

# MEARNS KIRK NEWS

*The official newsletter of Mearns Kirk*



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## A Letter from the Interim Moderator

*by Rev. David McKee*

Hello everyone,

Firstly I want to thank-you again for how you continue to welcome and support me as your Interim Moderator. It is much appreciated. I have also been impressed with the diligent way your Nominating Committee have approached the task of finding a new Minister.

Along with our friends at Newton Mearns, they are passionate about finding the right person to lead the congregations forward. As is the way of these things, there is not much I can say, other than that you are in safe hands. New beginnings emerging.

In the Church calendar, we are quickly moving towards Easter, my favourite time of year. As a younger lad, I loved attending the Holy Week services at Stamperland each night, as well as rousing myself from bed to be at Linn Park for the

7am Sunrise (or Sonrise) celebration. There is something profound about our journey through Lent to Easter, from the joy of Palm Sunday to Maundy Thursday and Good Friday. I believe it is so important to experience the full range of emotions at this time, so we never abandon Jesus on his journey, as he never abandons us. By remembering all the events of that momentous week, we can then fully celebrate the wonder of the resurrection, joy over fear, life over death and then sing:

Lo! Jesus meets us, risen from the tomb;  
Lovingly he greets us, scatters fear and gloom;  
let the Church with gladness, hymns of triumph sing;  
for our Lord now liveth, death hath lost its sting.

Thine be the glory, risen conquering Son,  
Endless is the vict'ry, thou o'er death hast won.

New beginnings emerging.

On behalf of my family, I wish you all new beginnings and a Blessed and joyous Easter. The Lord is risen, He is risen indeed!

Your friend and Interim Moderator,  
David

## Holy Week

The activities taking place during Holy Week are detailed below.

### **Palm Sunday - 29<sup>th</sup> March**

10.15am Sunday service at Mearns Kirk.

### **Wednesday 1<sup>st</sup> April**

7 - 8.30pm Lenten Focus in the Garden Room at Mearns Kirk Halls.

### **Maundy Thursday - 2<sup>nd</sup> April**

7pm Communion service at Eaglesham Parish Church.

### **Good Friday - 3<sup>rd</sup> April**

11.30am Walk of Witness from Mearns Kirk Followed by an open air service at Newton Mearns Parish Church at 12 noon. Please meet in the Mearns Kirk car park at 11.15am.

6.30pm Easter Friday service at Mearns Kirk.

### **Easter Sunday - 5<sup>th</sup> April**

10.15am Easter Sunday service followed by Communion at Mearns Kirk.

# The Locum's Letter

by Rev. Eddie Simpson

Dear Friends,

Here is a prayer for Easter Day.

May it lift your spirits and encourage you in your faith.

Lord Jesus Christ, Lord of life and power, we greet you on this Easter Day. Your presence fills this place and every place on earth; your Spirit surges through the Church and over all the world. Death could not keep you, and by your death you have destroyed the power of death and by your rising you have opened up the way to life eternal.

God and Father of our Saviour Christ, we bless you for this great festival of life that we call Easter; the starting place of faith. Let us be filled with the joy of it. Let us sing out for the grace of it. Let us be glad for the love of it. Let us rejoice in the hope of it. Let your Spirit fill our souls with the wonder of it and may your forgiveness lift every burden from us because of it.

Gladly we bring to this moment the happiness it deserves; freely we surrender ourselves to the love that beckons us. And all that is wrong and out of joint; the sin, the shadow, the strangeness and the dread mystery of evil which surrounds us - today it is put in its place. Fear is lifted from us and we know that because our Saviour is risen, our lives are in his hands and nothing will ever separate us from his love, nor from those we love. His grasp of us is sure.

Lord Jesus, stand among us in your risen power we pray. May the whole earth share with your Church the Benediction of Easter Day.

God's blessing be upon you and yours this Easter Season.

Your friend and Locum,

Eddie



# Linkage Update

*by Marje Gillies*

We are now moving forward with being able to Call a new minister for the Linkage between Mearns Kirk and Newton Mearns Parish Church. Having being given Permission to Call by Presbytery, in January the congregations elected a Nominating Committee. There are 7 members from Newton Mearns Parish Church and 8 from Mearns Kirk.

Our members are Mandy Stewart (Convener), Marje Gillies, Bill Jenkins, Sandy Lyall, Marion Macdonald, Marianne MacGregor, Eric Rushworth and Wendy Taylor.

The Advert/Parish Profile is now live on the Church of Scotland website at <https://www.churchofscotland.org.uk/get-involved/vacancies-and-volunteering/vacant-charges>

The Nominating Committee is meeting regularly. The next update will be when a name is being presented.

# Midweek Worship

*by Pam Martin*

Please note that the Church Halls will be closed on Wednesday 6th May to allow for preparations for the Scottish Parliamentary Elections. As a result, there will be one midweek worship service in May.

Midweek worship will continue as normal in April and June, with services held on the first and third Wednesday of each month at 10.30am in the Wee Hall.

The schedule of services is:

April: 1st & 15th

May: 20th

June: 3rd & 17th

We look forward to seeing you there.

Plans for the return of midweek worship after the summer break will be shared in the Order of Service nearer the time and included in the Autumn newsletter.

# In Memoriam

*by Pam Martin*

Sadly, since our last newsletter, we've said goodbye to some beloved members of our church family.

We are truly grateful for the lives of Margaret Gardner, Margaret Riddell, Harry Lang, Jim Reid and Betty Fitzpatrick.

As we remember them, we keep their families and loved ones in our thoughts and prayers. May they know God's comfort and strength in the support and care that surrounds them.

# Pastoral Care Group

*by Mary Deas*

The Pastoral Care Group continues to make visits to the elderly, lonely, housebound and those in care homes.

If you would like a visit or know of anyone who would like to be visited, we shall be delighted to add them to our list. Please give Pam a call at the office on 0141 639 6555.

Also if you are ill, in hospital or facing particular difficulties, please phone Pam and she will inform Eddie.

# Eastwood Bereavement Support Group

*by Christina Shafi*

The Bereavement Group continue you to meet in the halls on the 1st Tuesday of the month at 7pm. We are a peer support group and aim to provide a safe and welcoming space to share and listen to others. If you are struggling with the loss of a loved one whether recently or some time ago please join us, no need to book.

# Jars of Grace

*by Mary Deas*

Many thanks to all who have donated to the Prince and Princess of Wales Hospice. So far we have collected £235. Please leave filled jars in the box in the vestibule.

Many people are not using much cash these days so if you do not have small change any monetary donations gratefully received.

Hoping once again for a good response.

# Retiring Offerings

*by Pam Martin*

Thank you to everyone who has generously contributed to the recent Retiring Offerings. Your donations make a huge difference.

Since the last newsletter in December, our retiring offerings have been:

CHAS: £501.60  
East Ren Foodbank: £436.30

Our next offering will be at the Communion service on 7th June, where we will support Maggie's - Everyone's home of cancer care.

# Worship Leader

*by Christina Shafi*

Paul Cathcart, our Peripatetic Worker, is hoping to train a few people who would be willing to train as a Worship Leader who would then be able to lead worship at our Wednesday Services and care homes. Training would take place in house and having Worship Leaders would help greatly to maintain and grow our midweek service.

Anyone who may be considering leading a Sunday Worship would be required to attend a course at Trinity College Glasgow.

If anyone is interested in finding out more, on a no obligation basis please contact the church office or speak to one of the Session Clerks.

# Sunday Tea & Coffee

Tea and coffee will be served after the service on the second and fourth Sundays of the month. We warmly invite you to stay, enjoy a cuppa, and have a chat.

## Offering Appeal - Autumn 2026

*by the Finance Committee*

Some members will be aware that, in recent years, church spending has been curtailed because our normal expenditure has absorbed most of our income, the main source of which is our members' offerings. In the past we would deal with this type of situation by holding a 'campaign' to encourage members to increase their 'weekly' offering – something which, in the past, took place roughly every 5 years – but, in recent years, we have been constrained by the uncertainty surrounding the future of all the churches in the area, including our own.

Happily, that issue is now resolved as we enter a linkage with Newton Mearns Parish Church. However, although we will be sharing a minister and sharing the costs of ministry, in all other respects the two churches will be financially independent and it is essential that we each remain financially viable in order to retain our own sanctuaries.

The Kirk Session has decided, therefore, that we will mount an appeal, probably in the autumn, inviting members, where they can, to increase their offerings. Nearer the time, more details of our financial situation will be provided.

## Digital Giving

*by Pam Martin*



Our digital Giving Station is available in the Church vestibule on a Sunday and in the Church Halls during the week, offering a safe and convenient way to donate to our Church. Every gift, large or small, helps sustain the life and work of our community.

You can also donate by scanning the QR code on your mobile device.

Thank you for your generosity and support.

# Sunday Club

by Marianne Macgregor

After the children's nativity play for Christmas - our most successful yet as folks were still talking about it in the New Year - we returned to the new testament in January. We follow Jesus' journey - from the baby at Christmas to the teacher in Jerusalem.

In February all families were invited to a breakfast in our Wee Hall and a chat with Paul Cathcart, our peripatetic mission worker - chatting about Sunday Club. Everyone wrote their ideas on a big poster and as a result we are organising our first Sunday Club trip in many years.

During Lent we travelled alongside Jesus, his journey symbolised by the 'resurrection eggs': 12 eggs each containing an item significant in Jesus' journey from Palm Sunday to the Cross and empty tomb. Stories relating to each item were told or re-enacted, filling the egg box more and more over three Sundays.

Easter Sunday 5th April: We will meet in church at 10:15am as usual and the children will present a song Shona Clark has been rehearsing with them.

After that our annual Easter Egg hunt will take place on our big glebe, followed by egg rolling down the slope. This is now a firm tradition - a favourite event in our calendar. Hopefully we will be blessed with dry weather - we have been very lucky the last couple of years.

As we talk about our responsibility of looking after God's wonderful creation, we will again grow butterflies from caterpillars and release them in the gardens in early May.

Later on we may pay a visit to Mearns View Care Home who are practically our neighbours - a planning meeting with staff at the home has been arranged.

**Saturday Night Youth Club:** we are exploring a youth club once a month with a range of activities and will be looking for volunteers. If you are approached, please keep an open mind and heart for our young people - there are wonderful benefits from the interaction between young and old! Keeps everyone young at heart!

Dates for your Diary - we encourage all families to take part in the Communion on 7th June:

April: 5th Easter Egg Hunt & roll eggs  
19th

May: 3rd  
10th Sunday Club trip to Heads of Ayr Farm Park  
17th

June: 7th Communion Sunday  
21st Last Sunday Club before the summer break

# Sunday Club

by Marianne Macgregor

## **Sunday Club Outing to Heads of Ayr Farm Park:**

- Sunday 10th May - meeting at the Farm Park for 11am.
- Who: Mum & Dad and children (grandparents are also most welcome)
- Transport: arrive in your own car
- Time: please arrive by 11am latest
- Food: our group is booked for sheltered lunch tables from 12:30 to 1pm - bring your own picnic or buy food there
- Cost: £13 per person to be paid on arrival. This includes a train ride through the park with the whole group at 11:15am.
- Your tickets give you access to:
  - all outdoor animals; Little Critters Indoor Animal Barn; Play n Wild Indoor Adventure Barn; Fowl Play; Air canon arena; outdoor playgrounds; Buccaneer Bay; Frontier Fort; Diggerland; Young McDonald's Farmers Yard; outdoor slides; zip line; jumping pillows; and trampolines!
  - Additional attractions at additional charge: quad bikes £6/£8, Bumper Boats £3 per 2 kids; outlander mini jeeps, electric quads.

Please let us know by Sunday 22nd March if you are coming along for a fun day out!

A big THANK YOU to our helpers – Lucy, Claire, Jennifer, Shona, Laura and also Kathryn – without you we could not run the Sunday Club!

If you want to know more about our Sunday Club – just come along – or contact the church office for my contact details.

# Church Gardens

by Christina Shafi

Our Church gardens are beautiful and enjoyed by church members and all those who use the halls. The memorial garden is a lovely tranquil space for quiet reflection. Our wonderful gardening team are looking for additional volunteers to help maintain the gardens.

If you are able to spare a little time, even occasionally, please contact the church office.

# Christian Aid

*by Mandy Stewart*

Christian Aid week is one of the biggest acts of Christian witness in the UK and Ireland.

This year we will be getting to know the story of Fridah Moraa, a mother and grandmother who lives in Dagoretti an area in Nairobi Kenya with her twin sons, her daughter, and grandson.

The week runs from Sunday 10th May until Saturday 16th May and as always we will start our week with a café church style service in the Sullivan Hall and also incorporate “The Big Brekkie” on that Sunday.

This will be a wonderful opportunity to enjoy a delicious breakfast whilst hearing about Fridah's inspiring story and also the work of Christian Aid. This is an event which I look forward to every year as we come together and enjoy fellowship together whilst also filling our tummies and minds. I do hope you can all come along on Sunday 10th May at 10.15am.

On Saturday 16th May we will once again be holding our annual plant sale with summer bedding and plants for the garden all supplied again from McLarens Nurseries with all proceeds going to Christian Aid. Along side the plant sale we will also be hosting our most successful “Strawberry Tea” in the Sullivan Hall, delicious freshly made, hot out the oven scones with clotted cream and strawberry jam. This is always an amazing and well supported event and again all proceeds going to Christian Aid.

I look forward to seeing you all at both events.

# Safeguarding

*by Sue Taylor*

We take Safeguarding extremely seriously at Mearns Kirk. Entry to the church halls is controlled by a door access code, and it is essential that this code is not shared with anyone. This helps prevent unauthorised access and keeps everyone, especially children, safe.

If you are in the halls, please do not allow entry to anyone you do not recognise. Group Leaders are responsible for arranging access for their participants and for parents or carers collecting children.

Thank you for your support in helping us maintain a safe environment for all.

# New Website

*by Marje Gillies*

We have a new website! Please check in to see what's there at [www.mearnskirk.com](http://www.mearnskirk.com).

The website has been developed by Pam, our Administrator, the Session Clerks (with oversight from the Kirk Session), and others. Pam has worked closely with Paul Burningham of Paul Burningham Designs Ltd. We are delighted with the website and would particularly like to thank Pam for all the time and effort she has put into this.

The website has a new fresh layout and will be easy to see on mobile devices. Remember to check the Latest News section regularly to keep up to date on all the latest news and activities happening in our church.

We also want to express our sincere thanks to Nancy and Tim Harrison. Tim developed our previous website, and Nancy has faithfully maintained it over the years. We are indebted to you.

Please note that our office email is now [office@mearnskirk.com](mailto:office@mearnskirk.com).

# Lodging House Mission & ER Foodbank

*by Violet Kavanagh*

Thank you to everyone who continues to support these two worthwhile causes . Both organisations greatly appreciate our regular monthly contributions.

The Foodbank say they get large amounts of donations at Christmas time but the need is so great that these are gone within a month. The retiring offering from our February Communion Service raised £436.30 and was most welcome. Monetary donations are used to buy any items that they are short of for their food parcels.

Our collections for LHM and East Ren Foodbank are on the FIRST SUNDAY of the month at the CHURCH service at 10.15am, with a further drop off session on the FOLLOWING WEDNESDAY at the HALL between 10 and 11am. Food donations will be taken to both places as soon as possible after the Wednesday. A couple of weeks before the collections we will publish the most needed items in the Sunday intimations and on the church website.

More information about these organisations can be found on their Facebook page or website.

# Used Stamps

*by Christina Shafi*

If you are lucky enough to get letters, please consider collecting any used stamps and bring them to church on Sunday. Stamps will then be donated to raise funds for Guide Dogs for the Blind.

## Harriet & Jim Reid

I would like to thank all our dear friends in Mearns Kirk Church for the support I have received since my darling husband of sixty years died in January, as well as all the months he was in hospital. Your kindness and thoughtfulness have helped me through a very difficult time that words cannot express. Once again, I thank you all from the bottom of my heart.

God bless you all.

Harriet

## MKHH - The King's Award

*by Vicky Attwood*

On Monday 9<sup>th</sup> June, volunteers with Mearns Kirk Helping Hands were presented with the King's Award for Voluntary Service by the Lord Lieutenant of Renfrewshire, Colonel Peter McCarthy.

The event celebrated volunteers past and present, with Fiona McLeod, Chair of Trustees, paying tribute to the many and varied contributions made by volunteers to the success of the charity. Fiona also expressed thanks to Reverend Joe Kavanagh, who had the vision of a community charity supporting wellbeing and reducing isolation and loneliness back in 2016.

The crystal award was accepted on behalf of all volunteers by Isobel Dawson, Trustee of Mearns Kirk Helping Hands and leader of the Lunch and Social Club for People Living with Dementia. Isobel was also presented with a certificate by Mary Montague, Lord Provost of East Renfrewshire.



# Outreach to Mearns Primary School Nursery

by Susan Fraser

Isabel Alexander and I are excited to bring to you a new opportunity for us to engage with the young children at Mearns Primary School Nursery. We met recently with a member of the Nursery staff to explore the possibility of re-establishing Mearns Kirk's relationship with the Nursery.

You'll remember that at Christmas last year the children used their hands to produce lovely pictures of a reindeer's face for us to include in our Christmas bags.

We see this as a great chance for our Church to reach out to our local community using our soft skills to engage with the children in the activities they enjoy.

A few suggestions of where we could be involved are:

- cooking / baking - the Nursery has a new air fryer, so we could all learn together;
- gardening - help is always needed with the Nursery garden and we hear carrots are a priority at the moment!
- family Bookbug - reading stories to the children is key to engagement with little people and something we can all do;
- playing games - we hear the children love games and having adults willing to join in with them, is a real treat - feel free to brush up your skill at dominoes!
- knitting - I've seen photographs of the children experimenting with knitting needles, but there's scope for improvement and many of you are great knitters.

Sometimes in Church we feel that we don't have the skills required for jobs that need to be done, but for this outreach, we ALL have something to offer to these little people and they want US!

In order to take this forward, we would like to hear from people who are interested in getting involved. Please email Pam at [office@mearnskirk.com](mailto:office@mearnskirk.com) or speak to Isabel or myself.

# The Guild

*by Sheila Goldie*

In spite of falls, coughs and colds we have survived!

The first half of the new session has been most enjoyable, when we began with our annual Bring and Buy, supported so well by our members. Our Scottish afternoon followed with entertainment royally provided by Maureen and Jim. Needless to say, a clottie dumpling and cheese board were well received!

February began with our Show and Tell, which is always so enjoyed. Lots of lovely and touching stories and memories about such interesting keep-sakes. Next meeting we enjoyed watching Jean Wardrop making mountains of pancakes which we then demolished with relish!

On 4<sup>th</sup> March we look forward to a visit from our Minister Eddie with more tales of his interesting past. 18<sup>th</sup> March takes us on a Cotswold Tour with Sheila Clarke and Claire.

Nadia is coming on 1<sup>st</sup> April to tell us about Theatre Costume Design. On 15<sup>th</sup> April we have Kevin Scott who will bring Glasgow's Tobacco Lord s to life - a real touch of history. On 29<sup>th</sup> April we have a visit from Marshall Harkness and friend with music and humour.

May 13<sup>th</sup> is Flower Arranging. May 27<sup>th</sup> is our AGM and distribution of funds we have managed to make, to our chosen charities.

For our outing this year we hope to take a trip to the Clyde Valley but this wholly depends on the availability of the coach and a driver. Sadly, we have difficulty with transport now since fewer of us are driving.

We try to involve everyone in the Guild - members choose their favourite hymns and Bible readings for each meeting. We do our best to keep every meeting light-hearted and as uplifting as we can. We can always find a reason to smile although we are ever mindful of current affairs.

It is not always easy to find interesting Speakers, but I am sure there must be Church members with interesting tales to tell, or even know such a person, so if you are willing to come along, please do get in touch - it only takes a 'phone call.

The Guild is an open Church organisation and many of our Speakers would be of interest to gentlemen. It is such a pity that you miss the opportunity to hear them so please do come along and join us. We are a happy band and you will always be greeted with smiles.

Lastly, on behalf of the Guild, may I wish you all a blessed and peaceful Easter.

# Church Flowers

by Margaret Withycombe

Thank you to the following people for donating to the church flowers.

## March

1st Mrs A Lamont, remembering Moira  
8th Rankin Cattan in memory of his wife,  
Margaret  
15th Mr & Mrs D Fraser  
22nd Mrs S Cameron  
29th Fund

## April

5th Fund  
12th Mr & Mrs J Revill  
19th Mrs I Andrew  
26th Mrs J Webb

## May

3rd Fund  
10th Mr & Mrs I Stubbs  
17th Fund  
24th Fund  
31st Fund

## June

7th Mr J Laird, in memory of his late wife, Anne  
14th Mrs J Usher & Mrs E Kay  
21st Marion Macdonald in memory of her Mum &  
Dad, Anne and Dale McFadyen  
28th Mrs M Taylor & Mrs M Grierson

# Eros Musical Society

by Shona Clark

On behalf of Eros Musical Society, I would like to thank the church for our continued use of the wonderful halls which are excellent rehearsal facilities for our productions. The Wee Hall is mainly used for our auditions and singing rehearsals, while the Sullivan Hall provides an ideal space for dance and movement. Perfect for us, as we learned and polished our numbers for the musical "We Will Rock You".

A great big thank you to the church members who have once again supported our show. It was lovely to see so many familiar faces in our audiences and we have had such lovely comments following our production.

We have developed a great relationship over the past few years, with our Eros Singers always keen to come along to Mearns Kirk to entertain at the Lunch Club and Friendship Club. We look forward to being back soon.

# The Friendship Club

*by Shona Clark*

At the start of this session, we were fortunate to have Gary Blair with his fabulous accordion music, then Janice, Marion, Shona and Elizabeth for some in-house Burns themed entertainment.

In February, May MacIntosh put us through our paces with armchair exercises and we also had the lovely Suzie Graham singing, with members toe tapping and singing along and some members up dancing too!

In March we welcomed back “Music Box” and had a great afternoon with the talented Agnes and Ian who were good enough to take requests.

Approaching Easter, the Friendship Club will be welcoming the children of Mearns Primary Choir on Tuesday 24<sup>th</sup> March. The children delighted us with their Christmas Concert and asked their teacher if they could return to entertain us once again! We were more than happy to include them in our programme.

Our remaining dates are as follows:

- 7<sup>th</sup> April “The Midges Duo”
- 21<sup>st</sup> April Neilson Ukulele Band
- 5<sup>th</sup> May Angela Duncan (singer)
- 19<sup>th</sup> May Summer Outing (Afternoon Tea at Fenwick Hotel)

The club continues to attract new members who are made most welcome and quickly become friends. Please speak to me in church or contact Mearns Kirk Helping Hands for more information.

# Prayer Points

by Mary Paton

***'Pour out your heart before Him;***

***God is a refuge for us.'***

***Psalm 62:8***

**Please pray for:**

- A peaceful end to the conflict between America and Israel against Iran and those other Middle Eastern countries caught in the crossfire.
- An end to the war between Russia and Ukraine.
- The future of the NHS and its staff.
- Help and encouragement for all organisations endeavouring to help those who are homeless.
- Families who are experiencing hunger and deprivation.
- The ongoing work to strengthen our Linkage with Newton Mearns Parish Church.
- A revival of Christianity among the youths of today.
- Those church members who are experiencing ill-health, both physically and emotionally.
- Support and encouragement for our elders in their work of supporting our church family.
- Support and encouragement for all those involved in our various church organisations.
- Support and guidance for all the charities using our church hall.
- Help for the Nominating Committee in their mission of finding a new minister for us and that the Lord would guide and lead them in finding the right person.
- Rich blessings for our Locum minister Rev Eddie Simpson and his family.

***When we bend our knees to pray,***

***God bends His ear to listen.***

## **The Circle Of Prayer**

We are a small group of church members who pray for others whether they are in our church family or not. Each member of the Prayer Circle is contacted by e-mail with the prayer requests. We don't meet up but we all pray for the people in the prayer requests. Any information we receive is treated with strict confidentiality and, in fact, no member of the Circle of Prayer will ask you about your prayer request but they will be praying for you.

There is a Prayer Box in the church vestibule with prayer cards beside it. If you would like for us to pray for any situation just fill in a card and pop it into the box. Alternatively, you can e-mail me on the e-mail address below.

We would be delighted if you would like to join our Circle of Prayer. If so, contact Mary Paton.

Mobile: 07495 434878

e-mail: robertpaton6@aol.com

# MEARNS KIRK HELPING HANDS

March/ April 2026

To get involved with any activity, visit our website or get in touch



2016-2026



## Monday

10am- 11am Tai Chi

2pm- 3.30pm Monday Meet Ups (dementia friendly cafe)

## Tuesday

1.45pm- 3.15pm Friendship Club (10/3, 24/3, 7/4, 21/4)

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

7pm- 8pm Eastwood Bereavement Group (first Tuesday of every month, 3/3, 7/4)

## Wednesday

1.30pm - 2.30pm 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](http://www.mkhelpinghands.org.uk)**



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SC046646



### We also offer:

- One to one befriending
- Volunteering opportunities