MEARNS KIRK HELPING HANDS

November/ December 2026

Celebrating 10 Years
2016-2026

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, 3/11/26, 1/12/26)
1.45pm- 3.15pm Friendship Club (fortnightly, from 8/9/26 to 15/12/26)

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

We also offer:

- One to one befriending
- Volunteering opportunities

07858552767
www.mkhelpinghands.org.uk

OSCR Scottish Charity Regulator www.oscr.org.uk Registered SCIO SC046646

The King's Award for Voluntary Service