

Mearns Kirk Helping Hands

Scotland · Charity number SC046646

Details

Status	Active
Legal form	SCIO (Scottish Charitable Incorporated Organisation)
Registered	2016-06-23
Register	View on the OSCR register

Contact

Address	Mearns Kirk 404 Mearns Road Newton Mearns East Renfrewshire G77 5BU
Website	mkhelpinghands.org.uk

Activities

Activities: 'It carries out activities or services itself'

Purposes: 'the relief of those in need by reason of age, ill-health, disability, financial hardship or other disadvantage'

What the charity does: To provide support to older people in East Renfrewshire to improve their health and well being and reduce loneliness and isolation -by:group or one to one befriending - promoting self help by improving mental well being by engaging with others - providing support and activities for those living with dementia including their families/carers - improving physical well being -support to those experiencing grief - improving connections to other support groups -work in partnership with other organisationa

Beneficiaries: 'Older People','People with disabilities or health problems'

Objectives: The organisation?s purposes are: To provide a safe and stimulating environment to people living with dementia To provide a safe and supportive environment to people journeying with their grief To provide support for isolated and disadvantaged members of the community

Geography

- **Main operating location:** East Renfrewshire
- **Geographical spread:** Wider, but within one local authority area

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£161,430	£128,090	-	4
2023-12-31	£147,812	£141,737	-	4
2022-12-31	£161,975	£139,684	-	4
2021-12-31	£117,204	£85,815	-	3
2020-12-31	£101,288	£75,028	-	3

Accounts

MEARNS KIRK HELPING HANDS SCIO

SCOTTISH CHARITY REGISTRATION NO - SC046646

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR TO 31 DECEMBER 2024

TRUSTEES' ANNUAL REPORT

FOR THE YEAR TO 31 DECEMBER 2024

The Trustees have pleasure in presenting their report and financial statements for the year ended 31 December 2024.

OBJECTIVES AND ACTIVITIES

Charitable purposes

To provide support to older people in East Renfrewshire to improve their health and wellbeing and reduce loneliness and isolation and includes the following:

- Reducing social isolation or loneliness via group activity or one to one befriending.
- Promoting self-help by improving mental wellbeing by engaging with others via activity.
- Providing a support and activities for those living with dementia, and, by extension, support their family members/ carers.
- Improving physical wellbeing via activities designed to support gentle movement.
- Support to those experiencing grief due to the loss of a loved one.
- Improving connections to other support groups in the community by signposting.

We work in partnership with other organisations in the area to enhance and complement the work of the charity improving access to other services.

We have an ambitious strategy plan to expand the range of services highlighted above reflecting the major challenges in the community arising from social isolation and the impacts of dementia on both individuals and those caring for them.

ACHIEVEMENT AND PERFORMANCE

This year has been a considerable success with a substantial increase in footfall for all our activities.

The following report gives information about our activity we delivered across 2024. What made this possible is the ability of our team to work with our community to understand where we are best placed to provide support, the dedication of our team of staff and volunteers and the generosity of our funders and supporters.

Activities:

In 2024 we offered the following groups and activities:

- One to One Befriending
- Gentle Exercise Classes (2 per week)
- Tai Chi classes
- Table Tennis sessions
- Lunch and Social Club for People Living with Dementia

- Monday Meet Ups: Dementia Friendly Café
- 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

Impact:

264 members accessed our groups and activities in an average week.

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

We provided 4 different wellbeing groups each week, giving older people and people living with dementia opportunities to come together and undertake activities which help people live well for longer. These range from table tennis sessions to tai chi classes.

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

Our groups promoting social connections, including our Men's Breakfast Club, Blether and Brew and Sporting Memories group have brought older people together every week. We are proud to have continued our long-standing partnership with the Sporting Memories Foundation to provide a lively discussion group every Friday morning for 30 people.

"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."

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

We are also pleased to be able to offer transport to more of our groups, including the Men's Breakfast Club, via recruitment of more volunteer drivers. This includes two new volunteer minibus drivers, and bus escorts to help people get on and off the minibus.

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

3 of our weekly groups are dementia friendly, helping to give unpaid carers short respite breaks. In 2024, 59 families/ unpaid carers were supported. A new dementia friendly activity, Wonderful Wednesdays, was established to provide group befriending in community settings once a week. Members are accompanied by volunteers to local cafes, garden centres etc for companionship, coffee and a chat.

"The impact of my father attending these groups is evident, he is noticeably less agitated and expresses a sense of belonging... being part of the MKHH community has brought him comfort and stability, allowing him to connect with others and be genuinely included".

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.

The Eastwood Bereavement Group continued to provide comfort to experiencing grief and loss once a month.

In 2024 we recruited 2 new trustees. Graham Kerr is a retired Senior Civil Servant; Jenn Hood works in digital design and joined us a Digital Trustee. Our trustees met formally on a quarterly basis and held an AGM in June 2024. Trustees have also founded and taken the lead on sub committees of volunteers working on fundraising, marketing and promotion, and digital strategy.

FINANCIAL REVIEW

Funding to date has included both public and private contributions:

- Age Scotland (Encouraging and Supporting Grass Roots Activity)
- Allan Lane Foundation
- Arnold Clark
- ASDA Foundation
- Baillie Gifford
- COOP
- Garfield Weston Foundation
- Impact Funding Partners (Volunteer Support Fund, Scottish Government)
- Mearns Kirk Helping Hands Fundraising Committee activities
- McCarthy Stone
- Movement For Good
- National Lottery Improving Lives Funding
- National Lottery Awards for All
- Neighbourly
- PF Charitable Trust
- RS MacDonald Charitable Trust
- Scottish Building Societies
- The Woodroffe Benton Foundation
- Various private donations

The income for the charity for the year was £161k (2023 - £147k which is a welcome increase reflecting the quality of service the charity delivers. A surplus of income received over expenditure of £34k was recorded in the year (2023 - £5.9k) much of which is for future expenditure in the current financial year.

STRUCTURE, GOVERNANCE AND GUIDANCE

Constitution

The charity is a Scottish Charitable Incorporated Organisation (SCIO).

Appointment of Trustees

Trustees are appointed in accordance to their skills and experience relevant to the aims and objectives of the charity. The skills and experience of the current trustees include the following in this regard:

- Finance

- Risk Management
- Social Work
- Business Planning
- Fundraising
- Training
- Human Resources
- Digital technology
- Senior Civil Service
- Marketing and Communications

A third of Trustees under the charity constitution shall retire at the Annual General Meeting and being eligible will be able to offer themselves for re-election.

REFERENCE AND ADMINISTRATION

Charity name

Mearns Kirk Helping Hands

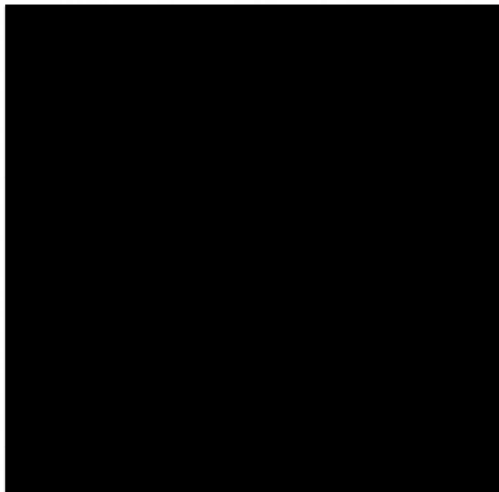
Charity Number

SC046646

Address

404 Mearns Road, Newton Mearns, East Renfrewshire, G77 5BU

Current Trustees



RESERVES POLICY

The charity has strict control over all income and expenditure, particularly where award of grants are for specific expenditure. Grant income from funders received in advance of expenditure are "ringfenced" to cover the cost of specific eligible expenditure according to the terms of the grant award and these are disclosed as "Restricted Funds" in these accounts. We have General Funds in the charity to cover other operating costs.

PLANS FOR THE FUTURE

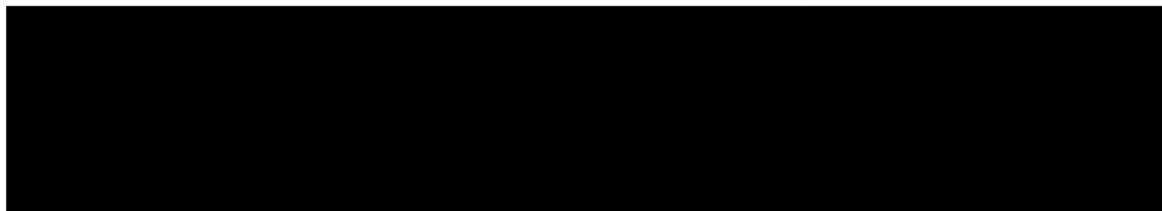
As stated above, with support from the Accelerate Programme, the Trustee and staff team have developed an ambitious 3-year strategy which will focus on meeting community need in the areas of improving wellbeing and reducing isolation/ loneliness for older people and increasing support for those living with dementia and their families.

Volunteering will remain at the heart of what we do and will continue to provide high quality volunteering opportunities to people who wish to give their time, skills, and experience.

As with all charities in the current climate, which is extremely competitive, we will also be focussing on securing long term grant funding. This forms a key part of the role of our Project Manager. Alongside this work, our established fundraising committee will continue to encourage community members and local businesses to support us in our work.

Fiona MacLeod

Chair of the Board of Trustees



Independent Examiner's Report to the Trustees of
Mearns Kirk Helping Hands SCIO

I report on the accounts for the year ended 31 December 2024 set out on pages seven to ten.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006. The charity's trustees consider that the audit requirement of Regulation 10(1) (d) of the 2006 Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
- to keep accounting records in accordance with Section 44 (1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations
 - to prepare accounts which accord with the accounting records and to comply with Regulation 9 of the 2006 Accounts Regulations

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Robb Ferguson
Chartered Accountants
Regent Court
70 West Regent Street
Glasgow
G2 2QZ

Date: 24-9-25

MEARNS KIRK HELPING HANDS
STATEMENT OF RECEIPTS AND PAYMENTS
YEAR TO 31 DECEMBER 2024

	Unrestricted Funds £	Restricted Funds £	2024 Total £	2023 Total £	Unrestricted Funds £	Restricted Funds £
RECEIPTS						
Donations	4177	0	4177	12765	12765	0
Grants (Note 5)	12210	123536	135746	128317	35420	92897
External Fundraising	13651	0	13651	3289	3289	0
Group activities	7856	0	7856	3441	3441	0
Total Receipts	37894	123536	161430	147812	54915	92897
PAYMENTS						
Charitable Activities (Note 6)	16999	111091	128090	141737	113696	28041
Net Surplus/(Deficit)	20895	12445	33340	5995	-17590	23585

MEARNS KIRK HELPING HANDS
STATEMENT OF BALANCES
AS AT 31 DECEMBER 2024

	Unrestricted Funds £	Restricted Funds £	TOTAL 2024 £	2023
Opening bank balance	51841	82528	134369	128717
(Deficit)/Surpl for year	20895	12445	33340	5995
Closing bank balances 31.12.24	72736	94973	167709	134712
Liabilities (Unrestricted)				
Accruals Salaries			1790	1710
Corporate governance			1100	900
Accruals			3500	3910
			6390	6520
NET ASSETS			161319	128192
Restricted			90076	77844
Unrestricted			71243	50348
			161319	128192

In addition to the assets above, the charity has a mini bus purchased new in 2017 with a proximate current book value £7k and new furniture and equipment, current book value around £5k.

MEARNS KIRK HELPING HANDS
NOTES TO ACCOUNTS
YEAR TO 31 DECEMBER 2024

1. Basis of Accounting

These accounts have been produced on a Receipts and Payments basis in accordance with the Charities and Trustees Investments (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations (as amended)

2. Nature and purpose of funds

Unrestricted funds are those that may be used at the discretion of the trustees in furtherance of the objectives of the charity. The trustees maintain a single unrestricted fund for the day to day running of the charity.

Restricted funds may only be used for specific purposes. Restrictions arise when specified by the donor or where funds are specified for specific purposes.

3. Related party transactions

No remuneration was paid to the trustees during the year.

4. Donations

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	2023 £
Donations from private individuals	4177	0	4177	12765

5. Grants received

Arnold Clark				0
Bank of Scotland				0
Voluntary Action Fund	0	13200	13200	17560
Foundation Scotland	0	0	0	10080
Crowd Funding	0	0	0	3859
AGE UK	0	16940	16940	3148
Co op	0	0	0	2898
Communities Lottery Fund	0	40000	40000	40000
Other	0	0	0	582
Voluntary Action Fund	0	15566	15566	9500
Impact Funding Partners	0	9750	9750	13000
Charities Trust	0	0	0	2000
Direct Line	410		410	0
Virgin Money	0	0	0	500
J Mc Nabb Trust	500	0	500	0

Serendifity Foundation	100	0	100	0
Westwood Foundation	0	2000	2000	0
Alan Laine Foundation	0	4000	4000	0
Mullen Castle Ltd	1000	0	1000	0
Stagecoach	1000	0	1000	0
A Hunt Trust	0	0	0	2000
Garfield Weston Trust	0	10000	10000	0
The Neighbourley	1000	0	1000	0
R S MacDonald Trust	0	6080	6080	0
Darroch Trust	1050	0	1050	0
Woodcroft Benson trust		1000	1000	0
K K L Trust	500	0	500	0
John Lewis	350	0	350	0
Urquart Opticians	500	0	500	0
Heather Roy Trust	1000	0	1000	0
Stafford Trust	0	5000	5000	0
Azure Pool Services	2000	0	2000	0
McCarthy and Stone	550	0	550	750
A Lund Trust	0	0	0	4000
Private Donation	0	0	0	1600
JS Gordon Foundation	0	0	0	500
Christophalian Samaritan Fund	0	0	0	500
Paristamen Charity	0	0	0	750
ASDA Community Fund	2250	0	2250	1200
Iron BridgeTrustt	0	0	0	2000
Private Donation	0	0	0	2890
Brodies	0	0	0	1000
T Connell	0	0	0	3000
Davidson family Trust	0	0	0	2000
TS Young Trust	0	0	0	3000
	12210	123536	135746	128317

MEARNS KIRK HELPING HANDS
NOTES TO ACCOUNTS
YEAR TO 31 DECEMBER 2023

6. Cost of charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Public Indemnity Insurances	1226		1226	1007
Group operating expenses			0	2681
Salaries		98186	98186	101130
External Trainers	3255		3255	2500
Corporate Governance	2851		2851	1038
General costs		4295	4295	2439
Stationery		1304	1304	3942
Mini bus costs		1716	1716	2245
Project Costs			0	8340
Staff Expenses		4579	4579	3989
Mearns Kirk Charges and Transfers	9000		9000	10200
Staff Training		1011	1011	0
Maintenance and repairs	667		667	2136
	16999	111091	128090	141647