



**Reachout**  
WITH ARTS IN MIND

CREATIVE JOURNEYS

“Art offers us a voice, values creators and allows individuals to challenge their self-perception as well as the perception held by others.

25 years of Reachout celebrates the way our membership past and present has found power and learning through their own creative development. By being and becoming artists, people can and do recover.”

LESLEY ARTHUR CEO



Every journey



**starts somewhere**

Reachout utilises creativity as the means of improving confidence, self-esteem, motivation and aspirations for communities throughout Forth Valley.

Through its creative programmes participants demonstrate considerable improvements to their mental health and wellbeing, develop positive relationships with peers, have improved self-acceptance, and begin to look to the future and how they can make the most of their lives, it transports individuals into new realms of self-confidence with new opportunities.

Our members are at the heart of Reachout, invaluable in shaping and designing the organisation in its journey over the last 25 years.



## 25 years of Creative Journeys

“It’s a self-help group, self-managed by members, giving members a sense of ownership and commitment is a significant factor in Reachout’s success.”

## A CELEBRATION

“It is a pleasure for me to write words of congratulation and to wish a very happy 25th birthday to Reachout.

This is a most dynamic organisation with a team of spirited, visionary and generous people. On my frequent visits and drop-ins to the working studio, all students present were happily engaged in creating a variety of artworks that bring joy and a great sense of achievement.

The gift of art to the spirit of human beings is well documented. No nation, no people nor culture is without its expressive art forms. Art is for all, at whatever age or level of development. It inspires and enriches the inner consciousness. There is nothing so exciting as the discovery of the self and the expression that can flourish and flower with encouragement.

We are here on this wonderful Earth to help and to care for one another, whether this is on a personal level or on a community level. Reachout is making a wonderful contribution to those who are in need. May the splendid work continue.”

### Lys Hansen

Patron Reachout trading arm Art'n'Mind -  
The Makers Gallery & Bistro



# MADDY

Reachout Member to Trainee to Arts  
Resource Worker & Professional Illustrator  
to University Undergraduate.

“I came along to Reachout to become a member and access the Reachout studio and was introduced to The Makers Gallery & Bistro. I started this journey as a gallery trainee with The Makers Gallery and Bistro because I wanted to improve my confidence and learn new skills in September 2013.”

As a Gallery trainee Maddy learned about stock control, exhibition and events management and hosted workshops for children as part of Easter play schemes.

Maddy was given more and more responsibility until she felt confident enough to apply for the position of Arts Resource Worker for parent charity Reachout with Arts in Mind initially via Community Jobs Scotland Sept 2014.





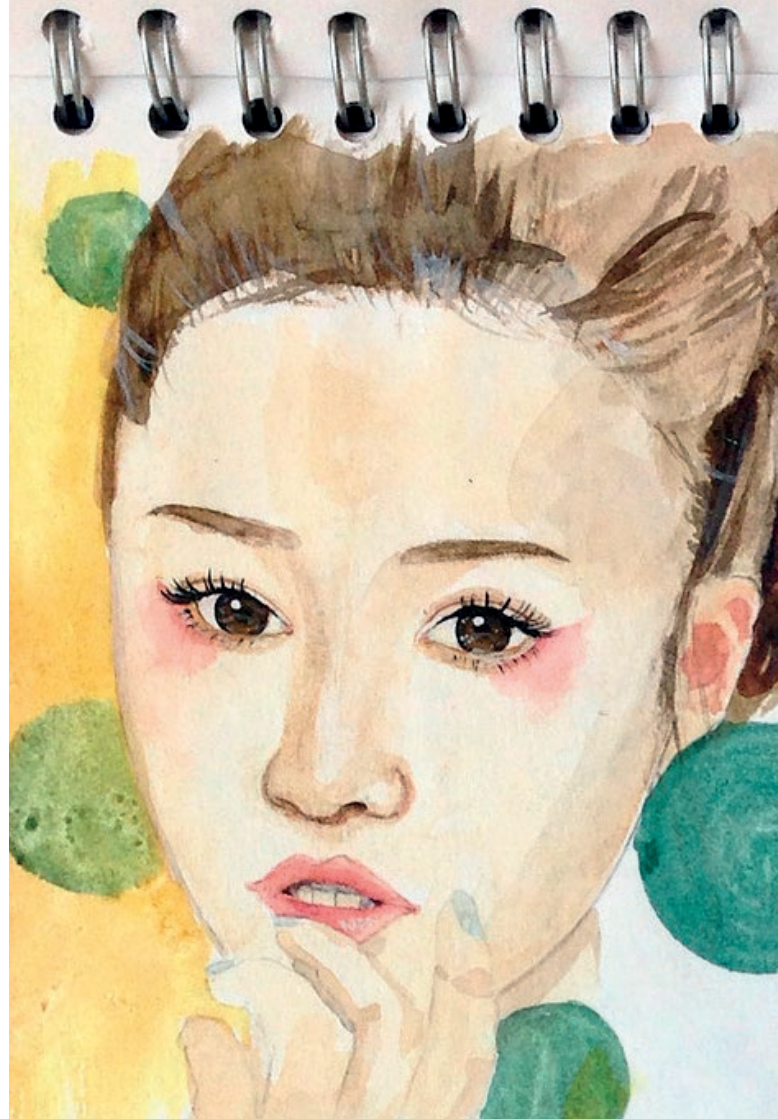
This post was extended by Reachout beyond the short term CJS contract.

Maddy worked on re-invigorating the Studio and inspiring the members to get involved. She also developed an exciting calendar of creative workshops and kept their social media and website up-to-date.

“My time on the Gallery training programme really prepared me for this job. I learned how to talk to people from all walks of life. I now feel comfortable interacting with Reachout member’s every day and using my own experience as a Gallery trainee to help them develop and grow.”

Maddy is also a Manga Illustrator, a skill she developed into a business during her time as a gallery trainee. Spending time curating other artists and designers gave her the knowledge to push her artwork to the next level with marketing and branding.

As well as exhibiting her work in The Macrobert Centre, Alloa Pop Up Show, 6 Foot Gallery in Glasgow and in The Makers Gallery and Bistro, Maddy developed a business plan and website which helped her to secure a business loan.



“Since becoming a trainee my confidence has grown a lot. I have reached goals and aims that I didn’t think I could, which has made me feel a lot better about myself. I decided to become self-employed as an illustrator and I have now achieved this goal.”

Maddy aims to be able to work from home full time on her illustrations and graphic novel, and is using this experience as a stepping stone to commence to Stirling University in August 2017.



## Maddy's Update 16th October 2018

“Since leaving Reachout with Arts in Mind a lot of exciting things have happened!

Most prominently I have started my 4 year long journey of University! Not a big deal to most but this was something that I never thought was for me or that I could actually do. With some gentle encouragement from family and friends I decided I would give it a go!

At the beginning of 2018 I passed the Access course, a year long course that gives you a taster of lectures, essays, exams and just university life in general. Once passed you get access to most courses at Stirling and some other universities. I found a love for psychology when I studied last year and so started my first year of psychology (Full title: Bachelor of Science with Honours Psychology) while also studying two modules: philosophy and English. It's been a great experience so far, though tiring. I've learned a lot already and I am excited and eager to learn more!

I have still been accepting both Manga and portraiture illustration commissions on the side and have tried to keep active with being creative even if it is just small projects, it's something I'll always do!





I get the most inspiration to draw when I have other things I have to do but it is something I will make more time for when I can as it really is my favourite thing to do!

Working within the Reachout studio has impacted the way I interact with the world around me. Never judge a book by its cover is a phrase that I think about quite often, it should be put into practice a lot more than it is.

Where ever I go, work and study I like to keep an open mind and treat others around me with respect as you never know what someone is going through."

<http://dokidokimamichan.wixsite.com/mami-chan>

**Maddy**

# CLARE

“Seven months ago my whole world came to a shattering halt when my wonderful husband Cliff Jackman died very suddenly and unexpectedly at the age of 49.

It was the night before my 49th birthday, he had not been ill and came home from work a happy man as usual. Later that evening he told me he had a pain in his chest and things escalated rapidly.

Although I phoned 999 almost immediately the ambulance took 45 minutes to arrive by which time he could hardly breath and was in and out of consciousness. Tragically he went into cardiac arrest on our sofa before they managed to assess what the problem was and he died in the ambulance outside our home.

To say I was completely shocked and devastated is an understatement, he had been my whole world for over 26 years and I couldn't imagine life without him. With the help of good friends and family I managed to plan and get through the funeral in a surreal daze. The weeks and months that followed were spent in a bubble of grief, I could not see a future and didn't want to have a future without Cliff in my life. I was determined to grieve fully and feel everything, however painful.



Luckily, I have done a lot of reading and research into trauma, loss and grief with the work I have done over the years with traumatised children, so I had a good understanding of the most positive ways to heal from my own trauma. I was able to feel and express my emotions and talk about them to friends who have been so patient and supportive.

My good friend Lesley Arthur from Reachout with Arts in Mind was a great support and suggested that I might benefit from joining Reachout. To begin with I was unsure about this and didn't really think I was someone who would 'fit' the criteria. I had been struggling with getting out and doing the simplest of tasks such as going to the supermarket.

I would put it off for weeks, then walk around in a painful daze, trying to hold back the tears whilst looking at meals for one instead of packs of meat and veg that Cliff would then create into some amazing meal. My friends would encourage me to go out and do things with them and I enjoyed getting out of the house and their company, however the time would always come when I had to go home to my empty house where Cliff had died on our sofa.

I think I was being re-traumatised every time I got home and began having panic attacks.

About two and half months ago Lesley asked if I would be interested in attending some stress control classes they were holding at Reachout for staff and members. 'Stress control', was devised by Jim White, a clinical psychologist in Glasgow, and is now being used both in this country and across the world.

Comforted by the fact Lesley would also be attending I decided to give it a go. I had done a lot of work on stress management in my job and didn't really think I would learn much, however I was proved wrong. The sessions were so clear, each one focussing on a different part of stress. It was a six-session course at one hour per session, and I was relieved that it was not a class where we would be expected to talk. The sessions covered: Learning about **stress / controlling your body /controlling your thoughts / cognitive therapy / controlling your actions / behaviour therapy / controlling panic / controlling sleep problems and controlling the future.**

After each session we would be given a booklet and encouraged to try the strategies we had been given in that session.

Almost immediately I could feel myself improving. The staff and members at Reachout were so welcoming and there was a very calm, therapeutic atmosphere which put me at ease. Getting out at a regular time each week was good for me and I gradually felt like I was re-joining the world.

I was then given the opportunity to join a portrait painting class at Reachout with artist Jacqueline Marr. As I has studied art and design after leaving school, I was keen to start painting again and knew it would be a therapeutic class for me to join.

Cliff was an artist and I felt he would like to think of me painting. The class had various levels of experience and skill and Jacqueline was great at managing everybody's differing needs.

I had bought a large canvas and printed a photo of Cliff which I wanted to paint. As I already had some skill and talent Jacqueline let me get on with working on my portrait almost immediately, coming over every so often to guide me in the right direction. I quickly saw my talent returning and was pleased with my progress from the offset.

I felt like I was bringing Cliff back to life. The sessions were once a week for 2 hours, although I usually stayed on longer as I was so focussed on my painting. I took photo's of the different stages of my painting each week and was brave enough to post these on Facebook most weeks to show my progression. The response to my painting from friends and family was incredible and I could feel my confidence and self-esteem growing each week.

Joining Reachout has been probably the best thing I could have done at the time I did it. I now feel like I have a future again and am starting to see the joy in life and feeling in touch with the world and willing to try new things.

I would like to thank the staff and members at Reachout for all their help and support over the weeks I have been attending, and especially to my wonderful friend Lesley Arthur who has helped me more than she will ever know.

I am now in a position where I feel ready to go back to work and may not need to attend any more sessions, however it is a comfort to know it is there for me if and when I do."

Clare









**“High quality,  
professional,  
innovative  
and vital.”**

Referrer comment

“Reachout are recognised as an essential and highly-respected service and are pivotal within the lives of their clients.

I have seen first-hand the amazing things achieved by those who attend Reachout and undoubtedly, this service is crucial to the development of those with mental health issues, particularly those who are facing multiple barriers to inclusion.”



# GEORGE

George has been a member of Reachout for around fifteen years, making use of the studio as part of his personal plan or 'tool kit' for wellbeing; turning to art as a positive device for living with PTSD. For the first exhibition in our brand new studio and as part of our 25th anniversary celebrations, it seemed fitting to showcase the work of George, one of Reachout's longest standing members. His solo exhibition:

## **'Some Sense of a Place'**

October to December 2018.

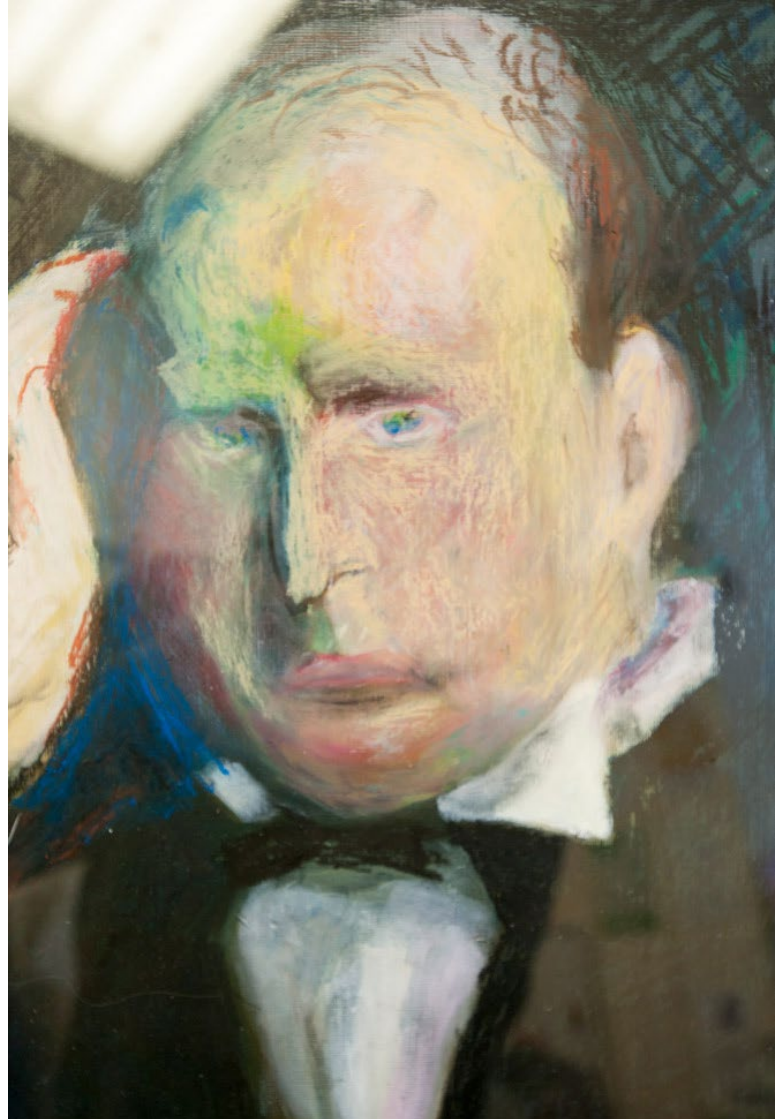
"I saw something about Reachout in the Stirling Observer. I lived about ten miles away at the time so I travelled across to have a look at what Reachout was doing but it took me six weeks to do that because I wasn't sure about coming to a new place on my own.



So eventually I came across... I was actually interested in stone carving, which they were doing at the time. I started coming two or three times a week, then eventually I came every day to Reachout. I did a lot of stuff; drawing to begin with and a lot of glass projects came up as well. Reachout was different, it was looking at things differently from other mental health services I'd experienced. I eventually moved to Clackmannanshire because I was using Reachout so much and I wanted it to be easier for me to get there - that's how important it had become to my wellbeing.

It felt as though stigma wasn't there as much, the mental health label wasn't a priority; you were there to do something creative to improve your wellbeing and improve your confidence... getting you interested in things. At Reachout you could still talk about mental health things in general but it actually motivated you not to dwell on that type of stuff - your problems or your illness...because that's what I'm often kind of guilty of: dwelling on my situation, or listening to other people dwelling on theirs... Reachout diverted my mind from it for a wee while. It would still be there, but it wouldn't be as prominent, it wouldn't be such a big issue.

When people are isolated - somebody described it to me as a hamster on a wheel. It just goes round and round and you've to try and somehow come off the wheel. For me it's learning strategies as well as doing art and still socialising with people, which I do at Reachout because the subject doesn't revolve around the mental health side of it.





"In a nutshell, Reachout helps lift stress and anxiety and it gives you a sense of belonging to a place where folk have got positive ideas and positive outlooks - you can get positive feedback from folk about your artwork and your improvement with it so it's really a positive atmosphere in terms of social surroundings as well as art.

Everybody's different so what you get out of Reachout is space to discover where you are and how you feel at that point in time; a starting point for helping yourself break the cycle of mental illness or isolation.

A lot of people come in and it's a case of re-learning how to be confident again. I'd say to anyone to give Reachout a good chance because you will find something that you like doing. I think that's why it works for me - you'll not just snap out of your situation but if you allow yourself a chance at Reachout it's small steps towards recovery.

That's the good thing, it takes you out of the mental health system as I would call it...it's separate from that. We do talk about that subject here sometimes but it's not so intense, it's not a priority. It's not the sole focus.

The thing about reducing stress is finding something that you like to do that will divert your energy. Everybody's an individual so it's finding the stuff that you can see yourself making progress at.

It takes practice like in any kind of subject but if you come in - like I started with drawing then I did the glass work, it's just finding what helps you bring your stress down.

Reachout can offer a lot of different workshops for that. But it's really up to the person to find what suits them. At some points people don't want to do anything, when they've got anxiety, because it's that overwhelming.

You don't want to do a thing; you don't even want to go out of the house. It's progressing from being able to come out of your house, to stop you getting any worse, to finding things that'll help you get better and get off that hamster wheel. You know? That's a big step for people. It took me about six weeks to come to Reachout because I didn't know what to expect. But I eventually did it and for me the initial discomfort of doing something it would have been easier not to do was worth it...like with a muscle; if you've stopped exercising you have to relearn a muscle, or you have to relearn your mind to do things that before you maybe automatically done but never thought about it. So the process of doing a drawing or painting is the process of training your mind again.



It's like starting from the beginning with something, building up strength and it gets easier. Like walking; you take that for granted.

It's a process as well, doing art; you get your paper or your paint, fill your jar with water or Turps, it's a process for you to go through until you get what you want as the finished article. That's a process from start to finish. So it's how long it takes you, how big the picture or how big the sculpture or how big you want a thing to be or when do you want to finish it. For me these are the steps.

I can speak to folk about mental illness all day, it's a big subject, but I'm not qualified to say to someone 'this is what you should do'. It's the awareness, that's the word that I need to remember. It's not saying 'look at me I've got mental health problems', although that is sometimes what I was doing in the past- I was using it not like a qualification but like a crutch. You sometimes drift back into using that crutch and it comes out like that in conversation if you're not careful... Being aware of how you are feeling is important and aware of what you can do to feel better if you need to. Also being aware of those things for folk you are close to as well, plus how you can help raise awareness in others about how your mental health affects you but without resorting to that crutch.

You can get slotted into a definition of that and it can be comfortable, but nobody wants to have an illness any more than to break a leg. In an ideal world you don't want to have any illness.

But in my particular experience I used to find myself going back to what seemed easy in the short term, like a crutch, saying 'I've got this' and 'I've got that'. But I should have been saying 'I do this' or 'I do that'. It's like you want to move forward but then your mind says 'no I think it's easier if you're back there'.

It's like you're having a conflict with yourself so it's good to be aware of how to cope with that.

I think Reachout can help you with a process, by kind of saying 'we don't want to change who you are, we are here to help you feel better and cope better with your condition or situation and have a better quality of life'. Reachout can definitely help you with that by helping to break that cycle, helping people want to get better and want to have a better quality of life so they can do it themselves!

A good word for that is 'grounding'. I find that grounding part of what the community at Reachout provides can help your mind slow down a bit. It could be that others have experienced the same type of thing that you are feeling worried or anxious about and it's just taking that pressure off enough to bring you down. I find that it's better in Reachout for that than some other services."

## George

George is part of TCV (The Conservation Volunteers), voluntarily monitoring and photographing water levels at key locations around Clackmannanshire's Hillfoots.

One of five finalists in the UK shortlisted for a Heart of the Community Heroes Award, George is full of life!



# GILLIAN

Gillian has been developing her art practice at Reachout since Spring 2015. Her work focuses on cartoon imagery, capturing on paper and canvas moments of movement, energy and fun found in animation.

Gillian has also worked in text, having participated in a creative writing workshop, using her poetry within mixed media work. She has featured as Reachout's Spotlight Member Artist, showcasing her work as well as celebrating the significant achievement of moving into a rewarding voluntary position related to her personal life experiences.

For #MentalHealthAwarenessWeek 2018, Gillian agreed to share her Spotlight story to help inspire others to do as she has - taking time out to pursue creative activities in order to de-stress and build confidence. And inspiring she really is!



"I've been trying to get my self-confidence up. Reachout helps me to do that. Coming here has helped my practical and social skills and I'm very confident that Reachout will help me achieve my goals. I've partly done that. Just continue as you are.

I've been offered a voluntary position with ILS, visiting homes talking about my experiences of self-harm and mental health.

I'm nervous about starting the volunteering but I'm looking forward to it. It makes me feel good to help other people and show them how they can face their problems by talking about my own experiences to them.

Coming to Reachout has helped me improve my confidence and made me feel valued. I've become much more creative and sociable since coming to Reachout.

I like making pictures for Katie my Community Nurse because she helps me and knowing that she and others like my pictures makes me feel valued.

I like cartoon images and animals – they are uplifting. I love vibrant colours."

**Gillian**



# KATIE



“I joined as a member of Reachout in 2013 having been referred by my mental health team. I just had moved back to the area from Glasgow and didn’t have any like-minded friends apart from my family’s circle of friends.

I tentatively joined in with various workshops at first. I started to enjoy them more and more as I got to know the other members. As I’m artistically and musically minded I enjoyed learning new skills.

To date I have been involved in a music group (we recorded a song the group composed), basket weaving (made various objects the biggest being out of willow) mixed media workshop, with an inspirational artist who took the group, watercolour workshop and rag-rug making.

Through all these workshops I have improved my self-confidence, self-esteem and made a like-minded group of friends. No matter if I’m just talking round a table chatting or while making a piece of art, it has helped me de-stress and have a laugh with friends. I go in once or twice a week to this fantastic drop-in.”

**Katie**

# DAVID


“I was diagnosed with schizophrenia in my teenage years, this was before I had the right to vote and at that time I had no legal or policy representation within life.

Before developing schizophrenia I was employed locally in Dollar. As well as making a great success at martial arts wrestling and contributing much of my employment I developed schizophrenia at the age of about 17 years of age. My parents were a great and loving and loyal support through difficult times.”

David







"I didn't realise I could do it until I tried. It had never occurred to me to paint. I couldn't believe it when I was good at it when I first came here."

"Refreshed,  
invigorated  
and  
re-educated."

"We have the  
potential to grow  
into our self and be  
more comfortable  
with who we are."



The act of making...








...can make life brighter.





"I have found the art, poems  
and displays very touching  
and inspiring. Its always good  
to know you are not alone  
and although it can take time  
you can recover."



# VOLUNTEER STORY

## Dr IAIN MacDONALD

Reachout Director 2016 - 2018

“I found out about Reachout in 2015 whilst working for another charity providing support to mental health carers in Clacks and Stirling.

Some of the people I worked with were also members who used Reachout and it was clear it played a critical role in helping to maintain their own mental health and wellbeing. In 2016 I was delighted to be invited to join the board by Lesley, and it is proving a thoroughly enjoyable volunteering experience. I am learning much about the tireless work that goes on behind the scenes to make this charity keep ticking along, and the challenges in governance faced by a small charity.

Reachout has become a fundamentally important resource in the mental health network in Clacks, particularly for those looking for longer term support for their wellbeing. It is a privilege to be volunteering with the charity and its staff, volunteers and members. My contribution is small compared to others, but it is a pleasure in giving something back to the community.”

-Drawing-

"Reachout has been around for over 24years. I have been taking people to visit for a number of years. The people I have taken found that Reachout is a place where they feel relaxed and are able to work on their own projects and can be part of workshops that are arranged at Reachout. They enjoy the friendly atmosphere and freedom to express themselves in their art. The social group enjoyed their visits and participating in activities. Everyone participated in the activities even though they said "I won't be able to do that", and did it with a lot of enjoyment."

**Garry Jackson** Community Access Team

Painting





Reaching out with more in mind...



Reachout trading arm Art'n'Mind



the  
**m a k e r s**  
GALLERY & BISTRO

Art Works & Delicious Food



# Reaching further

5 year social enterprise 2011 - 2017





## TRAINEE STORIES



# DARREN

MAIN Kitchen Trainee to Army Infantry

Darren was a participant in Reachout partnership programme with Wasps Community Club and Coalfields Regeneration Trust 'Sportworks'. Being unemployed for an extended amount of time had really impacted on his confidence and this was creating a barrier to achieving his goal.

Darren discovered the range of opportunities available in The Makers Gallery & Bistro and applied to work in the Bistro kitchen. He initially enjoyed being a responsible member of the team and the variety of tasks such as making scones, bread and chopping vegetables, and soon realised the positive impact the training programme was having on his life.

"I am cooking more at home. I used to just make Pizza but now I make healthy soup for myself and my gran. Not only has my diet really improved, I also had to learn how to communicate with the team in the busy kitchen environment which made me feel more confident to put myself out there socially. Working in such a positive environment getting along with everyone I met gave me the self-esteem to increase my social circle."

# ELLE SMITH

## “Developing The Young Workforce” Trainee

Elle Smith began as a trainee as part of the Scottish Government initiative ‘Developing the Young Workforce’ which aims to better prepare young people for the world of work. Elle felt disengaged from school and felt that she would benefit from experience in a work environment.

Her work on the trainee programme over five months and the confidence gained here has helped her secure a place at college to study events management.

“The most important part of this training programme for me was my improved confidence and the friends I have made. I wasn’t a confident person at the start, but I have gradually come out of my shell - My Mum even noticed that I was much brighter at home.

I struggled at first with tasks, finding the work hard, but through the support I received I now sail through the tasks.

These are skills that I will be able to use when I go to college and have a job. I’ve learned so much here, I feel prepared to begin my college course and I have become a happier person”.



# HARMONY ROSE SMITH

Trainee to Self-employed Designer to  
Probationary Teacher

Whilst a student studying Art & Design at Forth Valley College Harmony approached Reachout to volunteer in the studio. Initially she thought she might be interested in teaching of some sort but wasn't sure if this was the career path she might follow.

She was also producing a successful range of art products and artworks under the pseudonym, Harry Roxford; everything from paintings, to greetings cards, jewellery and textiles.

Progressing to the Gallery & Enterprise Training Programme Oct 2014 Harmony developed her jewellery brand, led art discussions and portfolio workshops for Reachout members, and supported children with autism to participate in creative graffiti workshops through Reachout Outreach project funded by Cashback for Communities.

Now working full time as a probationary teacher in Struan School for those with Special Educational Needs, Harmony reflects that her training provided her the opportunity to change her life.



“My training at The Makers Gallery & Bistro set me up for this. It allowed me to work with different groups of people, from Play Alloa to Reachout; being encouraged to plan and structure lessons; having to communicate appropriately with my trainers and my learners. I soon realised that teaching was for me. My confidence, social skills and communication with others outside of my family circle really benefitted me. I felt validated by this different environment and that was a big factor in my growing self-esteem and confidence.”

She now credits this tailored made programme of learning activities as helping her establish her future direction, giving her a level of freedom within clear negotiated boundaries within her self- development plan.

“The activities and direction were well suited to my abilities and interests. It was very individualised and the additional focus on retail, excel, as transferable skills turned out to be very useful in the work I now enjoy.”

Harmony initiated and delivered a trainee evaluation workshop, where she encouraged fellow trainees to explore their feelings and opinions about their experiences of the training programme in both words and through different media. She later collated these findings and presented them as part of her personal development plan. She also completed a feasibility study for developing the garden area which required her to undertake questionnaires and report on findings.



# ALEXx MacMILLAN

## Gallery & Enterprise Trainee

Alexx joined us as a trainee in 2016 after taking time out to raise her family. She had looked simply to gain relevant work experience, but soon came to realise that she needed to work on her self-confidence as well.

“The programme offered me so many opportunities to gain new skills, build my confidence and learn how to work towards achieving my own goals. As well as the on the job training, I was given the chance to take part in a ‘writing for the web’ course and a mental health first aid course.”

Alexx feels a long term impact from her training is seen in her increased confidence and she has a more positive outlook when it comes to further training or employment.

“I feel more confident than ever that I can find fulfilling employment in the future. The skills and experience I have gained make me feel more relaxed about overcoming obstacles and trying new things. I have made some new friends, and have even met someone special through taking part in this programme.”





# KAY COULL

## Trainee to Relief Front of House Supervisor

Being one of The Makers Gallery & Bistro's earliest trainees Kay has gone on to demonstrate what can be achieved through determination, motivation and hard work.

"I began as a Front of House trainee in March 2013. On my first day, I was very nervous and a little scared after having been out of work for a while and I had no self-esteem or confidence. After only a few months of training I was told of a job opportunity as a catering assistant and that I should apply."


It has now been four years since Kay finished her training at The Makers Gallery & Bistro. During her employment here she was promoted to Relief Front of House Supervisor. As well as customer service she trained and supported project trainees.

"Throughout my time at The Makers Gallery & Bistro I have become more confident. My self-esteem has improved and I feel more comfortable when I speak to customers. I feel at ease with new surroundings and new people and find that I am keen to help new and current trainees throughout their programme in any way I can. The Makers Gallery & Bistro has had a large impact on me and in turn my home life."

Kay decided to continue her learning by embarking on a course at Forth Valley College whilst working part-time at The Makers Gallery & Bistro.




Through her hard work and effort Kay successfully completed her studies graduating with an HNC in Social Services in 2018. Kay now works with Key Housing Association, an organisation supporting vulnerable adults in their homes.



“For me Reachout is a great wee community where you’re allowed to be yourself. You can be fed up and it does not make a difference to anyone, you don’t get judged and they can help. I would say the confidence and motivation Reachout has given to me has improved how I feel about myself whereas before I would sit and worry about things, I’m kind of learning different ways of handling certain situations.”

“I like the way that the members are involved in their own solutions, like the self help drop in. I like that we use art as a way to express ourselves. I like seeing people thrive and helping them to achieve their goal, and that we value the work by arranging exhibitions to show the public what they can do. I like being involved in the University Service User & Carer Group where we teach the new social work students about the service user view, this makes a difference in real life.”



“Reachout has empowered me to find my creative voice and has helped me to overcome isolation. I like that the members have the control of the project. I like the fact that staff are there for support or to help you get what you need.”

“I like the whole thing and have watched it grow over the years. It has made a huge difference to my sister in laws situation and given her a great opportunity to develop her art work. We were so proud to see her work at a recent exhibition. It really has been night and day since she started.”

Our Reachout team are committed to delivering many more opportunities



**LESLEY ARTHUR**  
CEO



**CLAIRE McLAUGHLIN**  
Finance & Governance Manager

to engage in the arts for improved wellbeing and a richer life.



**ANDY WAKE**

Creative Activities Project Worker



**KIRSTEN MOONEY**

Admin & Member Support Worker

**Thanks for all your support**







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