



Reachout
WITH ARTS IN MIND

Award Winning Charity

Annual Report 2022



@ReachoutWithArtsInMind



@Reachout_Alloa



@Reachout_Alloa

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“Since I’ve got myself back to Reachout things have been better. I’ve been getting myself up and out and have even started getting my house back in order. I just love coming here, it’s so good for me.”

- Member quote

“After attending Reachout I feel so chill and find it easier to block out the noise that often fills my head.”

- Member quote

“I came into Reachout the other day after having suffered from quite high anxiety for a few days, and I left completely chilled out and my anxiety was gone.”

- Member quote





The Organisation

Reachout With Arts In Mind is an innovative, inclusive and award winning charity with 29 years' experience of facilitating creative experiences, opportunities, education and wellbeing to local communities of all ages. Using expressive arts as the vehicle, we help to support those experiencing life's challenges, mental ill health and disability to practice informed wellbeing choices and mental health awareness to maintain wellbeing and prevent relapse.

"Reachout's a little bit of heaven in Alloa."

- Member quote



The Service

Reachout With Arts In Mind provides access to expressive and creative arts opportunities, in addition to wellbeing opportunities delivered by professional artists for adults aged 16+ through our **Make** and **Change** programmes. Our **Inspire** programme works with children and young people through a rich variety of outreach partnership workshops.

Participating in creative opportunities reduces isolation, and mutual support enables individuals to learn better ways to handle common problems such as anxiety, depression, low self-esteem, low self-confidence, poor sleep and panic attacks.

Reachout provides opportunities for individuals to participate in expressive visual arts, crafts and music programmes, outdoor activities, lifelong learning, volunteering, social support, mutual aid and self-help.

As a **self-help group**, Reachout promotes improved self-acceptance, a structured day and aspirations to enable a route to recovery and for some, an eventual return to the workplace.

Social prescribing connects individuals to services or activities in the community which are likely to help with the health problems they are experiencing. These activities are prescribed as a non-clinical alternative to a medical prescription. It aims to encourage greater control for individuals and is particularly useful for people with long-term conditions, vulnerable groups and those who are socially isolated.



Our Vision

Centre of Excellence for Creativity and Wellbeing Inclusive to All



Our Goals

Creative Communities provides access to **high quality creative programmes promoting great art and inclusive practices, knowledge and learning.**

It ensures that **people experiencing mental ill health, learning and physical disabilities** have **active and influential experiences 'alongside others' to build resilience** as a route to recovery and maintain wellbeing.



Our Values

Integrity, Equality & Trust

We advocate a **strengths based approach** which starts with the premise that all of us have something to offer, including people who need support to participate fully in the community. **Reachout is self-managed by members**, giving them a **sense of ownership** and **commitment** which is a significant factor in our success.





Chairperson

Craig Machan

In recent years, the Chair's reflective review has been difficult as we have navigated our way through Covid-19. We have made changes to keep a functioning and deliverable service, meeting some of the new demands that have been placed on us, whether distancing, attendee numbers or sanitisation of work areas, etc.

What has been noticeable is the change in membership and the need for Reachout's inclusive service and meeting some of the challenges of mental health due to isolation, loss and in some cases coping with societal changes, but also our delivery in partnership with schools. I think it is safe to say we have come out the other side of the pandemic but some of the consequences will be around for much longer in terms of needs placed on our service. This, with the cost of living, energy prices and the demand on service resources, we fully appreciate that some are finding these pressures extremely challenging.

The main change to Reachout has been the removal of the 'drop-in' option replaced by 'Creative Spaces' and medium focused workshops which are prebooked and ensure members have their own work area and can maintain social distancing with confidence. Alongside Creative Spaces, and medium focused workshops we now operate Friday's 'Open Creative Spaces' a non-bookable session, most similar to our previous drop in service. We have also seen that working this way has provided



many members with confidence to attend. The majority have accepted and welcomed the change as a good way of working and gaining support of their own projects.

The number of workshops we are offering have increased and we have also looked at how we can, with member support, increase attendance at the more popular ones. This is primarily with volunteers assisting the artists. We see this as a great stepping stone to volunteer led workshops again and therefore providing greater choice for all.

Looking forward I do see some challenges, and these will be around demand and funding. It is important that our business model adapts to the needs, which will in my view involve greater partnerships with organisations who have their own secured funding and turn to Reachout for delivery. Again, this is nothing new, but it is anticipated it will be an area of greater demand during 2023. This will open the service to other groups who will benefit and these in turn will see additional members join. Our activities of Outreach will continue to grow with this, and our artists will become more mobile in delivering at schools or partner premises. Our challenge on staffing will be to ensure existing delivery continues without impact. We see this as achievable through the Volunteers and sessional artists for specific projects.

We will launch the Garden Project and this will commence in 2023

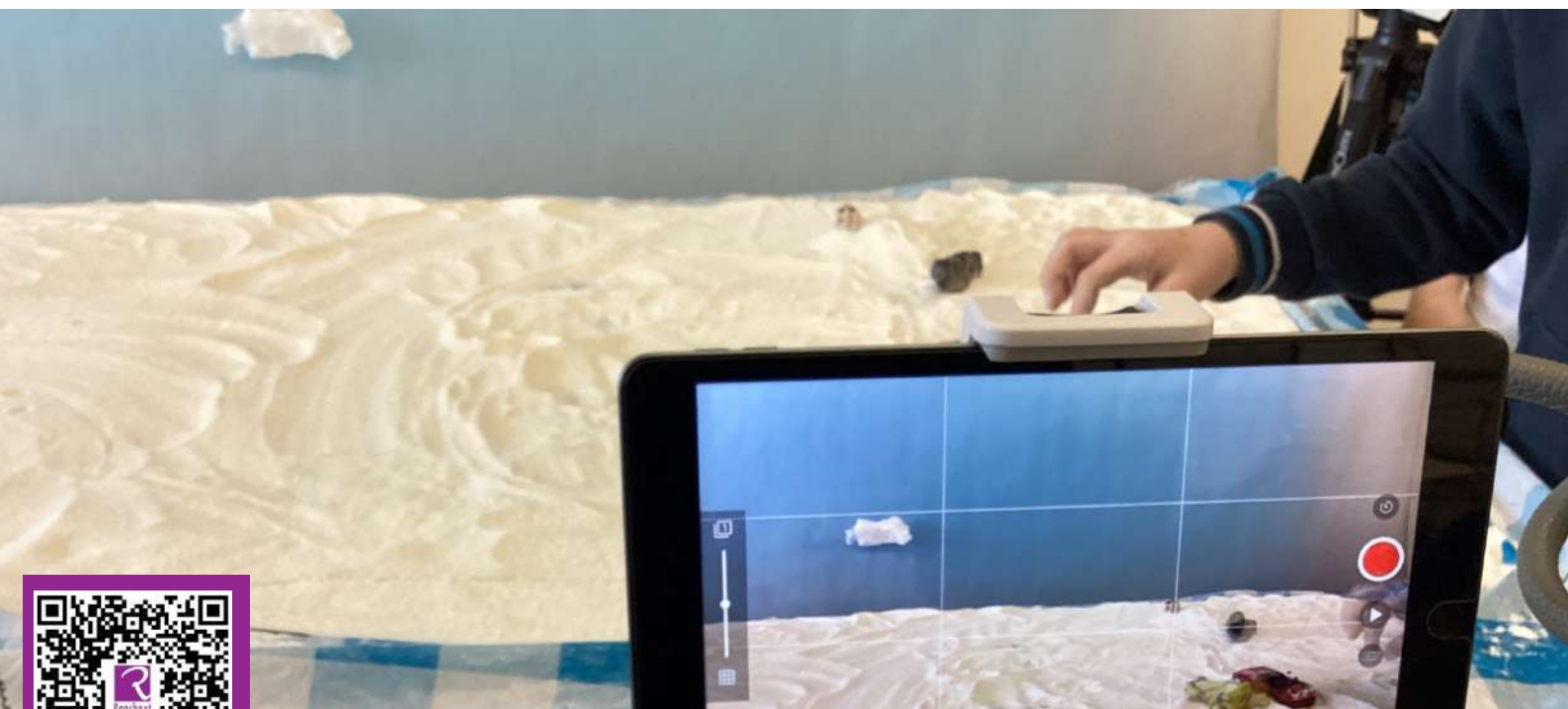
with a clear scope of what we aim to achieve. It is highly likely we will need to partner to maintain and deliver this project.

As you may see, what we have been doing and where we are going will involve partnering as a key aspect of delivery. In achieving our goals and mission it is the way we can effectively engage and widen the service to others and provide long term sustainability for the organisation.

Sustainability in the last few weeks has been significantly helped with “The National Lottery Community Fund” notification and this award over the next two years will help significantly. Thank you again to the National Lottery and all our other funders.

Turning to staffing I would like to welcome Aileen to the team as Studio Assistant which is an important role whilst Kirsten is on maternity leave and Leanne is covering both Studio Manager and her existing role of Project Worker. It is important that we maintain what is an effective service which is constantly developing to meet the needs of members. George and Jen have been busy with workshops and the animation and clay workshops have created a bit of a buzz in the studio. It is great seeing attendance numbers and lots of people in the studio benefiting from workshops.

In covering the Studio Manager role Leanne has brought her personality and approach to the role and speaking for the board it is



great having the level of detail of statistics that we can discuss workshops based on bookings, cancellations and attendance.

Anne's workshops have developed with member and volunteer led sessions proving a great success and how members have benefited, developed and taken ownership of the workshops. Fantastic to see! I think all artists are embracing the work they are planning with the schools in the first few months of 2023.

Turning to the office, Carly and Lesley have been busy during the past 12 months. It is important to note that training, governance, finance and managing the organisation does not just happen. The analogy of the swan gracefully gliding across the water but underneath the legs are rapidly propelling in the right direction is very apt.

A big thank you to all staff, your commitment to the organisation is very much appreciated.

Briefly I would like to thank the other Board Members past and present for their commitment and support over the last few years. For Reachout to deliver the service it does involve a commitment from Directors to ensure governance, controls and decisions are taken in the best interest of the charity. This commitment is often not seen, the way it should be, but occasionally it is worth noting.

2023 is also our 30th year of providing the service and it is important to note the successes and achievements. I hope the AGM will enable us all to reflect on these but also how we look forward to the next 30!

In summary I predict that the next year will be busy, hectic, and enjoyable as we deliver in the Reachout manner meeting the needs of our members, partners, funders, and the wider community across central Scotland!





Executive Artistic Director

Lesley Arthur

A Year of Transitions

2022 continued to be a year of grave uncertainty for all with the continuation of Covid 19, the Russian invasion of Ukraine, and ongoing global climate concerns which have all resulted in the cost of living crisis. Financial concerns of basic human needs, food, shelter, and warmth have imploded. Mental ill health has worsened.

It is well documented that art can distract from pain and anxiety to offer respite and maintain a sense of dignity to stimulate holistic healing. It is well evidenced that providing participatory creative activities that help restore peoples' mental and physical health generate considerable cost savings to the NHS. Art has the capacity to transform, heal and strengthen.

For 29 years the Reachout service has reached out to provide psychological needs security and safety, community, friendship & belonging, to bolster confidence, self esteem, feelings of accomplishment and self actualisation for our membership.

Our membership has grown to provide person centred creative programmes to a broad spectrum of our local community living with a diverse scale of challenges, many of which are long term, multiple and complex. Many of our participants are unemployed, unpaid carers, single parents, socio-economically disadvantaged, and at risk of poverty, and experiencing social isolation, discrimination and loneliness.



Creative programmes challenge discrimination through accessible creative activities for social integration to address isolation, loneliness, improved health, new skills and increased confidence.

Our Creative Communities programme continues to fill a significant gap in local long-term mental health recovery and wellbeing provision for adults living with mental ill health, neurodiversity, learning disability, dementia, unpaid carers and cared for people living in the most deprived areas of Clackmannanshire, and as such we receive a high volume of referrals from 37 Forth Valley agencies. An increasing rise in referrals from neurodivergent adults has contributed towards our revised service delivery and upskilling of staff and volunteers. Globally 1 in 7 of us live with a disability. And of those, 80% are invisible. We are currently undertaking an Inclusion Research Report to better understand the needs within our communities and gaps in local service provision.

Reachout provides a member-led self-help model where members are encouraged to be involved in the day to day planning, delivery and management of the organisation. This is an important factor in Reachout's success. Supported by a core staff team and volunteers, members of the community offer their skills, services and talents in exchange for opportunities to take part in activities, have new experiences and learn different skills. Reachout's ambition is to put



local people with strong community connections in the lead to identify and build relationships with others needing support, and then help them find ways to build on their strengths and skills to turn their lives around. Through working with professional artists, members gain creative confidence and skills to lead and mentor others.

We use expressive arts as the vehicle to undertake community engagement, raise aspirations, tackle inequalities, support recovery and build stepping stones to volunteering, further education & employment, empowering long term resilience and wellbeing.

Our holistic approach to addressing social and wellbeing needs enables people to make a greater contribution socially and economically to their local community.

Reachout is about local people: identifying barriers to opportunities in their local area and deciding what to do about them. We co-produce creative solutions that respond to and alleviate the challenges they face in their daily lives, to make positive long term changes in their lives.

During 2022 alongside our member studio programmes we have continued to collaborate and co-produce creative interventions for children, young people and adults via our outreach service with a wide range of partners. Co-production ensures we are addressing needs via personalisation and choice, whilst complimenting and adding value to



our partners service. Thanks to Wellbeing Scotland, Psychological Services, Clackmannanshire Carers Centre, Homestart and Alloa Ballet. Clackmannanshire CAB Outreach Service has continued to provide our membership with invaluable financial advice and support weekly in our studio. Thank you to our extraordinary team whose positivity and unwavering commitment and effort through transitions of challenge, change, process and procedures has shaped our organisation post covid to be 'a little bit of heaven in Alloa'.

Reachout fosters a vibrant passionate culture with a team of resilient, skilled professionals striving for excellence. We welcomed Leanne Dewar to the part time role of Studio Manager as Kirsten Mooney went on maternity leave, and new team member Aileen Pasby was appointed as Studio Admin Support Worker.

Our Professional Artists Jen Bradley, George Farrow-Hawkins and Leanne Dewar deliver comprehensive knowledge of contemporary and historical art practice across visual arts, digital media, pottery and printmaking workshops. Anne Johnstone, Arts Resource Worker, has empowered our membership to lead and mentor others through successful and consistent member-led craft groups. We have welcomed new studio volunteers and volunteer directors. We are very grateful of all our volunteers knowledge, experience, commitment and time. Thank you to our board members, directors past and present.



As a charity we rely on grants and donations to deliver our service. As the cost of living increases, we too feel the impact of increased daily running costs, whilst experiencing an increased demand for support. Securing funds is increasingly more challenging as funding programmes

become increasingly oversubscribed. Competition is steep. But we are passionate about our impact and outcomes of our programmes, and our award winning track record. Thank you to National Lottery Community Fund, The Robertson Trust, Awards For All, Community Mental Health & Wellbeing Fund, Clackmannanshire Council Long Term Unemployed Fund and other small grants and donations.

During 2023 we look forward to our 30th anniversary - no mean feat for a little local charity - and as the funding landscape becomes increasingly more uncertain Carly Speirs Finance and Governance Manager, will revisit our Social Enterprise Feasibility Study to explore options of generating a sustainable income.

In 2023, our 30th year, we will celebrate our achievements, our sustainability, peoples resilience, our members, our volunteers, community, and funders whose contributions make our success possible. We will undertake extensive consultation for our future vision and create an expectation for ambitious achievements to come, as a result of a fabulous 30th year of art, culture, creativity, and community, a celebration!

Thank you all.



2022: Summary

261 beneficiaries



90

Members



82

Non-members
[16+]



89

Children and
Young People

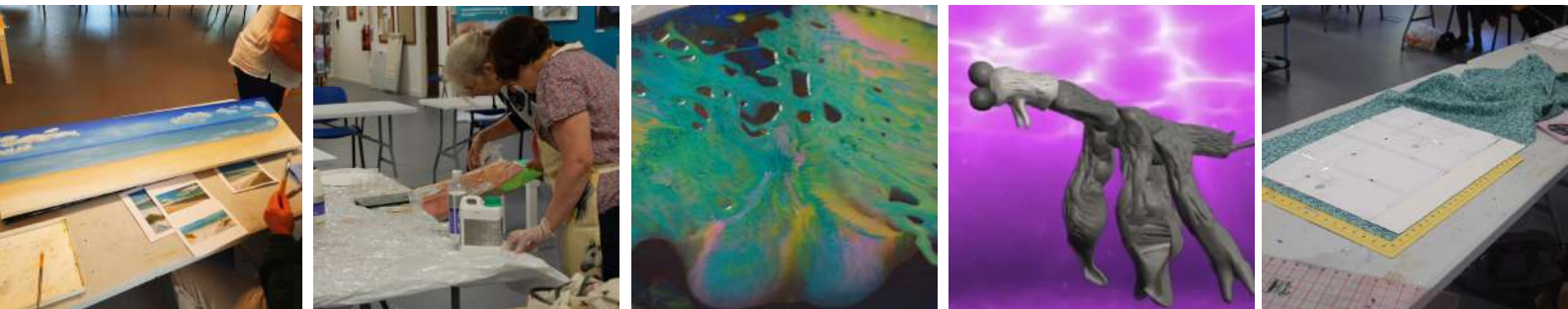
13

2,425 Creative Opportunities

1,649 opportunities for members



1,347 staff led opportunities



251 member led opportunities

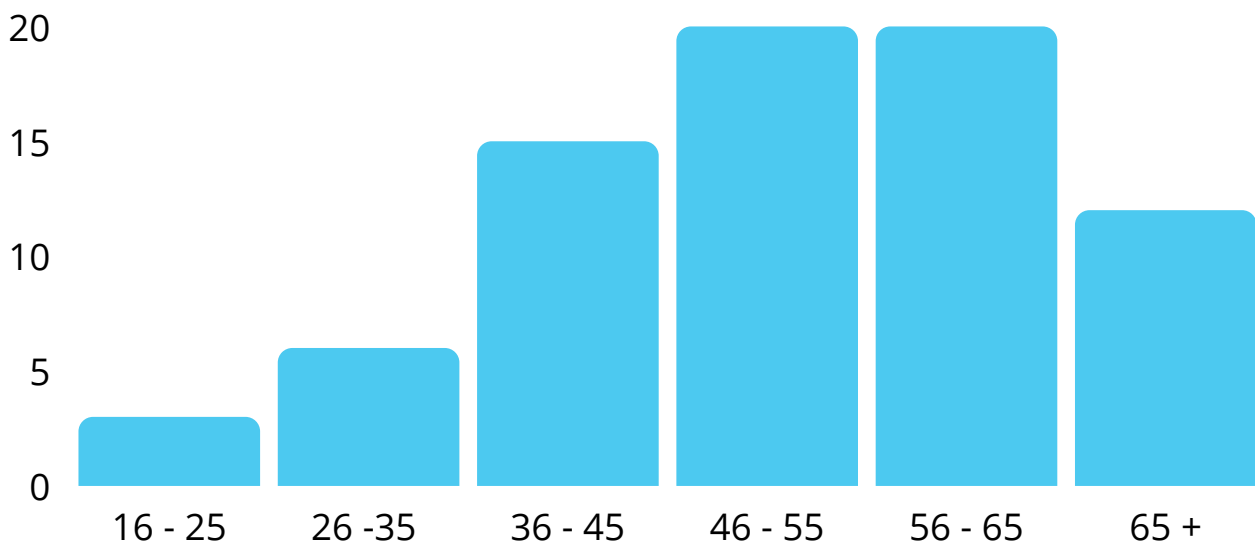


212 volunteer led opportunities



858 creative space opportunities

90 Members 2022



"I love coming to Reachout because there's zero judgement. If I'm having a down day everyone understands that and gives me all the support I need."

- Member quote



Reachout Member

Sarah

I started attending Reachout in 2021, I'm not entirely sure what exact month. I think I've been attending for about a year and a half with a break in the middle, which made me realise how important Reachout is to my wellbeing. I heard about Reachout through my CPN, who asked if I'd ever heard of Reachout, I then looked on the website and completed the online referral form. I almost didn't refer but I'm so glad I did!

'I feel like I've found myself a little bit by coming here, and realizing I am a valuable person.'



I particularly enjoyed the acrylic paint pouring - for someone who has such extreme OCD I didn't like not having control, but it taught me a life lesson. It's so much more than just an art session to me. The Creative Space sessions are another favourite of mine, I like being able to wake up and choose whatever I'd like to do. Christmas Crafts led by Reachout volunteer Agnes was another highlight. I'm really excited to find out what opportunities come next year, to try new things and step out of my comfort zone.

My child has also benefitted from Reachout's services through the work they do in primary schools. They have expressed how much they enjoyed this session and would like to come to Reachout as an adult. As much as I hope they have a bright future, I feel confident knowing that there is a service out there like Reachout. It's increased their confidence and gave them the opportunity to talk about difficult topics in a safe space. They loved it and would constantly remind me "Today is art day at school!" They loved the fact they were listened to, and that the group got to use a certain material because they mentioned it.

'It's so much more than an arts session to me.'

'Reachout is a place that reminds you of your worth.'

I've met so many lovely people, learned so many new things and I feel genuinely appreciated and wanted at Reachout. I surprise myself, sometimes I book onto things I'm unsure about to push myself and they end up being the most valuable experiences. That's another great thing about Reachout, there's so much variety in here. I could talk for hours on the things I've gained from Reachout! I've made friends and gained so much confidence.

I feel like I've found myself a little bit by coming here, and have realized I am a valuable person. Not everyone treats you like that and Reachout is a place that reminds you of your worth. I especially like the relationship you build with other members and the support you provide one another, it's like your one another's little life cheerleaders.





Reachout Member-Led Group Mixed Craft Group

"When we first took on the group, we were nervous but excited."

Our member-led craft group initially began as a staff led mixed craft group with Arts Resource Worker Anne. Around the beginning of the year Anne had to take some time off and we enjoyed the group so much and found it really relaxing so wanted to keep it going ourselves.

When we first took on the group, we were nervous but excited. It began as a structured skill sharing session, with one of us taking lead each week to introduce a craft or process, however over time it evolved and we began working on our own skill sets and individual projects, continuing to support one another, just in a different way.

"We have bonded and developed meaningful friendships with one another."



"It's a comfortable safe space that puts you at ease and enables trust."

We've all gained skills, but we've also gained so much more than that. We have bonded and developed meaningful friendships with one another. It's a comfortable safe space that puts you at ease and enables trust. It's one of the rare spaces that if you're feeling tearful, there's total respect and understanding for you in that moment. We understand what one another needs and how best to support one another.

"We understand what one another needs and how best to support one another."



It's great knowing you have a designated day and time every week to focus on and plan longer projects. Knowing I have a safe space to go and create helps to clear my mind at home. This group has been a huge highlight because we get so much enjoyment out of it, we love to see what everyone's working on and often we inspire and motivate one another to keep going and develop new skills - it gives us a lot of encouragement.

"We inspire and motivate one another to keep going and develop new skills."





Reachout Member-Led Project Trystpark Mental Health Ward Commission

In February 2022 Reachout Member Rhiannon facilitated and led on a very exciting painting commission project in partnership with Trystpark Mental Health Ward.

Trystpark is an 18 bed rehabilitation mental health ward for men with complex mental health needs who require care, treatment and rehabilitation in a safe and secure environment. After a renovation it was felt some artwork would help further brighten the space, and we are delighted to have been commissioned to create 5 large scale paintings.

While members were encouraged to take ownership of the creative process, Trystpark provided a brief to guide our members' inspiration. Rhiannon led and guided members through the brief of creating bright, uplifting landscapes free of any figures or text.



First members had a discussion to decide if they were going to create 5 individual paintings or collaborate on one large work that flowed between 5 canvases. To ensure all members could create unique works to showcase their artistic style and talents, it was agreed they would create 5 individual paintings.

Using paper in the same form as the canvases members then sketched out multiple ideas and plans of their paintings, adding colour to help further develop their final design.

Next, members scaled up their chosen design onto the canvas and began painting using acrylic paint.

A huge well done to our members Rhiannon, Susan, Debbie, Donna





and Steven for all the hard work, enthusiasm and support they showed towards one another throughout this project. And a huge thank you to Rhiannon, Hazel and Fiona from Trystpark for facilitating this opportunity.

The finished paintings can be seen on the next page.

'It been a great experience for everyone involved and will really bring so much to our ward. I can't thank Reachout members enough for working on this project.'

- Trystpark Nurse quote







Reachout Member

Steven

I joined Reachout in September 2019 after receiving a late diagnosis of Autism, OCD, Anxiety and Mild Learning Difficulties at 23 years old. The year before my diagnosis I lost my one true friend, my grandfather, so it was a difficult time for me.

I attended several other community groups, however none of them worked out, but then I found Reachout. At first, I wasn't sure about attending Reachout but thought I can always give this place a try and if I don't like it I'll just say I'm sorry, thanks for the opportunity but it's not for me. But it turned out to be the exact opposite. Things have got better for me since coming to Reachout and some of my emotional pain has gone away. I feel more appreciated at Reachout and have a sense of life at Reachout.

"Things have got better for me since coming to Reachout and some of my emotional pain has gone away."



"I feel more appreciated at Reachout and have a sense of life at Reachout."

It's getting out the house, being able to create, the nattering, the laughs, and possible trips out with folk that I really enjoy. I also like to paint and have my work in exhibitions, for example the exhibition in Forth Valley Royal Hospital where I had a painting inspired by my late grandfather's greenhouse on display.

I'm a grump when I'm not at Reachout. Reachout is my second home, I get homesick when I've not been in a while.

Still from short film





Reachout Volunteers

Throughout 2022 we welcomed back more volunteering opportunities and hope to continue to see growth into 2023.

As a member-led organisation we relish the opportunity to work alongside the strength and knowledge of our local communities, and as such during 2023 we look forward to offering a range of volunteer roles within all aspects of the planning, delivery and management of the service.

We would like to take this opportunity to thank all our past and present volunteers, you are integral to the running of Reachout and a successful future.

Agnes

Workshop Delivery

Jamie

Workshop Delivery

Clare

Workshop Support

Travis

Workshop Delivery

Susan

Studio Support

Krissy

Workshop Delivery

Janne

Workshop Delivery

Graeme

Treasurer

Craig

Chairperson

Jane

Workshop Delivery &
Garden Project Support

TCV Volunteers

Criminal Justice Team

Aziza

Workshop Delivery,
Studio Support & Board
Member



Reachout Volunteer

Clare

I have had some involvement with Reachout over the years, due to being good friends with Lesley, the Executive Artistic Director. I jointly ran art workshops for foster children with Reachout when I worked at CareVisions fostering, I attended a variety of exhibitions and events over the years, then following the death of my husband five years ago, I joined Reachout and attended stress management and portrait sessions. Following this, I was interviewed about my experience for a video for Mental Health Awareness month in 2018.

My initial involvement with Reachout helped me enormously, although I only felt the need to use the services for a short period. Last year

'Feeling part of a community, having somewhere to go to, and helping others has been so beneficial for my own healing.'



after a very difficult 15 months, I decided to leave my job to take some time for me and follow a more fulfilling life and career. I began an online course in 'Holistic Integrated Creative Arts Therapies' in May which is a twelve-month diploma course. I am keen to pursue a career in helping people through creative arts, so when Lesley asked me if I would like to volunteer at Reachout I jumped at the chance. I knew it would not only be a good experience for me and my career, but also for my own mental health. I think feeling part of a community, having somewhere to go to, and helping others has been so beneficial for my own healing. I look forward to the two afternoons I help at Reachout and I'm always greeted with a warm welcome. I enjoy spending time with the members and staff, helping where I can, and seeing what they have created, I then go home after a session feeling a sense of achievement.

'I go home after a session feeling a sense of achievement.'

I have been helping with the pottery workshop on Tuesday afternoons, where I assist in helping and guiding the members with their ideas and creations, as well as helping with the day-to-day jobs such as preparing slip, tidying shelves, and general cleaning up.

On a Wednesday afternoon, I help in the painting workshop, where I assist in helping members prepare for their paintings, give guidance where needed, and help with any jobs required, such as preparing canvases. In both workshops I enjoy chatting and listening to members, as well as seeing them focus and get in 'the flow' of being creative.

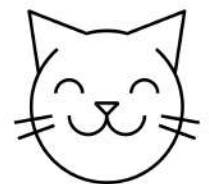
I am a true believer in the healing properties of art and creativity, and hope I can continue to have an affiliation with Reachout in the future, either on a voluntary basis, or perhaps when I have finished my course I could deliver creative workshops of my own at Reachout.



82 Non Member Adults 2022

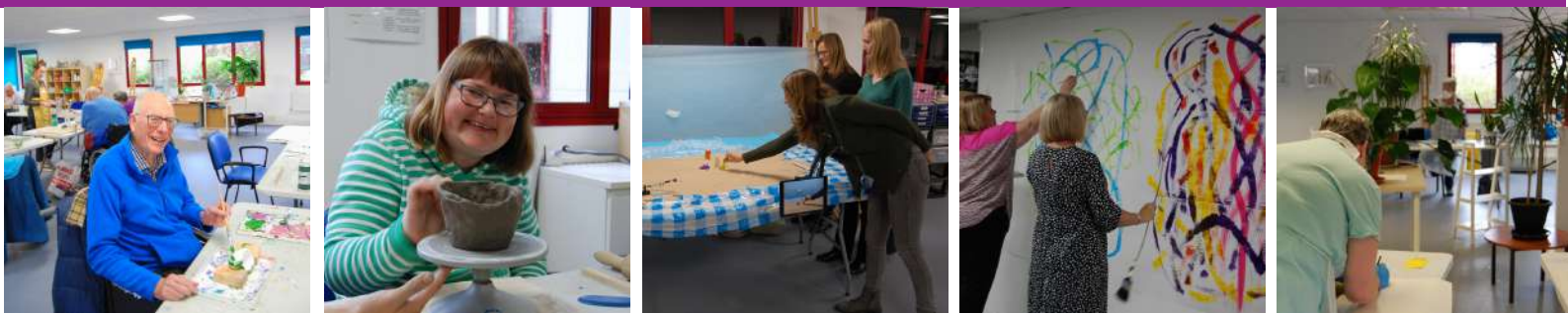


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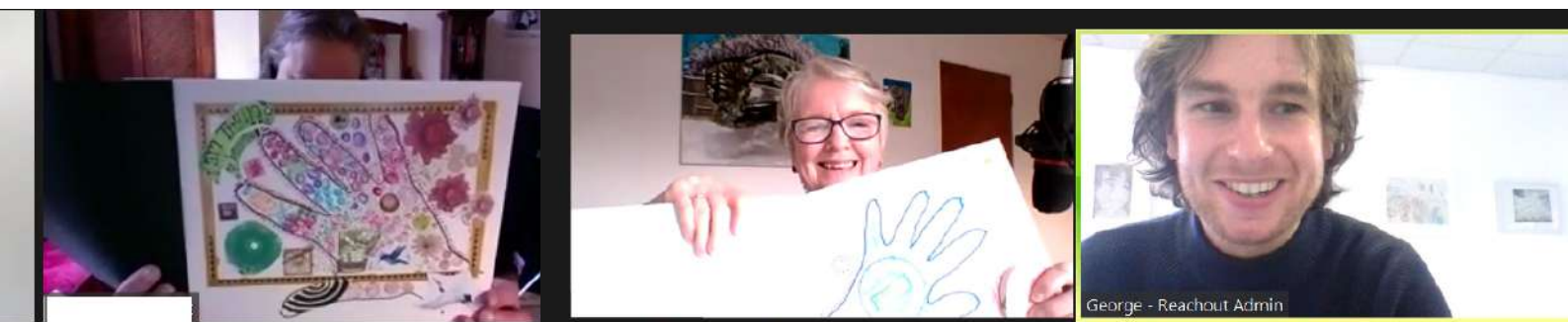


FINN'S PLACE

284 Creative Opportunities for Non-Member Adults



18 sessions in our studio

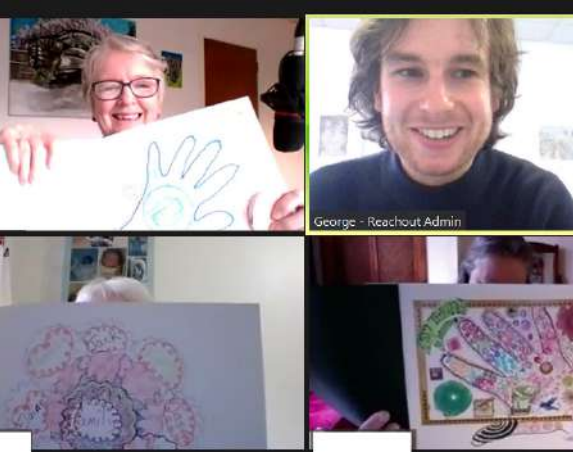


5 online sessions



15 outreach sessions





Gratitude Journals

We kick started 2022 with a series of 6 online Gratitude Journal sessions with 11 participants from Finns Place. Using scrapbooking techniques to focus our mind on the positive areas in life, and things we are grateful for.

"Each week my mood got better, and I looked forward to the next session."



FINN'S
PLACE



Watercolour

In February we held watercolour painting sessions with The Carers Centre to capture the beauty of the Scottish landscape, and relax into the fluidity of watercolour.

"I didn't know if I would be able to come to something like this, but I've loved it."



Visual Art Taster Sessions



We visited Home-Start across February and March for a series of 4 Visual Art taster sessions, including Surreal Collage, Clay, Ceramic Egg Decoration and Experimental Drawing.

"Coming here has been the highlight of my life recently."



Monoprinting

In March we welcomed back The Carers Centre to our studio to have a go at some monoprinting while admiring the beauty of our studio plants! Monoprinting is a great way of being present and focusing the mind.

"Really enjoyed printing, so relaxing and stress free"





Watercolour & Family Session



As Spring rolled in we held 4 creative sessions with Home-Start in The Bowmar Community Centre. We utilised the outdoors, found inspiration from nature and held a special family session for children and adults.

"This is so much fun!"



Watercolour

Watercolour was back by popular demand with The Carers Centre as they re-visited our studio in April. During these sessions we looked at several artists including David Hockney and Elizabeth Blackadder.

"I can't believe how relaxing it is"



Educator Training

Creative Therapeutic Interventions for Children

In May we held an Educator Training session with Teachers from local primary schools to further enhance their skills as part of our Creative Therapeutic Interventions for Children programme.

"Great session. Lots of really useful tips to get started with projects in school. Lots of good ideas."



Expressive Painting & Clay

We also held 4 creative sessions with Women's Aid, exploring expressive painting techniques while looking at the artist Alan Davie and creating custom clay pots using a wide variety of sculpting techniques.

"It's been nice coming in here, letting go and having some time to myself."



Watercolour & Clay

From May to June we held 2 sessions with Raploch Community Partnership, now known as Inspiring Communities. We created vibrant artworks using watercolour paint and had an introduction to air-drying clay to create pinch pots, which we also painted!




Celebrating Carer's Week

We held a special session with The Carers Centre in June to celebrate Carer's Week. Throughout this session we focused on using collage techniques to create artworks that act as a visual aid for the carers, looking at favourite memories or things they enjoy outside of their caring role.



Carer & Cared For Person Session Painting & Clay

Later on in the month we held our first session with both carers and their cared for person. In this session participants had the choice of painting or clay as mediums to explore. This gave the carers and their cared for person an opportunity to work independently.



Experimenting with Clay

4 participants from Play Alloa visited us throughout June for 5 sessions to experiment with clay! This session was to provide a creative outlet for the young adults, boost their confidence and encourage autonomy.





Educator Training Creative Therapeutic Interventions for Children



We finished the year with a final series of 3 Educator Training sessions delivered in our studio to local Teachers. Although our clay session proved extremely beneficial for the Teacher's wellbeing, after some discussion concerns were raised about a lack of funding in schools to regularly purchase clay. This information has helped to shape our future programme.

'Really enjoyed air dry clay - would love to do another session. It's been excellent for my mental health - and will be for the kids.'

In our Animation Training session we allowed the Teachers to collaborate which proved extremely beneficial in engaging with one another for the first time. Throughout this session we tackled the issue of budget constraints and discussed different materials that were more accessible and could be used within the classroom.



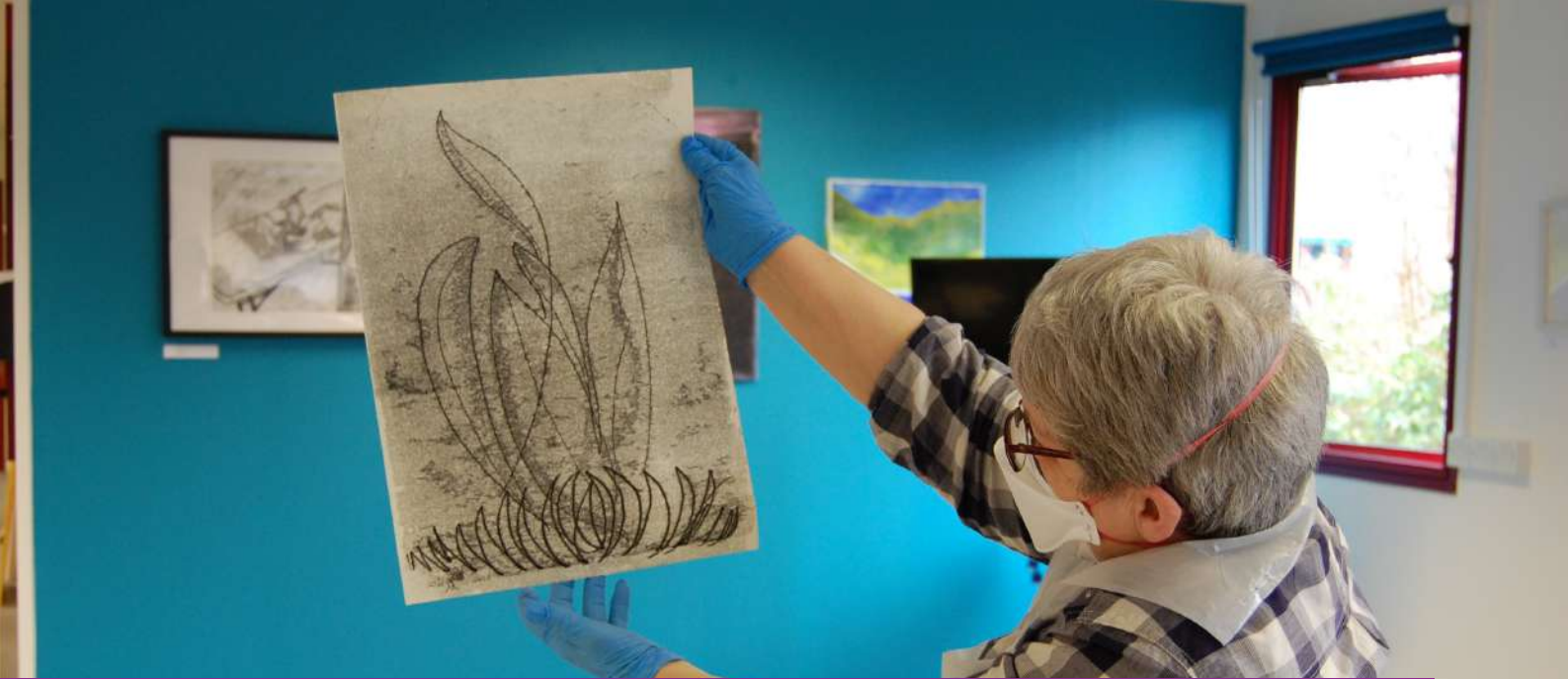
'I found it really therapeutic'

Expressive Drawing & Painting



Our final session for the year was Expressive Drawing & Painting and focused on warm up & familiarisation activities. We also covered playing independently with materials like ink, paint, posca paint pens, charcoal and pencils, looking at contemporary artists and listening out for 'golden nuggets' from children like interests in materials, processes and artists to inform sessions in the classroom.

"I can already think of so many pupils who would benefit from this."



Reachout Partner

Falkirk & Clackmannanshire Carers Centre



'All I can say is thank goodness for Reachout and all the work they do.'

The Carers Centre has worked with Reachout for many years and has known about the work they do for a long time. All I can say is thank goodness for Reachout and all the work they do in providing relaxation for our carers through creativity. Our carers and cared for people consistently leave Reachout feeling so relaxed.

We're in the middle of a critical time, post covid, and a lot of people are still reluctant to engage with services. The Carers

Centre is a voluntary organisation, as is Reachout, which is great because we can collaborate and partner quickly and effectively to engage with the individuals we work with. Working with Reachout provides a quick response to maintaining an individual's wellbeing while they make their way to the top of waiting lists of statutory services.

We have witnessed so many positive outcomes in individuals through coming to sessions at Reachout including a reduction in social isolation and improvement in their mental health.

'Working with Reachout provides a quick response to maintaining an individual's wellbeing.'





'All that attend leave with a smile on their face that lasts all day.'

Carers and cared for people come away also with the feeling they have achieved something. The studio is fantastic, the staff are welcoming, it's just so relaxing. The environment created within Reachout's studio helps our members feel safe and welcome. The person-centered, strengths-based approach makes our carers feel safe and welcome, as if they have known staff for years

All who attend leave with a smile on their face that lasts all day, I'd compare it to the same feeling as having a massage.

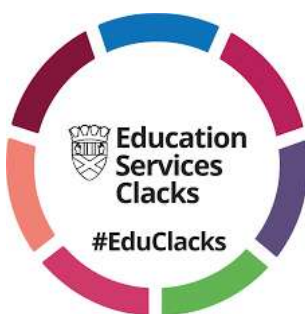
In the future it would be great to continue our work with Reachout, seeing more carers engage with the service and develop a collaborative programme to further support carers and their cared for person at Reachout. - Tracy Gibson, Carer Support Worker.



89 Children & Young People 2022



In partnership with:



**Clackmannanshire
Council**

430 Creative Opportunities for Children & Young People



35 sessions in 10 local primary schools



6 outdoor sessions with 21 participants



9 intergenerational sessions



12 sessions in our studio

Creative Therapeutic Interventions For Children

Park Primary, Clackmannan Primary & St Serfs Primary

At the start of 2022 we re-entered local primary schools to facilitate blocks of 6 creative sessions to a small group of children. These sessions help grow participant's confidence and allow them to experiment with their creativity in conjunction with the Curriculum for Excellence.

"I can't wait to take this work home and show it to my mum."



Still from Short Film



Play in the Park: Clay & Ink



In April, as the weather began to improve we utilised the outdoors for 2 sessions with Home-Start in West End Park.

Throughout these session we witnessed children really engage with processing and helping one another.

"I'm going to keep doing this type of art and share this technique with my friends"



Easter Play: Family Sessions

During the school Easter holidays we held 4 creative sessions with families in our studio. We created clay sculptures, short films using stop motion animation and created our own surreal story book using collage.

Memorable moment in surreal storybook session when young person and adult worked together to create a collaborative story creating lots of playful and positive conversation between the two.



Still from Short Film



Character from Storybook

Expressive Drawing & Painting

We also held a session with Alloa Ballet in our studio, creating art from dance and movement inspired by artist Heather Hansen. The combination of mark making and movement created a relaxing and inspiring environment.

"This is so cool. I love being able to create a permanent mark from dancing. I would never have thought of doing this"



Creative Therapeutic Interventions For Children

St Bernadettes Primary

Throughout April & May we facilitated a block of 6 creative sessions led by children in St Bernadettes Primary. These sessions included ink, plaster, animation and clay!

"This is the best day ever!"

Clay: Intro To Hand Building

In July we welcomed back Alloa Ballet for 2 hand building sessions using air drying clay. Participants had lots of fun during the sessions, with lots of laughter and moments where they verbalised how proud they were of their art works!

" I like being able to learn something and then also have the chance to do your own thing. That doesn't really happen at school"



Play in the Park: Upcycle & Bubble Art

In the Summer we held 2 more Play in the Park sessions upcycling coffee cups into plant pots and using bubbles to create large scale paintings! Participants gained so much from playing with materials and were keen to show parents and guardians what they had created.

"Cool! This is so fun!"



Stop Motion Animation

Alcoa Ballet dancers brought their parent or guardian to our studio in October to create short films using stop motion animation. Having adults join in the sessions was great and created positive moments of encouragement between the two generations.

"Thank you a million times over. The sound effects were superb. Brilliant job teaching all my girls this wonderful skill."



Creative Therapeutic Interventions For Children

St Mungos Primary, Sunnyside Primary & Deerpark Primary

We ended with 6 block sessions in both St Mungos, Sunnyside and Deerpark. These sessions included both independent and collaborative ways of working to create and edit your their short film, spray paint, get expressive on a large scale and create physical and digital sculptures.

"I've been drawing more because it makes me feel calm."

Other Organisations engaged with 2022

"I couldn't even have imagined what the Artist was going to do. It was beyond all of my expectations."

- Partner quote



"This is great for them. They can come and be themselves, make friends, have fun and see what they are really capable of."

- Partner quote



Finance & Governance Manager

Carly

As the Finance & Governance Manager at Reachout, my responsibilities vary every day. On the finance side, my role includes the preparation of monthly and annual financial reports for the Board, bank reconciliations, payroll and working with the studio staff on quotes for outreach programmes. Governance can include anything from creating and updating policies and procedures, the onboarding of new staff, preparing statutory returns to OSCR and Companies House, to ensuring regulatory controls are in place, such as electrical testing, fire safety checks and insurance. I also work with the Executive Artistic Director on monitoring reports and applications for all new grants and projects, and I work with the Board to ensure an effective and efficient operation at Reachout. No two days are ever the same, and I love the scope and variety that my job in a small third sector organisation offers.

While 2022 has seen an easing of Covid restrictions – no more masks! – the pandemic has given us an opportunity to revise our service and offer more structured workshops in the studio, while also working with partner organisations in the local community. However, the cost of living crisis will make this a difficult winter for many of us, and at Reachout we continue to see our costs rise as we work hard to deliver



a quality service in a challenging landscape. Financial control and good governance continue to be the focus of my role. As part of our continued commitment towards good governance, I have been working on the IASME Cyber Essentials accreditation on behalf of Reachout. This is a Government sponsored and UK wide certification to fight cyber crime, and by working towards accreditation, we show a commitment to having the necessary firewalls, policies and procedures in place to fight cyber attacks. Recent reports suggest that 26% of all charities have experienced some form of cyber attack, as we all become more digital in a post pandemic environment. More and more organisations across the private, public and third sectors are committing to IASME Cyber Essentials to fight cyber crime, and we were delighted to have our certification approved in December 2022.

Looking forward, 2023 will see me conducting a thorough review of our Employee Handbook and associated policies, and we will revisit the social enterprise feasibility study last carried out in 2021. The funding landscape and current economic climate brings increased challenges to Reachout but we continue to provide an invaluable service to the local community, supporting individuals through the provision of quality creative art.



Studio Manager & Visual Arts Project Worker

Leanne

When I look back across the previous 12 months, I can't help but smile! Although 2022 brought new challenges both inside and outside Reachout's studio, I'm so proud of staff, members and volunteers and the great creativity and resilience they displayed in using these challenges as opportunities to learn, adapt and thrive!

I joined the Reachout team as Visual Arts Project Worker in July last year after a significant change in the delivery of the service due to the pandemic. Even with all the restrictions the pandemic placed on our service we were still able to create a safe and inspiring environment through structured workshops managing capacity through a booking process. This year we have seen a decrease in restrictions in relation to the pandemic which has allowed more freedom and spontaneity in the studio.

This freedom has increased the positive impact our service has on an individual's wellbeing, it has enabled members to become more confident in the studio and to take ownership over areas of



the service. For example, we have seen an increase in member-led groups and member's confidence in skill sharing, coming together and connecting through creativity.

To ensure we continue to create this welcoming and inspiring environment for as many as we can I have been conducting an Inclusion Project looking at how we can increase our inclusive practices in all areas of our charity, including our communication, studio procedures and facilitation. This is an ongoing project however, I would like to thank Project Ability and Disability Equality Scotland for partnering with us to inform this project. The next step is to collate all the information and put it into practice with regular reflection and consultation to ensure we are continuing to improve.

In my sessions alongside members, we have focused on session structures that increase inclusivity and can adapt to the increase in membership. For example, our weekly Painting session allows our members to freely experiment with materials or be led through a process by myself, depending on what level of support they are looking for. With thanks to our members' willingness to skill share, and Reachout Volunteer Clare we were able to increase the capacity of the painting sessions and develop a member-led painting group.

It's been great continuing our relationship with local organisations and facilitating sessions to widen the impact of our service. Sessions



included an outdoor intergenerational session with Home-Start upcycling coffee cups to encourage the young people to re-use and recycle materials while being more aware of disposable materials, painting with movement inspired by contemporary Artist Heather Hansen with Alloa Ballet and capturing the Scottish landscape in watercolour with the Carer's Centre.

I have particularly enjoyed working in the local primary schools, facilitating sessions to a group of children aged 5 – 9 years old and am consistently amazed at the positive outcomes we are witnessing, from an increased ability to regulate emotions to increased focus it's been real positive experience.

An exciting new challenge I personally faced this year was taking on a new dual role – 3 days Studio Manager and 2 days Visual Arts Project Worker – while Kirsten is on maternity leave. As with any new role there is a period of adjustment, however I can't thank the team and members enough, specifically Lesley, for the level of support, patience, and encouragement provided to me while I navigate this dual role.



In my role as Studio Manager, I have continued the work of Kirsten; ensuring the studio operates effectively, maintaining a welcoming, creative space for everyone who comes through our doors. With the help of Aileen, Reachout's Studio Admin Support Worker, we have continued to collate statistics and feedback to inform what works best and how we move forward. Thanks to the efforts of Reachout Volunteer and member Jane, we have also welcomed back member's meetings as Feedback Friday. This is an opportunity for members to meet, discuss the service, give feedback and generate ideas to feed directly into the work we do, ensuring we are member-led and strengths based.



Studio Manager until July 2022
(Maternity Leave)
Kirsten

I could write a novel on all the reasons I'm proud to be part of Reachout but I realize this is maybe getting a bit long so I'll try be quick – the level of support, understanding, respect, guidance, creativity, encouragement and warmth from members, staff, volunteers and partners is unlike any other environment I've ever been part of. I aim to communicate this positivity in all our marketing and communications, and have focused on refreshing our leaflets, social media channels and website. It's difficult to communicate effectively through words so I encourage anyone to get in touch and pay us a visit to experience it for yourself! 😊





Visual Arts Project Worker

Jen

It's been lovely this past year to see friendships grow again at Reachout as we emerge from the pandemic, with people supporting, listening and being there for one another. I've also found it really encouraging that in many of the training courses I've been on in 2022 there have been discussions on creating welcoming and inclusive environments. Showing kindness, compassion, and helping one another in our local communities to feel seen and heard are core practices of our service, and it feels like there is positive shift happening outside our studio too.

This past year I've continued to facilitate a variety of clay and printmaking sessions to members and partner groups, with a focus on developing the space we currently use for clay. My aim has been to strengthen relationships with local ceramic artists and potters, which can help inform the ceramics space we can create in the Reachout studio. I've been gaining more experience with glaze application and operating electric kilns in my own art practice which has been exciting. This hands-on experience will all feed into the creative processes I share with members during future sessions.

Although the concept of a more established ceramics space is



extremely exciting, both to myself and members it would be a significant investment. To ensure we build a ceramics space that would be inclusive and practical I began to research how we can develop our current clay space into a ceramics space, with a kiln. This would enable our members and the partners to glaze and fire their clay work, enhancing its quality and longevity. In March 2022 I attended a Ceramics Technician course at Clay College in Stoke, which opened up a world of information covering processes when working with ceramics, importantly including health and safety when working with clay, glazes and using kilns. It also connected myself and Reachout with a great network of ceramic artists and potters from all over the UK who I can contact for any ceramics-related help. Many thanks to Reachout for supporting me to go on this course - the





knowledge I learned at Clay College is invaluable and will inform the development of our ceramics space moving forward.

Building creative relationships is important to me. This past year I've met with local artists to build partnerships and learn from their experience running ceramics studios. Thank you to artists Walter Awlson, Hannah MacIntosh and Lucy Urquhart, who have been so generous with their time and ideas. Lucy teaches art at Alloa Academy and has very kindly offered to fire our clay work at the school this year while we research setting up our own kiln area. I'm excited to help enable members to fire their clay work this year, and to be able to share glazes in the clay workshops which is something I know members are looking forward to exploring too. Thank you to Reachout volunteer Clare for all her support in my clay sessions.

Members who have attended the printmaking sessions this year have gained a huge sense of achievement on completing a linocut. It's really heartwarming to feel the encouragement and shared sense of fulfillment each time we run a print through the press, not only has the process been magical but our members have been creating absolutely beautiful prints too!

To continue facilitating high-quality creative sessions, I continue

working on my own art practice which is drawing, painting and ceramics based. I develop my own creative practice by participating in artist residencies and attending courses to learn or sharpen skills such throwing and making glazes. It's a goal of mine to spend focussed time in my studio making work and experimenting every week. I'm very grateful to Scene Stirling and Creative Scotland who have helped me to build a diverse stock of ceramics materials to allow me to experiment in my studio with help from their Micro Grant. I feel more fulfilled, present and inspired when I make artwork, which in turn enables me to inspire others through the sharing of processes that I use. This cyclical process feels balanced for me. I feel I can understand and empathise with members when they tell me they miss being away from the Reachout studio and that they feel calmer and more present when they are connected and being creative. Thank you to all Reachout members who continue to inspire me every day I come to work!





Visual Arts Project Worker

George

Throughout 2022 as restrictions eased, we have facilitated sessions in various settings outside of our studio with various partners, including community hubs like the Raploch and in local parks with Home-Start. Partnership work continued inside our studio as we welcomed The Carers Centre, and for the first time their cared for person, creating a collaborative creative experience between the two. Despite their comparatively short duration, these sessions have a tremendous positive impact for those that participate and prove incredibly vital as it allows us to reach people that might otherwise not come across our service.

I have continued to facilitate sessions in primary schools around Clackmannanshire as part of Creative Therapeutic Intervention for Children in partnership with the council. It is an incredible privilege to see the positive impact these interventions have on the young people.

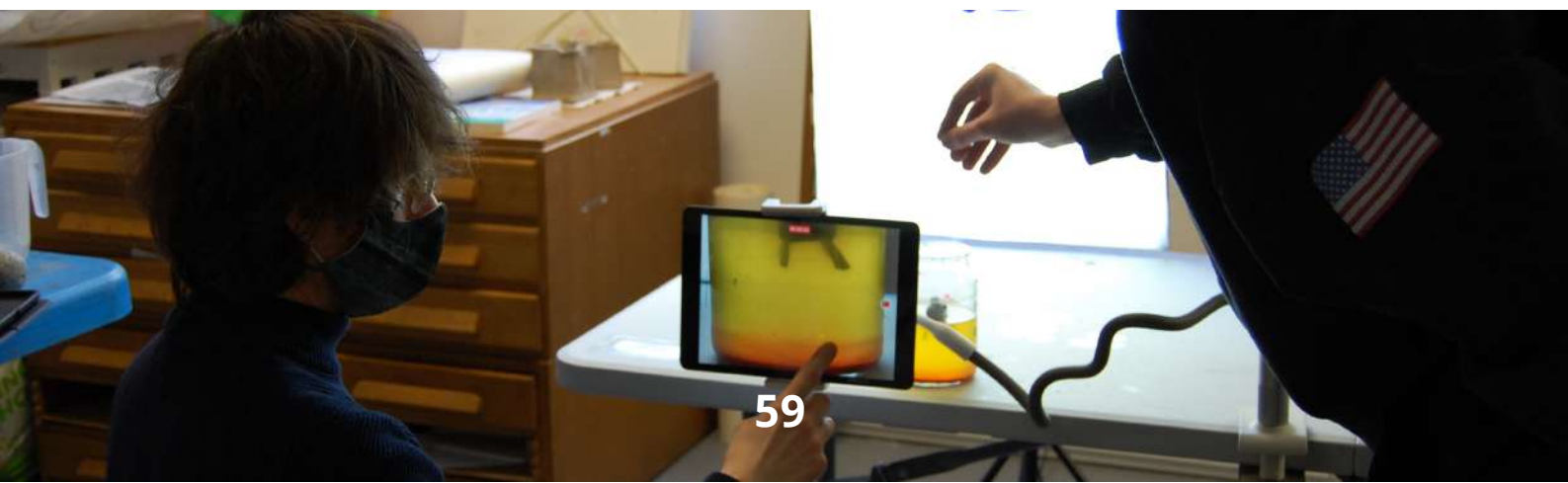
We have had many new members join Reachout this year. It can be particularly daunting to enter any new environment, so it has been



particularly wonderful to see the confidence emerging among the new members that have attended creative sessions this year.

My central focus within the studio has remained in assisting members navigate their unique creative journeys. I continually try to remain present with the participants and assist them in working through any psychological or technical barriers that might be inhibiting them in a particular moment.

I am always mindful to give an individual as great a degree of autonomy as possible in these interactions and allow them to direct the trajectory of their practice. Considering this notion, some members have communicated a wish to make creative connections beyond the context of Reachout and have their work seen by a wider audience. To facilitate this, I have made a concerted effort to locate opportunities within the wider artistic community that may be of interest to these members. For example in October I connected with



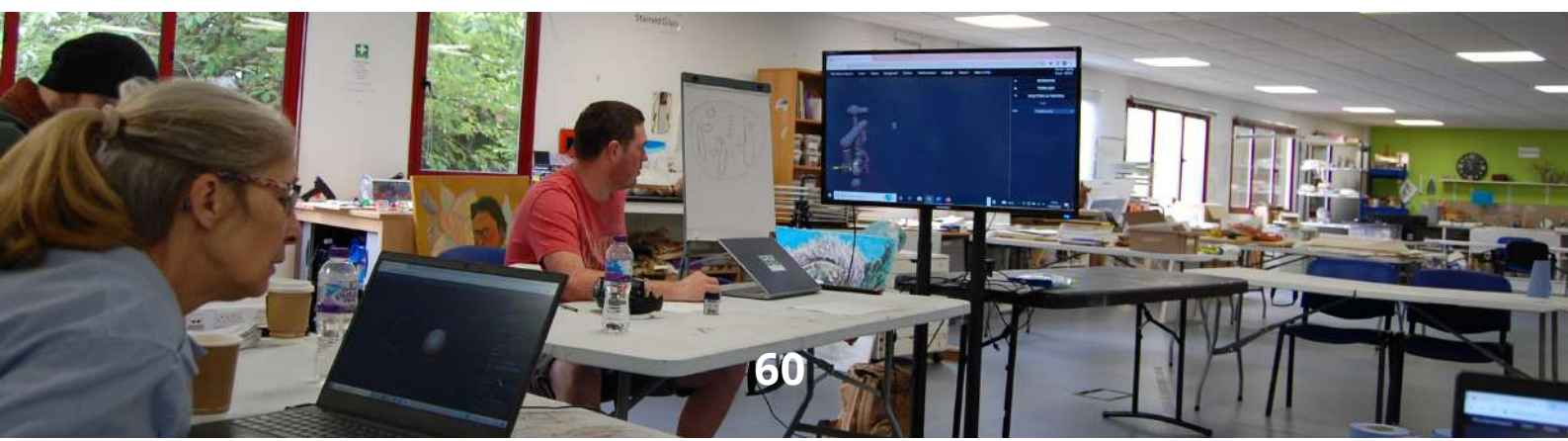


Jennifer Gilbert, a curator based in Manchester as part of the SHIFT programme, which champions under represented artists. Through collaborative facilitation she interviewed a couple of our members on their creative inspiration and process. I have worked with these individuals to assist them in navigating the application process when opportunities have arisen.

In addition to this, several members this year have begun to lead workshops themselves and share techniques they have mastered with other members. This has been hugely beneficial for them, and has broken new ground in relation to their creative and social development.

I have continued to curate a revolving exhibition in a designated area of the Reachout studio, to showcase artworks recently created in the studio. This offers a place for reflection of the incredible variety of work created within the studio.

The popularity of certain specialist workshops which I have introduced



into the studio, such as sculpture, animation and model house building, has meant that these have become regular fixtures within the studio calendar. This regular scheduling has allowed for prolonged creative investigation and time for members to envision and realize larger scale projects. It has been wonderful to see members become captivated by these processes, that I myself have such a strong relationship with in my own creative practice.

In this past year we have seen sculptural and moving image works come to completion after months of creative endeavor. It has been wonderful to see an individual's confidence bolstered as their projects evolve into something beyond their own expectations, and I'm looking forward to continuing this into 2023.





Arts Resource Worker

Anne

It doesn't feel like year since I was writing for the last report. Doesn't time fly when you're enjoying yourself!

Let me firstly introduce myself to any members or partners I have not met. I volunteered and was on the board at Reachout before joining the staff in 2019. Since then my role changed hugely due to the pandemic from delivering workshops to two large adult groups to outreach sessions both on zoom and in person as well as workshops with members. I have always been interested in crafting and at Reachout I have often delivered activities I have never personally tackled before.

I'm delighted to say, at times, the direction of my workshops have naturally been led by members and I'm confident through group discussions that this will continue. Throughout 2022 I've witnessed the effects this cooperation has had on improving self -esteem and confidence for all those involved.

My workshops have been fragmented this year due to a long-term sick leave however I was pleased when my craft group decided they had



the confidence and interest to continue meeting weekly without my support. This craft community has continued to meet successfully since April.

I try with all new workshops to provide images as stimuli to show what can be achieved with the range of resources provided. I often encourage members, through demonstrations, to look at various ways to use resources along with a general plan for their project. It's satisfying to see how many different ideas can be completed using the same resources. This shows confidence in their own ability as well as giving me the opportunity to discover more about members' interests. In all workshops my mantra is 'I like easy!' this gives opportunity to develop more complex techniques within projects as well as building confidence. It is rewarding to see participants' abilities grow along with willingness to challenge themselves to try a new project or technique. In doing so everyone can overcome the feeling that they might fail and in fact will be more likely to learn something new by having to solve a problem.

I have been delighted to observe members going home after workshops to independently research new ideas as well as taking resources home to work on and bringing what they have learned into the next workshop, skill sharing with other members.

The macramé group, along with myself, have really enjoyed experimenting with macramé from beginners to skilled crafters. As a group we are in the process of cataloguing samplers which will be used in future workshops or creative spaces.

I try to link skills undertaken in the studio e.g. upcycling wooden boxes will be developed into furniture upcycling in 2023. I think it is useful to build on skills by revisiting workshops and subtly moving projects onto another more complicated level.





Next year I hope, if members interest and time allows, to revisit sewing and needle felting projects as well as some new workshops. I'm sure the studio in Reachout will continue to feel more relaxed as throughout the next productive, creative year with members feeling confident enough to increase the number of member led workshops and perhaps have more member volunteers delivering sessions.



Studio Admin Support Worker

Aileen

I joined Reachout at the end of February 2022 as Admin Studio Support Worker as part of a back to work placement. Prior to working for Reachout I have had many years working in the financial services industry, and I have also worked for tele-sales and home improvement companies.

I wanted to work for Reachout to increase my motivation, aspirations, to develop links with the wider community and maybe even learn some new arts and craft skills. My experience working at Reachout has been valuable and enjoyable. I really enjoy meeting new members and witnessing their progress, improve their wellbeing and positivity.

I was delighted to receive employment and become part of the Reachout team after successfully completing my work placement. A key part of my role is to help the team to ensure the studio is running efficiently day to day and that members have a positive experience at



Reachout. From booking members onto workshops, reception admin, workshop set up to making teas and coffees I do what I can to further support Reachout staff and members.

Throughout the year I also helped support some of the outreach partner projects such as the outdoor Play in the Park sessions with Home Start and other Summer sessions. This involved going to local parks and encouraging the children to create with their own imaginations, making the sessions as enjoyable as possible.

My own confidence and self-esteem have grown since working at Reachout. In the future I would like to continue to support staff and members wherever I can, and develop my own skills further.





Garden Project

With huge thanks to Reachout Volunteer Jane we got our Garden Project started. The Reachout Garden is a contained, mature garden formed in a rectangular space within the central boundary walls at Lime Tree House (LTH), Alloa. The garden was established 30 years ago and includes a variety of mature plants and shrubs. Reachout moved to LTH premises in 2018 with plans to develop the garden area as part of the strategic service plan.

We are keen to utilise the garden space for art and wellbeing activities, but require ongoing assistance with maintenance and funding if this is to be a viable option.





To test interest and collect feedback, questionnaires were sent out, and we held an Open Day in July 2022 for members, partners, local artists and local community groups in the Alloa South East area.

We received feedback from 15 members and 9 stakeholders; comprising partners and community groups.

Summary of feedback

Reachout Members

Of 15 member responses:

-  8 persons had visited the Reachout garden previously
-  15 (100%):
 - ▶ felt it was important to have an outdoor space for members.
 - ▶ enjoyed the visual aspect of having the garden next to the studio.
 - ▶ would be happy to join activities in the garden.
 - ▶ thought outdoor space would have a positive impact on mental health.
 - ▶ agreed the garden would be beneficial (Very good or Quite good) in terms of more arts and crafts; nicer environment; safe space; improved mental health; general wellbeing.
 - ▶ agreed more Arts and Crafts would be of interest.
-  10 noted interest in maintenance and care for the garden and plants.
-  Alternative member ideas for the space included:
 - ▶ Storytelling
 - ▶ Fundraising art sales
 - ▶ Pottery (with outdoor kiln)
 - ▶ Easel painting
 - ▶ Cooking
 - ▶ Arts, crafts or music lunches
 - ▶ Woodcraft
 - ▶ Partnership with OWL group (Outdoor Learning Forth Valley)

Partners

Of 9 partner and community responses:



9 (100%):

- ▶ were aware of Reachout and its services (6 of these organisations are already affiliated with Reachout) and had visited the studio and/or garden).
- ▶ agreed developing the garden would have a positive impact on the visual aesthetic.
- ▶ agreed outdoor greenspace had a positive impact on mental health and would be interested in collaborating in a wellbeing and creativity space.



1 was interested to help with garden maintenance.



4 were able to help with skills and resources.



1 was able to help with materials.



6 could potentially use the space during office hours.



4 could potentially use the space during evenings or weekends.



Additional suggestions were offered about stakeholder partnership:

- ▶ Art tuition and outdoor painting sessions.
- ▶ Craft sessions – felt and paper making.
- ▶ Parent and children group work - reading groups and environmental challenges.
- ▶ Women's group trauma and therapy sessions.
- ▶ Arts and activities for young people and schools/colleges.
- ▶ Advocacy services and client meetings.
- ▶ Outdoor performance space.
- ▶ Filming
- ▶ Social events for service users.

Conclusion & Next Steps

Conclusion

A fair amount of interest was noted in using the garden as an art and wellbeing space. However, it is difficult to gauge long-term commitment from the initial consultation.

While Reachout is keen to utilise the garden space, there remains an issue around resource commitment to this project, in particular, funding priorities. In addition to functionality, the garden, and its access, must also meet health & safety and insurance requirements therefore a formal risk assessment and action plan are required in this regard.

Recommendations

It is recommended that the project is continued on a trial basis over a 12 month period (to cover the full spectrum of seasonal and weather variations) to better assess all pecuniary and legal factors related to cost, risk, policy, planning and partnerships, and to check efficiency and suitability for purpose.

Next steps

- Risk assessment: health & safety, insurance
- Workshop timetable (self-host)
- Partner rental
- Garden volunteer group

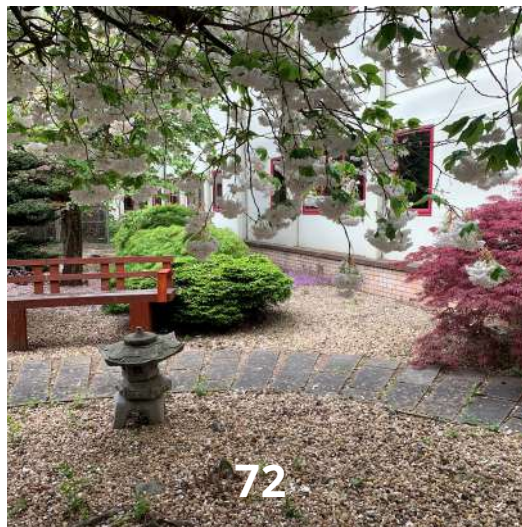
Reachout is in an immediate position to host outdoor art and craft workshops in the garden space. While the ideal window for this is during the more amenable spring and summer months, it would be helpful to design a timetable of activities over an extended period (circa 12 months) to allow for variations in demand, cost and weather conditions.

In addition, it would be beneficial to test out a rental relationship with

Conclusion & Next Steps

partners and offer out the space, perhaps on a set day/time, for other scheduled activities. Particular interest was shown by LTH professional artist, and Clackmannanshire Council Education & Community Services.

There was also some interest in forming a volunteer group for garden maintenance and this should be included as a priority task in any feasibility study.





Treasurer

Graeme

For details from our last financial year, please refer to the audited financial accounts and Annual Report for the year ending 31st March 2022.

2021 continued to be a year where the activity of Reachout was significantly disrupted by Covid-19, with the studio being closed to members from January to May 2021. However, since then, we have seen a return to a full, if amended, service at Reachout, with increased membership, structured workshops and more outreach work with local partners. We ended the year to 31 March 2022 with a deficit of £13k compared to a deficit of £87k for the prior year. This was due to a significant decrease in the 2020/21 financial year of grant funding, however this was a result of the timing of receipt of two grant applications which were received in April 2021, thus falling in the 2021/22 financial year.

Income for Reachout continues to be mostly generated from grants - in 2021/22 we received significant grants from the National Lottery Fund and The Robertson Trust. Our expenditure during the year increased from the prior year, with a total of £183k for the year. This increase was as a result of increased salary costs for a new full time project worker.

Income from membership fees in the financial year to March

2022 increased from the prior year, as the studio reopened in May 2021 and we attracted many new members after the pandemic. For 2023, membership fees have been agreed as either an annual membership fee of £72 payable in January, a monthly payment of £7 each month, or a daily fee of £3 for each visit to the studio. We have also been fortunate to work with many local partners on outreach work since the pandemic, including Wellbeing Scotland, Clackmannanshire Psychological Services, Homestart, Play Alloa, Alloa Ballet and the Carers' Centre – income from our outreach work was nearly £13k in the financial year to March 2022.

We have benefitted enormously from volunteers in the past, and in 2022, we were able to welcome new volunteers to the studio who provide invaluable support to our project workers, members and partners.



Financial Results for the Year Ending 31 March 2021

The financial statements of the charity for the year ending 31 March 2022 were prepared in accordance with accounting policies and standards and have been independently examined by accountants French Duncan. Full financial statements can be accessed online.

Results in overview

During this year, overall income of the charity was £169k (2021: £66k) with a net deficit of £13k (2021: deficit £87k) made up of:

- Income from grants was £150k, compared to £44k in the previous year. The increase is due to the timing of payment of the National Lottery grants in previous years - £51k was received in March 2020 and £108k was received in April 2021, both falling outside of the financial year 2020/21.

We also received £30k from The Robertson Trust, and £12k in other grants. Expenses increased in the year, from £153k in 2020/21 to £182k in year ending March 2022. This was driven by a £25k increase in staff costs in 2021/22 as a result of the hire of a new project worker in the studio.

- Total reserves stand at £252k (2020: £264k) comprised of: £20k restricted and £233k unrestricted funds.
- Balance of free reserves of £166k (unrestricted funds of £233k less fixed assets of £7k less designated fund of £60k)

- Designated fund of £60k to cover the cost of redundancy and closing the organisation if required, and/or ad hoc projects identified in the Reserves policy. £30k of the designated fund was drawn down and moved to the unrestricted fund in March 2021, in line with the National Lottery grant application conditions of match funding.

Reserves Policy

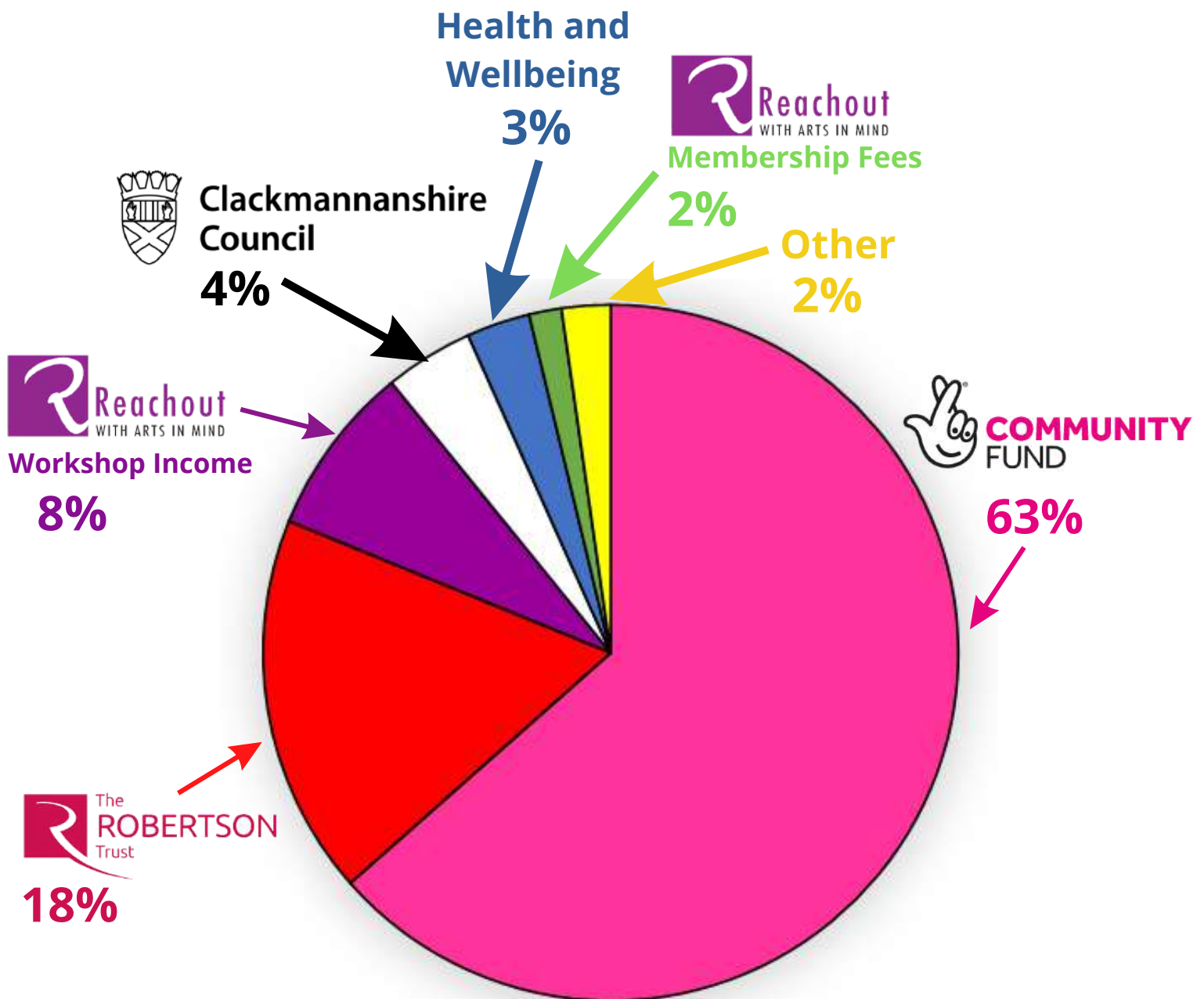
Based on projections for the financial year ahead, it was agreed during 2021 that funds would be realigned between the designated and general unrestricted funds, to allow for forward planning in the event of a closure of the organisation, as well as ad hoc projects identified by the Board. The project details of both revised funds are detailed in the Reserves policy which was agreed by the Board in December 2022.

Income

- The charity's total income for the year was £169k (2021: £66k), an increase of £103k on the previous financial year. This was primarily due to the timing of the National Lottery grants in previous years. In addition, 2020/21 was a challenging year for Reachout, as we were closed for 9 months – we consequently saw a decrease in income from membership fees and donations during this time. We are seeing membership return to pre Covid levels in the year ending March 2022.
- Of the £169k income for 2021/22, £150k was generated by grants – other sources of income included a £13k from workshop income, and £3k from membership fees.



Total Income 2021 / 2022



Income received

	Year Ending March 2022	Year Ending March 2021
National Lottery Community Fund	£107,590	
Creative Scotland		£10,941
People & Communities Fund		
William Syson Foundation		£5,000
SCVO		£11,140
Clackmannanshire Council	£7,000	£12,000
Community Jobs Scotland		£5,000
Mental Health and Wellbeing	£5,000	
The Robertson Trust	£30,000	
Various Small Grants		£500
Subtotal	£149,590	£44,581
Other Income	£19,895	£21,017
Total	£169,485	£65,598

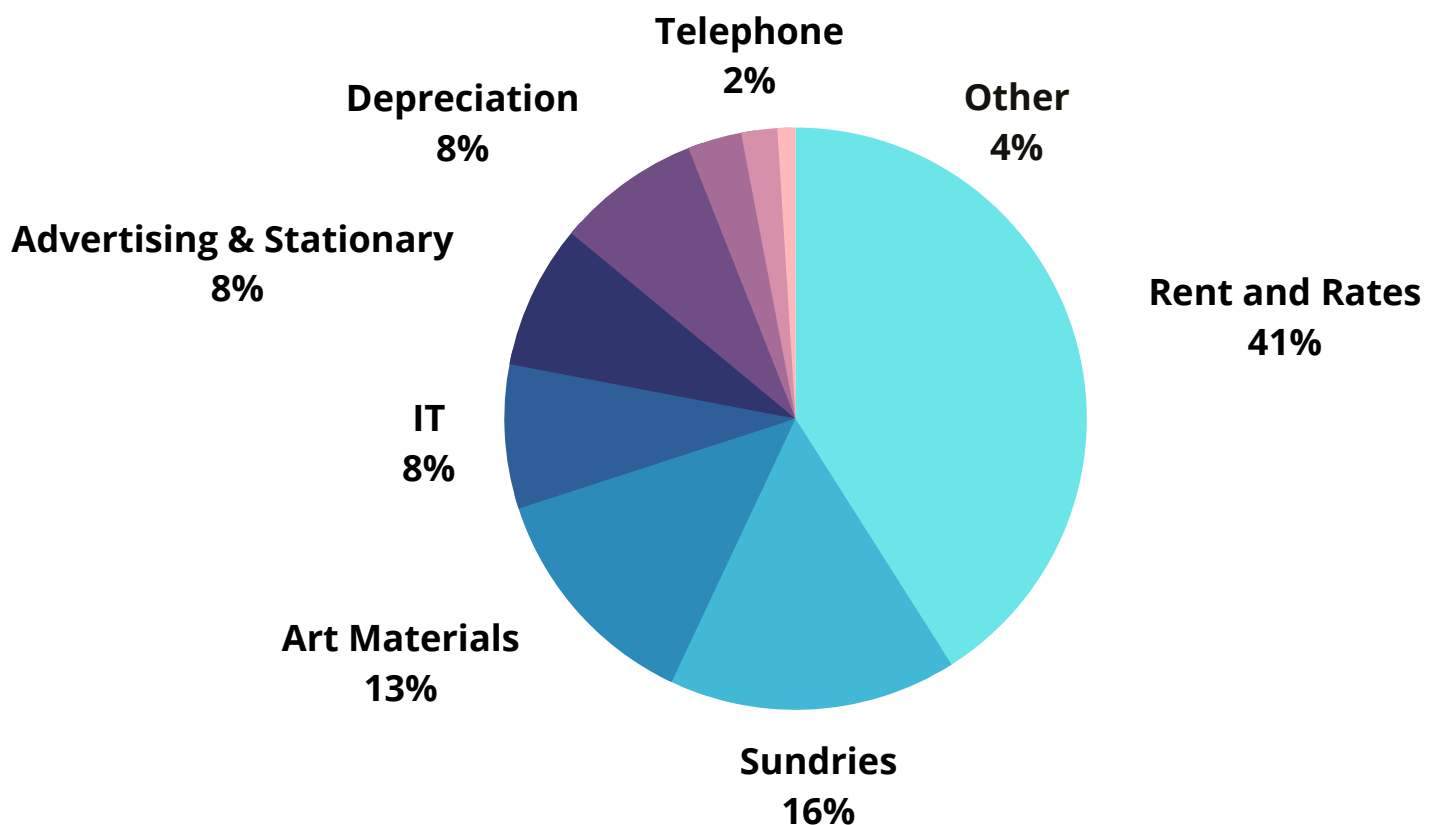
In the current financial year, **2022/23**, grants have been awarded from the following -

Clackmannanshire Council	£13,065
The Robertson Trust	£30,000
National Lottery Community Fund	£107,590
Total	£150,655

Expenditure

Total resources spent was £182k (2021: £153k). This was an increase of 19% (£29k) compared to the previous financial year. The majority of cost lines have remained at similar levels year on year, however salary costs increased due to the hire of a new full time project worker in the studio. For a detailed breakdown of expenses, please refer to the annual accounts.

Total Expenditure 2021/2022 excluding staff costs



Financial position as at 31st March 2022

The balance sheet shows total funds of £252k.

Full details of the reserve funds can be found in the financial accounts together with an analysis of movements in the year.

Please refer to the audited annual report for further details and breakdown of financials.

Reachout Strategy

2020 - 2023

Short Term

Aug - Dec 2020

EVIDENCE WE ARE COVID RESILIENT

Engagement through isolation
Remote creative programmes
Online/social programmes
Registered studio programmes

VISION:
**CENTRE FOR
EXCELLENCE IN
CREATIVITY
AND
WELLBEING**

Medium Term

Jan - Sept 2021

FUTURE PROOF REACHOUT

Studio activities/ programmes
Remote activities/ programmes
Online/social programmes
Self directed study programmes

Long Term

Next 3 years

DEVELOP SOCIAL ENTERPRISE

Increased partnerships
Build long lasting collaborations
Securing funding in ever-changing landscape

For further information on Reachout strategy please get in touch.



"I love coming to Reachout because there's zero judgement. If I'm having a down day everyone understands that and gives me all the support I need."

- Member quote

"Since I've got myself back to Reachout things have been better. I've been getting myself up and out and have even started getting my house back in order. I just love coming here, it's so good for me."

- Member quote

"I love coming to Reachout because I always feel welcome, I don't feel judged and if I don't feel like talking much one day everyone understands."

- Member quote





Scan to visit our Youtube Channel



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Annual report designed by Studio Manager Leanne Dewar