746	12210	123536
Fundraising	26465	0	26465	13651	13651	0
Group Activities	9458	0	9458	7856	7856	0
Total Receipts	46197	111888	158085	161430	37894	123536
PAYMENTS						
Charitable Activities	23133	124198	147331	120090	16999	111091
Net Surplus/ Deficit	23064	-12310	10754	33340	20895	12445

FUNDERS AND SUPPORTERS 2025

FUNDERS

ASDA Better Together Fund
Barrack Charitable Trust
Cash 4 Clubs
The Charles Hayward Foundation
Community Mental Health and Wellbeing Fund (Scottish Government)
COOP Local Community Fund
The Erskine Cunningham Hill Trust
Garfield Weston Foundation
The Hugh Fraser Foundation
The People's Postcode Trust
The Iron Bridge Trust
The National Lottery Improving Lives Fund
Virgin Money
Volunteer Support Fund: Impact Funding Partners (Scottish Government)

SUPPORTERS

Fundraising Everywhere
Kelly Residential
Mearns Castle Golf Academy
Mearns Kirk
Ryan Connell Foundation
SureCare

