

MEARNS KIRK HELPING HANDS SCIO

SCOTTISH CHARITY REGISTRATION NO - SC046646

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR TO 31 DECEMBER 2025

TRUSTEES' ANNUAL REPORT

FOR THE YEAR TO 31 DECEMBER 2025

The Trustees have pleasure in presenting their report and financial statements for the year ended 31 December 2025.

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.
- Improving mental wellbeing as a result of feeling more connected to others and the community.
- Providing support and activities for those living with dementia, and, by extension, support for their family members/ unpaid carers.
- Improving physical wellbeing via activities designed to support gentle movement.
- Facilitating peer support for people experiencing grief due to the loss of a loved one.
- Providing volunteering opportunities which help to increase skills, confidence and feelings of connection with others.

Activities

The charity provides a wide range of activities in the church hall of Mearns Kirk, which are open to all irrespective of religion/ no religion. We have 146 highly motivated and trained volunteers who have the support of our full time Operations Manager and Deputy Operations Manager, a part time Befriending Coordinator and a part time Project Worker. Activities provided by the charity included the following:

- Friendship Club and afternoon tea sessions which provide companionship.
- Weekly wellbeing activities: tai chi, strength and balance classes, table tennis sessions.
- Weekly activities aimed at providing a safe and stimulating environment for people living with dementia: Monday Meet Ups (a dementia friendly café providing the opportunity to socialise and take part in appropriate activities which carers are also welcome to attend); one to one befriending with priority given to people with Early Onset Dementia (diagnosed under the age of 65); weekly Lunch and Social Club providing a full afternoon of meals, activities and entertainment to members whilst also providing respite for family members/ unpaid carers; small group befriending where volunteers and members socialise together in local cafes/ garden centres etc each week.
- Monthly bereavement Group.
- A weekly Men's Breakfast Club, aimed at bringing older men together for companionship and freshly prepared food.
- Weekly Sporting Memories reminiscence group in partnership with the Sporting Memories Foundation.
- One to one befriending for people aged 70 and over who self- identify as experiencing loneliness or isolation.

- A wide variety of flexible, inclusive volunteering opportunities, with full support of dedicated staff members.
- Where possible, we provide transport to our activities via volunteer drivers.

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 their families/ unpaid carers.

ACHIEVEMENT AND PERFORMANCE

The following report gives information about our activity we delivered across 2025. 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.

Key Activities

- We developed and delivered new activities in response to what our community told us they needed. In addition to our existing dementia supports, we planned for and began delivery of a one-to-one befriending service for people with a diagnosis of dementia. This service prioritises those with early onset dementia as through our contact with family members and other local organisations we perceived this to be a gap in local provision. We also provided small group befriending for people living with dementia, where 4-5 volunteers accompany 5 members to local cafes/ garden centres etc for companionship, refreshments and a short walk if possible.
- To enable us to undertake this valuable work, we recruited, trained, and supported 35 new volunteers in a variety of roles, bringing our current total of active volunteers to 146.
- We also focused on implementing our digital strategy, developing a new website alongside other digital solutions which will help the staff team work more efficiently and effectively in the years to come.
- 422 people accessed our groups and activities in 2025, with volunteers contributing 10,000 hours of their time to make this possible. As always, we express our thanks and gratitude to each and every one of our volunteers, without whom we could not do the work we do for our community.

Our Impact

Below are extracts from an interview carried out by a peer researcher volunteer. The researcher spoke to a volunteer befriender about her experience of befriending, the impact of her volunteering both for herself and for the lady she befriends, and her experience of being supported by MKHH. The interview was recorded and then transcribed by a volunteer who wants to get experience of administrative work and improve her English. This demonstrates the variety of volunteering roles we can offer, and the benefits experienced by both beneficiaries of volunteering and the volunteers themselves:

"She has a bit of a mobility issue, so she's started going to like clubs I think she goes to the Monday club with Mearns Kirk Helping Hands. Previously she wasn't getting out of the house

before Christmas, so I think it was a big thing for her recently when the sun came out, we've been going out for coffee which was really really nice.

I could not say I don't know how to describe but they have been amazing really really good. I always make sure I'm doing the right thing so I'm always asking questions like is this okay is that okay they're always there. Once when I went to her she didn't hear the door so I was quite worried. I called in the office, and they sorted it all out they called her and everything was done it was really good.

Now I feel like it's kind of getting me out of the house as well I didn't realise how much I was in before and it's making me connect with the local community as well so it's a massive difference.

She'll say things like because she can't get out much she got new neighbours and she wishes they would come over and say hi and it made me think that we've just recently moved into this house it made me think about the people that are directly next to me are they wishing that their neighbours would talk to them because you kind of think that people don't want to be bothered. So it's made me think about other people too."

FINANCIAL REVIEW

Funding has come via grants, trusts and foundation, supporters, fundraising activity, individual fundraising and individual donations.

Grants, Trusts and Foundations:

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

Supporters:

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

The income for the charity for the year was £158,085 (2024 - £161,430 which is marginally lower than the previous year reflecting the quality of service the charity delivers . A surplus of income

received over expenditure of £10,754 was recorded in the year (2024 - £33,340) 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
- Social Work
- Risk Management
- Fundraising
- Training
- HR
- Digital technology
- Marketing

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

Fiona MacLeod (Chair)

Robert Paton CA (Treasurer)

Isobel Dawson

Heather Smyth

Pat Kedslie

Aileen Loudon

Graham Kerr

Jen Hood

RESERVES POLICY

The charity has strict control over all income and expenditure, particularly where award of grant 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

The Trustee and staff team have developed an ambitious 3-year strategy which will focus on meeting community need in the areas of reducing isolation/ loneliness and increasing support for those living with dementia and their families.

Due to demand, in 2026 we will provide:

- An additional dementia friendly café every week, in the Hugh Fraser Estate, with capacity for a further 20 members to join.
- An additional weekly men's breakfast club for up to 50 attendees in a local rugby club (GHA, Giffnock).
- An additional gentle exercise class, for up to 12 participants, bringing the total of classes to 3 per week.

Trustees have also developed strategies, driven by working groups, to:

- Increase and improve our use of digital technology to streamline staff workload.
- Improve our communication and marketing, ensuring clear and consistent messaging and increasing awareness of what we can offer our community.
- Generate unrestricted income via fundraising events, individual fundraising and business support.

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 Operations 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

A handwritten signature in black ink, reading 'Fiona MacLeod'. The signature is written in a cursive, flowing style with a large 'F' and 'M'.

3rd September 2026

Independent Examiner's Report to the Trustees of

Mearns Kirk Helping Hands SCIO

I report on the accounts for the year ended 31 December 2025 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.

Janice Alexander

Janice Alexander, CA

Robb Ferguson Chartered Accountants

Regent Court

70 West Regent Street Glasgow

G2 2QZ

Date: 4th September 2026

MEARNS KIRK HELPING HANDS
STATEMENT OF RECEIPTS AND PAYMENTS
YEAR TO 31 DECEMBER 2025

	Unrestricted Funds £	Restricted Funds £	2025 Total £	2024 Total £	Unrestricted Funds £	Restricted Funds £
RECEIPTS						
Donations	3,274		3,274	4,177	4,177	-
Grants (Note 5)	7,000	111,888	118,888	135,746	12,210	123,536
External Fundraising	26,465		26,465	13,651	13,651	-
Group activities	9,458		9,458	7,856	7,856	-
Total Receipts	46,197	111,888	158,085	161,430	37,894	123,536
PAYMENTS						
Charitable Activities (Note 6)	23,133	124,198	147,331	128,090	16,999	111,091
Net Surplus/(Deficit)	23,064	12,310	10,754	33,340	20,895	12,445

MEARNS KIRK HELPING HANDS
STATEMENT OF BALANCES
AS AT 31 DECEMBER 2025

	Unrestricted Funds £	Restricted Funds £	TOTAL 2025 £	2024 £
Opening bank balance	72,736	94,973	167,709	134,369
(Deficit)/Surpl for year	23,064	- 12,310	10,754	33,340
Closing bank balances 31.12.25	95,800	82,663	178,463	167,709
Liabilities (Unrestricted)				
Accruals				
Salaries			1,790	1,790
Corporate governance			1,100	1,100
Accruals			3,500	3,500
			6,390	6,390
NET ASSETS			172,073	161,319
		Restricted	77,766	90,076
		Unrestricted	94,307	71,243
			172,073	161,319

In addition to the assets above, the charity has a minibus purchased new in 2017 with a proximate current book value £Nil and new furniture and equipment, current book value around £nil

Olivia MaeLeod

Robert Paton CA

3rd September 2026

**MEARNS KIRK HELPING
HANDS
NOTES TO ACCOUNTS
YEAR TO 31 DECEMBER 2025**

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 2025	2024
	£	£	£	£
Donations from private individuals	3,274	-	3,274	4,177

5. Grants received

Virgin Money Community Mental Health and Wellbeing Fund	-	10,000	10,000	-
Co Op	5,000	2,888	7,888	-
Hugh Fraser Foundation	-	3,000	3,000	-
Iron Bridge Trust	2,000	-	2,000	-
Peoples Postcode Trust	-	10,400	10,400	-
Voluntary Action Fund	-	-	-	13,200
Charles Hayward Charity	-	5,000	5,000	-
Sported Foundation	-	2,000	2,000	-
Erskine Cunningham Hill Trust	-	1,000	1,000	-
Encouraging and Supporting Grass Roots Activity	-	-	-	16,940
Communities Lottery Fund	-	40,000	40,000	40,000

Community Mental Health and Wellbeing Fund R3	-	-	-	15,566
ASDA Better Together Fund	-	600	600	-
Impact Funding Partners (Volunteer Support Fund)	-	6,000	6,000	9,750
Barrack Charitable Trust	-	2,000	2,000	-
Direct Line	-	-	-	410
J Mc Nabb Trust	-	-	-	500
Serendifity Foundation	-	-	-	100
Westwood Foundation	-	-	-	2,000
Alan Lane Foundation	-	-	-	4,000
Mullen Castle Ltd	-	-	-	1,000
Stagecoach	-	-	-	1,000
Garfield Weston Foundation	-	15,000	15,000	10,000
The Neighbourley	-	-	-	1,000
R S MacDonald Trust	-	-	-	6,080
Darroch Trust	-	-	-	1,050
Woodcroft Benson trust	-	-	-	1,000
K K L Trust	-	-	-	500
John Lewis	-	-	-	350
Urquart Opticians	-	-	-	500
Heather Roy Trust	-	-	-	1,000
Stafford Trust	-	-	-	5,000
Azure Pool Services	-	-	-	2,000
McCarthy and Stone	-	-	-	550
ASDA Community Fund	-	-	-	2,250
	7,000	111,888	118,888	135,746

MEARNS KIRK HELPING HANDS
NOTES TO ACCOUNTS
YEAR TO 31 DECEMBER
2025

6. Cost of charitable
activities

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Public Indemnity Insurances	2,010	-	2,010	1,226
Group operating expenses	-	13,642	13,642	-
Salaries	-	105,923	105,923	98,186
External Trainers	-	-	-	3,255
Corporate Governance	3,087	-	3,087	2,851
General costs	90	-	90	4,295
Stationery	386	-	386	1,304
Mini bus costs	2,109	-	2,109	1,716
Project Costs	- 1,023	-	- 1,023	-
Staff Expenses	-	1,911	1,911	4,579
Mearns Kirk Charges and Transfers	9,900	-	9,900	9,000
Staff Training	-	1,525	1,525	1,011
Maintenance and repairs	894	-	894	667
Volunteer Event	-	1,197	1,197	-
Fundraising Costs	3,375	-	3,375	-

Advertising	2,305	-	2,305	-
	23,133	124,198	147,331	128,090