

Annual Report



Reachout
WITH ARTS IN MIND



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Chair Statement – Craig Machan

Not that I would normally quote a footballer but the following from Pele (Brazilian legend) is quite appropriate to summarise Reachout and the commitment and dedication of the staff team and volunteers.

“Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do.”

I will come back to this later. Last year I talked about the successes and challenges all part of achieving our 25th year anniversary milestone and what we planned for the year ahead. Reflecting, a year later, the past year has been challenging at times, fun, stressful but also very rewarding. We have said some goodbyes to staff and hello to new additions to the team as we are still moving forward making positive outcomes for all that use our service.



So, what are we looking forward to and planning for the next year and beyond? We are always focussed on achieving positive outcomes with a person-centred approach changing and adapting the service to meet the requirements of our members. Last year I talked about the changing demographics and the outreach projects in schools. We will see that continuing and growing through 2020 and we have also seen the age demographics in the studio change but remaining truly an inclusive place for all.

We are very conscious that our vision and strategy remains member led but we will always have the challenge of balancing the finances and although it would be great if everything was free the reality is, we need to charge. So, the membership fee, although relatively small in the total income level is here to stay. We may review the levels and options, but it has worked and approximately 20% of the active members pay an annual fee.

The challenge we have is participation in workshops and the charging policy for these and we will continue to look at this ensuring we offer a fair and equitable approach. There is no point running workshops that nobody attends. You will also see from the finances that grant funding is our biggest source of income and therefore any reductions will be deemed a high risk and however small other income streams are they provide a level of contingency.

Operationally, more of the same workshops? We will look to engage some new artists and offer a bit more diversity in the art workshops delivered, so new people and new art mediums.

Strategically, we will be looking at the service and supporting referrals better especially in the area of communication, speech and language, and learning difficulties as we are starting to see more complex referrals in this area and need to ensure our skills are developed to best match the demand.

As for Projects, we have also not forgotten about the garden project and 2020 we will initiate with a likely focus on sensory and extending the creative space from inside to outside. A place for reflection and meditation, workshops and socialising. So, lots happening, as always!

Returning to the earlier quote I asked staff to give me 10 words each of their view, perception and understanding of Reachout, what the organisation means to them.



What I believe these words tell us; Reachout has a strong sense of place and value providing a safe, creative environment where all feel safe, welcomed and inspired!

To achieve this and going back to the quote; it is not by accident, it takes hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do!

We have some very talented and inspirational staff!

Have you ever thought what Reachout means to you? What value do you put on the services Reachout provides?

I would like to thank Jen, Anne, Carly, Kirsten and Lesley for their efforts in providing this professional and well managed, **safe, welcoming, friendly, creative** service over the last year.

As the Chair I measure our success on our achievements in many areas including that we are well managed, membership numbers, engaging activities, busy studio, happy members, skilled and dedicated staff, volunteers engaged, referrals from partners and self-referrals, and being financially stable. If you ask me how we are doing, I would say that we are ticking all the boxes but always areas for improvement.

We are always looking for new board directors so if you or someone you may know would consider joining the Board, we would love to hear from you.



Finally, I would like to say a huge thank-you to everyone here for making Reachout the success it obviously is!

Craig Machan – Reachout Chair

Lesley Arthur - CEO



Leading Change - It takes change to make change

In Reachout we don't look backwards for very long, we keep moving forward, opening new doors and doing new things because we are creative and curious and curiosity keeps leading us down new paths.

A recent path was relocating to Lime Tree House and fulfilling our first year in our bright spacious new studio. Kirsten Mooney was promoted to a new role within the company of Studio Manager working closely with myself evaluating and monitoring all of our company activities.

In the 17 years I have been leading Reachout I have had the privilege to work and learn from a rich & varied team of professionals in the strength of our staff team, volunteers, partners and members. People continue to be at the core of Reachout through our member led ethos, building on the strengths of those individuals and creating connections for partnership and collaboration.

We embrace change through supporting staff to move on to pastures new. Wonderful new opportunities for them and their families and in doing so, meet new people and welcome them into our tribe. Claire McLaughlin Finance & Governance Manager 2013 – 2019. Claire's integrity, passion and dedication was instrumental in the design and delivery of our charity, social enterprise and growing service. Carly Speirs has taken over this role embracing support of our membership. Creative Activities Project Worker Andy Wake was succeeded by Fiona McCubbin. Fiona's short 3 months in post made a lasting impact within the studio and led the way for Jen Bradley to take on the artistic lead within the organisation...



Partnerships continue to be key to our delivery success. 2019 focused on our 'Inspire' programme engaging with young people facing challenging circumstances through our Creative Resilience Workshops within Alva Academy and Lornshill Academy in partnership with Wellbeing Scotland. We also increased our work with disabled young people and adults through our successful crafts programme established by volunteer Anne Johnstone. We were delighted to offer Anne the role of Arts Resource Worker to offer more activities to our 'Make' programme participants.

Our funders The National Lottery Community Fund, Scottish Government and Creative Scotland recognise the added health value of engagement with the arts.

Our programmes during 2019 highlighted the need for more creative opportunities for disabled young people with complex needs. An area Reachout has not worked in, having worked for a number of years alongside our members with mild physical and mild learning disability. To work with individuals our creative team require to upskill, learn new creative tools and learn from families, carers, support workers and professionals to ensure we can communicate clearly with those with special education needs. We are honoured to have the knowledge of Alice Matthews Reachout member and Director. Alice's career as a Teacher of Special Needs is a valuable resource.



Alongside our existing 3 creative programmes 'Inspire', 'Make' & 'Change' during 2020 we will undertake extensive learning and collaboration with the aim to provide an adapted, accessible and individualised creative programme for young people with learning difficulties and physical disabilities to enable those with complex disabilities to access quality creative arts.

We will explore inclusive communications using recognised communication tools for mute, non verbal young people such as boardmaker, talking mats, AAC Alternative Augmentative Communication devices and social stories using symbols to enable our users a better understanding of studio activities, policies and procedures and therefore contribute towards decision making.

Our garden project has been delayed whilst we find an established gardener to help abolish the bamboo which has engulfed the garden and is stifling our other lovely inhabitants such as our cherry blossoms, acers and wisteria. The wisteria for those of you who were privileged to see it in bloom was utterly spectacular and became a focus of our 'Outside In' painting workshops with Greer Ralston. Our research to work alongside young people with complex needs will also inform our planning for our flexible sensory garden.



Every year we are inspired through our growing work and collaborations with artists and partners.

Wellbeing Scotland is a particularly warm and generous partnership we value, supporting our 'Inspire' young people programmes.

Artlink Central collaborations span 17 + years and we are thrilled to have an opportunity to exhibit our members work in the corridors of Forth Valley Royal Infirmary currently and during 2020.

2019 we were finalist in Clackmannanshire Business Awards 'Best not for Profit', the winner being our trusty partner Wellbeing Scotland very well deserved.

The year ahead we will continue to explore and progress our vision to establish a 'Centre of Excellence in Arts & Wellbeing' with the support and expertise of our staff, members, volunteers, volunteer directors, artists and partners. We thank you all. To our funders past and present we are now approaching our 27th year, thank you for believing in 'us'. And as for 'us', we have created something very special and unique which I'm very proud and privileged to be part of.

Chief Executive Lesley Arthur



Vision

A Centre of Excellence for Creativity
and Wellbeing Inclusive to All

Goal

The goal for Creative Communities is to create access to high quality creative programmes promoting great art and inclusive practices, knowledge and learning, ensuring 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 maintaining wellbeing.



The Organisation

Reachout is an innovative and inclusive award winning charity with 26 years experience of delivering creative opportunities, education and wellbeing to local communities aged 16 – 80 years experiencing life's challenges, mental ill health and disability.

Using expressive arts as the vehicle; the service delivery model promotes informed wellbeing choices and mental health awareness to maintain wellbeing and prevent relapse.

Our Values: Integrity, Equality & Trust

Reachout advocates a strengths based approach 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 sense of ownership and commitment is a significant factor in Reachout success.

The Service - Reachout Drop-in

Access to expressive and creative arts and wellbeing opportunities delivered by professional artists for adults aged 16+

Our self help drop-in removes 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 through expressive creative workshops. Reachout promotes improved self-acceptance, a structured day and aspirations to enable a route to recovery and eventual return to the workplace.

Social prescribing is where an individual is connected 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.

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

Social prescribing 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.



Creative opportunities for young people experiencing challenging circumstances, mental ill health and barriers to employment.

INSPIRE - Studio & Outreach

In 2019 we have worked with a total of 58 young people aged under 17 years who either accessed the Drop-in or attended the following:

Creative Resilience workshops for 16 pupils at Alva Academy and Lornshill Academy

Alternative study leave Willow Weaving workshops for 21 Alva Academy pupils

'Wave Your Flag' Summer Programme in partnership with Wellbeing Scotland consisting of 6 sessions working with 9 young people



Wave Your Flag – Banner Workshops in collaboration with Wellbeing Scotland Summer 2019

Facilitated by Reachout Lead Artist/Project Worker Fiona McCubbin
Wellbeing Scotland Wellbeing Co-ordinators Leila and Emma.

Partner Feedback

“Reachout With Arts in Mind offers a safe and welcoming environment for participants with enough breakout space to take time out when people needed. Through planning, feedback and debriefs, they were able to accommodate our specific needs as a group. Staff were flexible and adaptable in their approach meaning that the workshops could slot in to our group process. This allowed us to provide a consistent routine for the group even though we were in an unfamiliar space trying new things.



This was reflected in the group comments:

“[Staff] would always help us”
and “[a staff member] has helped me a lot when I have struggled a lot”, “coming here puts you in a routine”.

Many of the young people struggled with feelings of not being artistic or creative so sessions often began with expressions of “I can’t do it”. Reachout Staff sourced activities that were challenging while still accessible to everyone, providing enough choice to keep the young people engaged and interested session after session. By the end of the project everyone in the group was able to create a banner and overcame those feelings of “not being able” to create something individual that they were proud to take home. One person exclaimed:

**“Look at that awesome banner!
I am impressed and proud”**

“Reachout With Arts in Mind is an incredible local resource and the partnership with Wellbeing Scotland will continue to grow and develop with our next project of running Creative Resilience workshops in school.”

Leila Frondigoun – Wellbeing Co-ordinator



As well as developing the young people's creativity and artistic expression, the group also learned some useful life skills as is shown by the feedback from the group: “we’ve had to be quite strategic with timing, how to get things done and not waste time”, “I learnt how to use a sewing machine [...] and sew in a straight line”, “I learnt how to use an iron”, “I learnt how annoying it is to make a pom-pom!”, “I learnt how to get up early in the morning during the summer”. When asked for one word to describe their experience the young people said **“colourful, creative, bright, collaboration, proud, enjoyable, lovely, calm, skilful, friends, inspired, fulfilled, fun, excitement”**. When asked for feedback about their experience one young person said **“I want to thank everyone for being so helpful, I will miss you all, thank you to everyone for letting me explore my creativity”**. Another young person said **“I’ve learned to be creative in other ways”**.

Inclusive visual arts, crafts and music for supported adults experiencing mild learning or physical disabilities

MAKE

31 disabled adults participate in our workshops
46 support workers from a range of agencies have all upskilled through participating in creative opportunities at Reachout.

Just SOME of the activities and workshops this year:

Tie Dye

Furniture Upcycling

Ice Lolly Magnets

Mosaic

Concrete Pumpkins

Card-making

Cushion Making

Bird boxes

Drawing

Printmaking

Papier Mache



Long term wellbeing programme



CHANGE



Alice's Words

Long term wellbeing member

The Art of Wellbeing

“A V necked t-shirt lay on my bed in front of me. I knew it was there. I knew I had to put on and go to work. I didn't make it to work that day. My mind couldn't work out how to do what I had been doing for five decades. The simple task of putting on a top was too complex. My mind had joined my body in downing tools. Both were telling me loud and clear that I couldn't continue with the relentless pace of mental, emotional and physical demands, something would need to change.

I had travelled a high demand, high stress path for a long time. I had forgotten what another path might look like, I didn't know how to turn off or where I needed to go. In one of my overwhelmed times I sat in the car in a layby for three hours. I had a mantra going round in my head 'I have nothing more to give. I have given it all.'

In that moment came the recognition that I had 'burned out'.

I downloaded a book onto my Kindle called The Joy of Burnout. It helped me understand that burnout is a beginning not an end, that it makes a space for creativity and vision. I gave up my job, taking ill health retirement. Some of the stressors I had no power to change; I have an extremely ill daughter. I sought supports to manage the things I couldn't change and began to seek out what I needed to recover.





Thus one dreich day I arrived at Reachout, unsure what to expect or what would be expected of me.

What I found was a warm welcome and acceptance.

At first I came for short periods, some days only sustaining fifteen minutes. I picked a simple and repetitive activity, making a small latch hook rug. It gave colour and rhythm to dark winter afternoons. Kirsten ran a workshop teaching us how to sew Christmas stockings. The colours and textures of the fabrics stimulated my imagination and senses. I had found my therapy.

The colours and textures of the fabrics stimulated my imagination and senses.

While textiles remain my first love, by that summer I had tried all kinds of new things. I relaxed through willow weaving with its aromas of woodland and the sense of spending my time in a way that people have done for centuries. Recently I have benefited from the physical and mental well-being that comes from doing NIA. The workshops gave me a connection with other members; I became part of a community. Friendships developed and we would while away the hours working alongside each other. I am repeatedly awed and inspired by other members' creativity.

This week I was asked to pick words that described Reachout for me. These, in no particular order, were my choices:

Inclusive – Therapeutic – Inspiring – Diverse – Stimulating - Community

The last words must be dedicated to the staff. Everyone who comes through the Reachout door is made to feel valued and recognised as having something to contribute. Staff build warm and empathetic relationships with members and encourage them to try new things. Despite their significant professional skills, there is no ‘them and us’, we are a team working together.

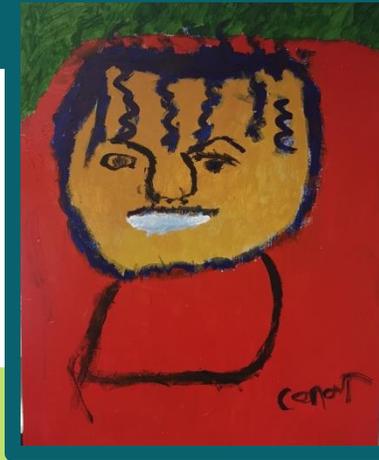


**Staff, volunteers, members
and carers...
We are all REACHOUT.”**

**Reachout Member
Alice Matthews**

2019 Creative Workshops and Activities

136 Volunteer led sessions



39 Artist led sessions

60 Member volunteer led



42 Partner led sessions

19 Staff led sessions

136

Volunteer led sessions

7 Drawing workshops with Carol MacDonald

48 Craft workshops with Anne Johnstone

7 members meeting led by Aleks Bacmaga

42 Nia classes with Ruth Simpson

3 Watercolour workshops with Collette O'Sullivan

1 Bling Your Thing workshop by Holly Boyle

13 Move to Heal classes with Ruth Simpson

7 Needle Felting workshops with Janette Borwick

8 drama workshops led by Marina Sanli





4 'My Space' workshops at Alva Academy with Iona Leishman

17 Painting workshops with Greer Ralston

4 Yoga classes with Kirsty Hall

6 Glass Mosaics workshop with Marta Sienkiewicz

8 Willow Weaving workshops with John Cowan (including 2 Alva Academy Study Leave)



60 Member Volunteer led sessions

18 Fused Glass workshops by Petra

14 Stained Glass workshops by Petra/Helen

28 craft workshops led by Agnes



- 1 Visualising Music workshop
- 2 'My Space' workshops at Alva Academy
- 1 Cyanotype Printing workshop
- 4 Creative Resilience workshops at Lornshill Academy
- 6 Macrame workshops
- 5 summer workshops with Wellbeing Scotland

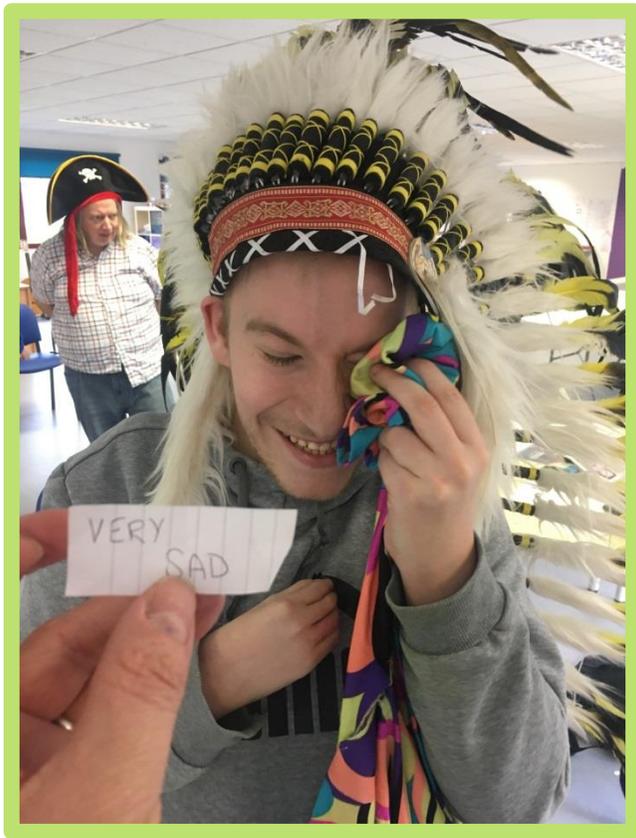


19 Staff led sessions

Screen printing – Summer workshop



Collage by S2 Lornshill Academy pupil



6 Drama workshops by Macrobert

31 Citizens Advice Bureau drop-in advice sessions

4 Live Music Concerts – Enterprise Music Scotland (EMS)

1 Visualising Music workshop led by violin and Cello duo High Heels and Horse Hair (EMS)



42 Partner organisation led sessions

There's more...

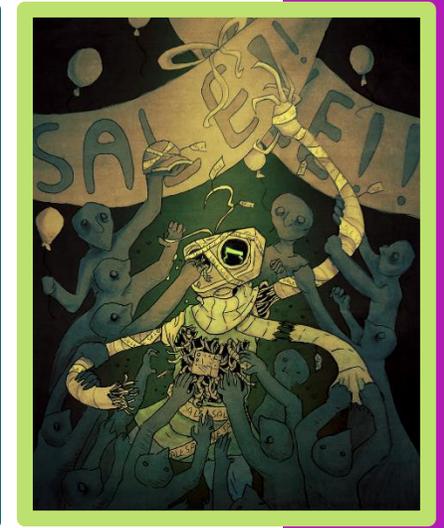
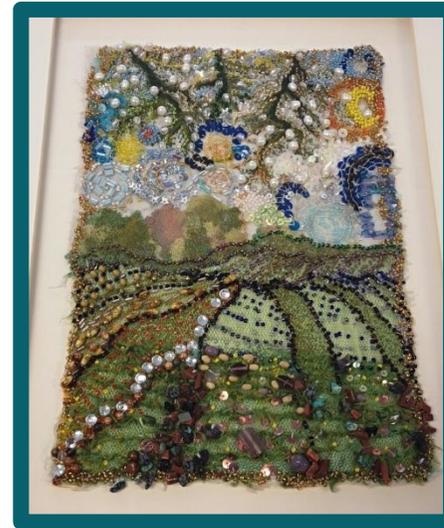
4 Spotlight Member Artist Exhibitions – George Black, Lidia Weir, Elvira Craigie, Abbie Johnson

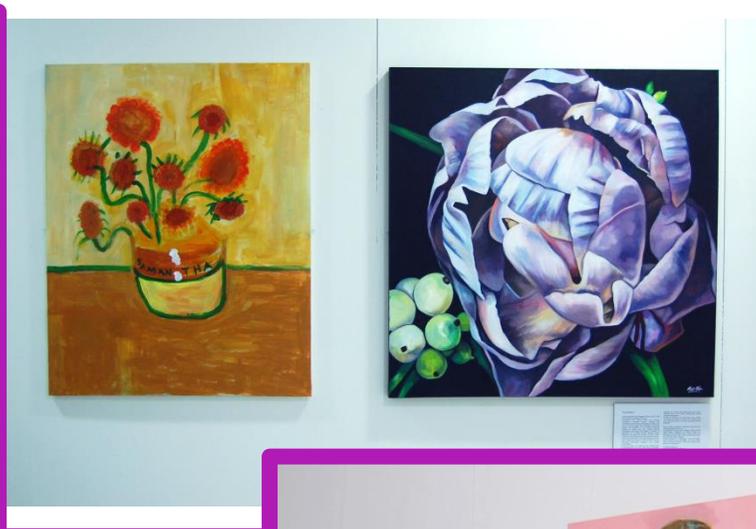
3 members parties/fundraisers: Easter, Halloween and Christmas

2 YPI charity fairs attended: Lornshill and Alloa Academy

2 members day trips: Falkirk Wheel and Cowden Japanese Garden

40 visitors welcomed to our Open Studio for World Mental Health Day





Collaborative Exhibition with Artlink Central December 2019

“Deck The Walls”



We have continued to work alongside several referral agencies and many community organisations

Who we worked with - Partners and Referrers

Our Referrers include:

Community Access Team
Integrated Mental Health Service
Psychological services
Skills Development Scotland
Mental Health Resource Centre
CPN
Enable
Play Alloo, Plus Forth Valley
Clacks Works
Clackmannanshire Council
Key Housing
Criminal Justice Services
IKL Care
CTSI
Skills Development Scotland
NHS Forth Valley
Central Advocacy Partners
Job Centre Plus

Creative collaboration with partners:

Alva Academy & Lornshill Academy – delivering Creative Resilience Workshops to vulnerable S1-S3 pupils experiencing mental health challenges in partnership with **Wellbeing Scotland** counsellors. We also deliver study leave workshops for pupils not sitting exams and supported summer creative programmes. Our long standing collaboration with **Artlink Central** spans 17 + years. We have recently been given the opportunity to exhibit our artwork throughout rolling exhibitions in collaboration with other health providers Nov 2019 – Jan 2021 within the corridors of Forth Valley Royal Infirmary. This has greatly improved our presence within Forth Valley. 10,000 plus visitors access the hospital on a weekly basis.

Macrobert Arts Centre delivered Drama/Singing for Wellbeing workshops in Reachout early 2019 and free panto tickets Dec 2019.

Citizens Advice Bureau have ran weekly drop-in advice sessions in the studio through the year and **The Conservation Volunteers** and **Criminal Justice** Commenced tidy up of the garden

Staff:

Lesley Arthur - CEO

Claire McLaughlin – Finance and Governance - resigned May 2019

Kirsten Mooney – Studio Manager

Andy Wake – Creative Activities Project Worker - resigned March 2019

Carly Speirs – Finance and Governance Manager

Fiona McCubbin – Creative Activities Project Worker –resigned July 2019

Jen Bradley – Creative Activities Project Worker

Anne Johnstone – Arts Resource Worker



Volunteers:

Anne Johnstone – Craft workshops

Jennifer McGuire – Studio and member support

Carol MacDonald – Studio support, workshops

Abbie Johnson – Digital media

Collette O'Sullivan - workshops

Aleksandra Bacmaga – fundraising committee

Sally Fisher – Admin support

Karen McKeown – Studio Support

Agnes Baird – Craft workshops

Ruth Simpson – Nia/Move to Heal Workshops

Holly Boyle – Studio support

Petra Weege – Glass workshops

Helen (Helga) Craig – Glass workshops

Claire Aitken – Studio support

Becky Organ – Studio support

Marina Sanli – Drama workshops

Janette Borwick – Felting workshops

Emily Bowie – Studio Support

Directors:

Craig Machan – Chair

Margaret Paterson – Vice Chair – resigned October 2019

Mary Herriot-Dunlop – Secretary

Taiba Hussain – Treasurer- resigned August 2019

Anne Johnstone – resigned October 2019

Our Volunteers



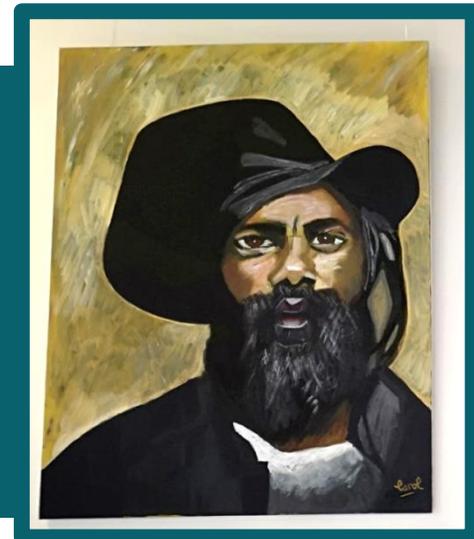
Carol's Words

"I had Encephalitis and lucky to survive and I know what is like to require support to cook, shower and do basics, I also have language difficulties as it has left me with Aphasia. I have been very fortunate to make almost a complete recovery, so it has been great now to be able to help others. I attended an open day in May 2018 all the way from Falkirk without knowing what it would be like.

From day one as soon as I opened the door, I was greeted with an environment where everyone enjoys it so much and its filled with laughter from the minute they come in until they leave.

Having the same group of people that attend on a Tuesday helps make everyone feel comfortable & confidence then builds as they want to take part. "

"I can't believe from the first extra large portrait painting workshops, (what an achievement for Greer to see everyone pleased with the end results) then it being displayed in the perfect area Reachout has for art work, going on to be at the top of the Creative Scotland Newsletter, further superb workshops, the absolute excitement Connor, Callum and Samantha got being at the easel & their love of the finished paintings, then an amazing end to the year with this exhibition!! [Deck the Walls Forth Valley Royal Infirmary Exhibition in partnership with Artlink] You deserve such recognition for all the good work you do. Well done!!"



Studio Support Volunteer Carol MacDonald

Our Volunteers

Mary's Words

"I too have benefitted from Reachout practices and philosophies and want to give back to Reachout any skills and experience that I possess to aid the success of the charity.

I have experienced Reachout from three perspectives: researching undergraduate, class participant and as board member.

This layered approach has given me a reasonable insight into the strategic direction envisaged for the charity. In this knowledge I hope to share Reachout's vision for the future."

Reachout Director Mary Herriot Dunlop

Sally's Words

"I have been volunteering with Reachout for almost a year now. Originally I started volunteering to gain more experience and confidence but ended up staying for the members and the staff as it is a fantastic organisation that does amazing, and in my opinion, valuable and important work. I enjoy meeting people old and new. I believe that volunteering here has definitely helped give my confidence a boost. I have learnt a lot of new skills whilst volunteering and worked on building my confidence. I look forward to continuing volunteering with Reachout for the foreseeable future."

Studio and Admin Volunteer Sally Fisher



Our Volunteers



Petra's Words

“When I became a member for the first time I went with a friend, I was so nervous, my anxiety was through the roof, my body was shaking. I stayed for 1 hour then went back home to my room and I liked it so I decided to go again the next day.

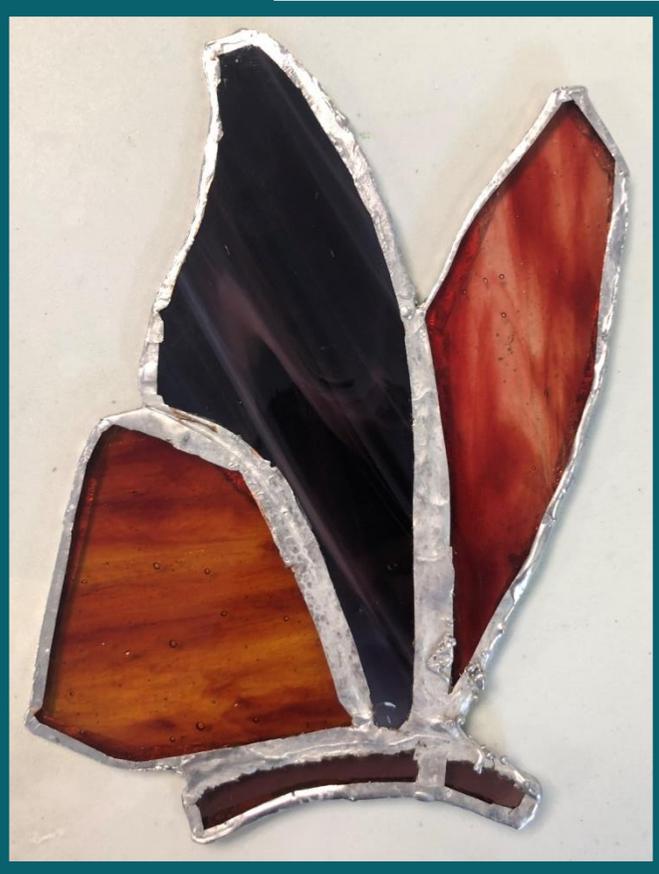
I went back, it had taken me 1 hour to build up the courage to go and I had a good time then one day Rhona started a fused glass class and that had opened a new life for me, it was the first time in my life I didn't feel like a loser as I was quite good at it.

**Two weeks later I had sold one of my pieces of glass jewellery
– I was so happy 😊**

It didn't take long and I sold all over England and Scotland, Spain, Canada, America then I got a commission work from Wasp. I started teaching at Reachout and my confidence grew and I loved it. Then I started teaching at Denny High School. Then I became ill and stopped going to Reachout.

If it hadn't of been for Reachout I wouldn't have had the chance to learn stained glass and fused glass so I will always be grateful.





Teaching in Reachout

I was sitting in Reachout working with stained glass one day and a member told me he could never do anything like that so I told him to sit down and I would teach him. When he finished his first piece he was so happy he thanked me so much and after this, I started a stained glass class.

I teach 4 people now and it is helping me with my confidence.

I also teach fused glass and one day a new woman started, she was shaking so I held her hand and said 'I don't bite', it made her really relax, now she is in both my classes. She used to be very nervous but now she is relaxed and happy and so am I. That is two people that I helped and it is helping me too. I have PTSD and BPD, I also suffer from anxiety, though these things are going on with me I have helped two of my students which is helping me.

It makes me proud to be a Reachout member.

I would like to thank Reachout and the staff for giving me this chance. Thank you all." 😊



Petra Weege – Member/Volunteer



Staff Member – Arts Resource Worker – Anne Johnstone

“My name is Anne Johnstone and I have volunteered at Reachout since September 2017. During this time I have worked with drop-in groups. We have participated in a wide range of activities including clay work, sewing, furniture upcycling and actually too many to list! We held regular feedback sessions within our groups where we discuss how activities have gone and made a list of activities we would like to try. The group has grown from 3 to 17 in total.



Recently I successfully applied for the role of Arts Resource Worker at Reachout. Part of my job is to continue to support people at Reachout as well as organising resources to make them more accessible for members.

We hope in the future to create a folder of activities along with step by step instructions to enable members and carers to try new opportunities.”

Claire McLaughlin
Finance & Governance Manager
2013 - 2019



When I joined Reachout as Financial Officer in September 2013 I was looking for a change of direction in my career; it was the right time for me to leave financial services behind and to step into the less familiar world of working in the voluntary sector.

I was looking forward to being part of an organisation making a difference and helping others, something that had been lacking in my previous work experience. What attracted me to Reachout was that it was clearly a very successful charity, award-winning and innovative.

Being part of a small staff team there was plenty for me to get involved in to financially manage both the charity and the social enterprise, including projects to develop and systems to improve with the key focus on income generation. There were many varied challenges, the days were exceptionally busy and with my role being hands on I thrived on being able to implement positive changes to the organisations quickly.

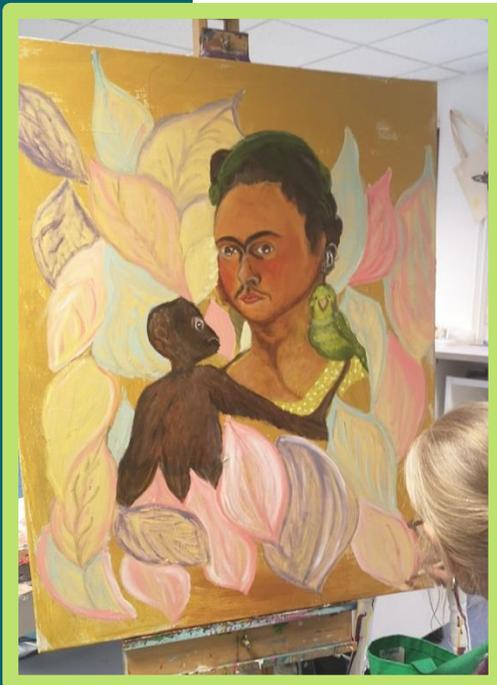


When I joined, the charity's social enterprise trading arm The Makers Gallery & Bistro (Art'n'Mind) was just in its infancy, taking its first steps into delivering its hugely successful 5 year training and employability programme. What had been a derelict Victorian school at Ludgate in Alloa had been beautifully and uniquely transformed in structure and purpose into an exciting and vibrant space offering a much needed provision for the community.



In 2018 Reachout relocated to Lime Tree House in Alloa, another exciting progression for the organisation to much larger and more accessible premises with the added bonus of a garden. This relocation was a significant move for the charity, more suited to its developing projects and demonstrating to funders its innovative ideas and commitment to member-led creative activities. Ground floor office space in a former Council building was converted into bright, open studio space.

This new space lending itself to multiple projects, currently including the development of the garden as an outdoor creative and sensory area, resilience building programme working with young people in local schools and an IT suite to promote creativity through use of technology. For members, volunteers, staff, funders, anyone who comes to Reachout will know that it is a place of acceptance, kindness and positivity.



At the heart of the charity is the fantastic leadership and focused energy from Chief Executive, Lesley supported by a group of dedicated Directors and hard-working committed staff team and volunteers. With this clear direction Reachout stays true to its purpose as a member-led organisation with its underlying ethos that creativity and wellbeing are strongly interwoven.



The benefits of these are immeasurable and as such Reachout provides a necessary life-line to so many people. For some members it helps them to improve their mental health and wellbeing and for others it provides a place to maintain their wellbeing through longer-term support. I truly hope that Reachout as a charitable organisation remains supported financially into the future and that funders continue to recognise its invaluable role as an essential service to vulnerable people. As services continue to be reduced or permanently stopped as a result of ongoing budget cuts the demand on Reachout as a vital community provision will certainly increase.

I feel an enormous sense of pride and gratitude having worked at Reachout. The charity has been on a remarkable journey throughout my 6 years working here and being a key part of this has been incredibly rewarding and inspiring. I left with a wealth of experiences that have taught me a great deal about myself and that I take to my new job and into my personal life.

Claire McLaughlin (Finance & Governance Manager 2013-2019)



Carly Speirs
Finance & Governance Manager



I joined Reachout in April 2019 – my background is in investment banking but I have a great deal of experience volunteering for various charitable organisations over the years, so I was very keen to work in the third sector. As Finance & Governance Manager at Reachout, my responsibilities are many and varied.

I ensure that all financial, statutory and administrative tasks are carried out in a timely manner

– this also includes statutory and financial returns for HMRC, Companies House, OSCR and other governing bodies. I work with the Chief Executive on funding monitoring reports and applications for all new grants and projects, and I work alongside the Board in the development, implementation and maintenance of monitoring systems and procedures to ensure an effective and efficient operation at Reachout.



Daily responsibilities may include the comparison of year to date spend to the annual budget, preparation of financial reporting to the Board, bank reconciliations, processing of payroll and ensuring all transactions are recorded and reconciled in Sage, so that annual accounts can be prepared at the end of the financial year in line with statutory regulations. I am also responsible for the governance of Reachout – onboarding of new staff, reviewing and updating policies and procedures, as well as the maintenance of the staff handbook, and other ad hoc tasks such as maintenance of the fixed asset register, insurance, PAT testing and risk register.

Staff Member – Creative Activities Project Worker – Jen Bradley



“Since graduating from Grays School of Art with a BA (Hons) Painting in 2013, I have been committed to developing and facilitating art sessions with a focus on encouraging autonomy and supporting wellbeing within community settings, hospitals and schools. Experienced in creating calm and supportive creative environments for children and adults, I work sensitively to share aspects of my artistic practice in response to the interests and needs of each participant I work with.

I am delighted to be working with the Reachout artists and staff team, having recently joined as Project Worker in October 2019. My role is to plan, coordinate and deliver creative workshops within the Reachout studio and outreach projects. Another key element to the role is the monitoring and evaluation of each project where I have a focus on documenting and reflecting on how each project unfolded, noting where there may be room for development and acting upon this.

As a practicing artist I like to work with a range of materials. I predominantly use painting, printing and casting techniques to help me consider and make sense of the marks that people leave on the world as they pass through life. It's important to me that I ensure to continue the development my own art practice, whilst facilitating, in order to enable to continue in the delivery of high quality art sessions.

I have a positive and encouraging approach when facilitating the creative process. I believe it's important to support each individual at their own pace through play and exploration of art materials.

As Project Worker at Reachout, I make time to find out what our members' interests are. Having spoken with the members at Reachout, many are keen to experience and learn about working with clay. As I am currently developing my skillset in the area of ceramics within my own arts practice, I think it would be so beneficial for our members to have a dedicated clay workspace within the Reachout studio. I look forward to planning and developing this space in 2020." **Jen Bradley – Creative Activities Project Worker**

Staff Member – Studio Manager – Kirsten Mooney



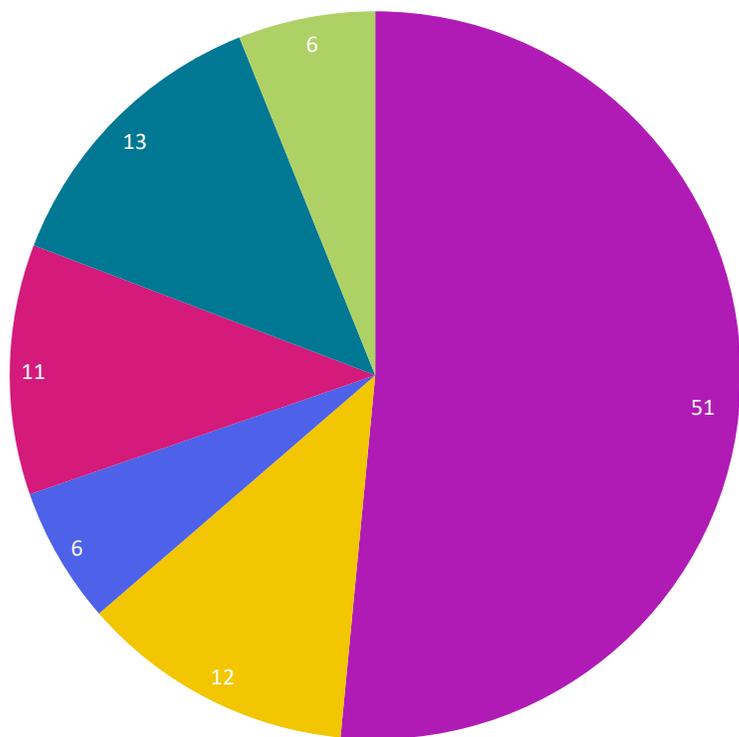
"I started working at Reachout as Admin and Member Support worker in 2017. Previous to that, I worked as a seamstress for a few years after having studied Fashion and Business at Glasgow Caledonian University and graduating in 2015. I enjoyed the practical nature of my previous work but I missed the human interaction! So starting my job with Reachout was a welcome change and of course, a new challenge. I took on the admin tasks and helped out in the studio as and when required.

Six months after moving to our lovely new premises here in Lime Tree House, I was promoted to the role of Studio Manager. A large part of my role involves monitoring activities, attendance, membership and visitors to enable evaluation of the service and for Lesley (CEO) to either report our progress back to funders or use as evidence for new grant applications. I now also manage volunteers, events, website and social media. I meet with any new referrals/referrers and introduce them to the studio and talk them through the service Reachout offers.

My favourite thing about working for Reachout is all the amazing people I get to meet and chat to on a daily basis. I feel very privileged that I get to see first-hand the benefits of creativity for our members' wellbeing and therefore know that I work for a fantastic charity that offers such an important service. The year has been a hectic one, settling in to new premises, adjusting to new roles and a new team but I am very much looking forward to 2020 at Reachout!" **Kirsten Mooney – Studio Manager**

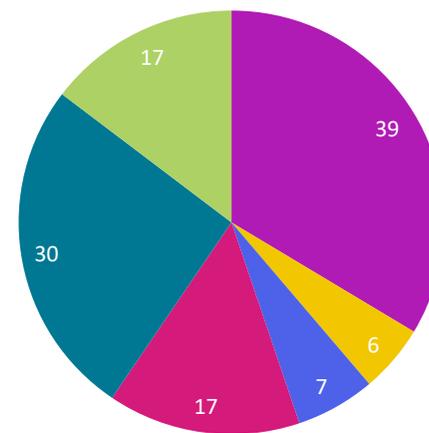
Visitor Breakdown Comparison Jan - Oct

2019
99 visitors



- Potential new member
- Potential volunteer
- Carer/SW
- Student Visit
- Visitor
- Referrer

2018
116 visitors



Financial Results for the Year Ending 31 March 2019

The financial statements of the charity for the year ending 31 March 2019 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 £125k (2018: £367k) with a net deficit of £19k (2018: surplus £248k) made up of:

£113k of surplus in the previous year was due to the closure of Art'n'Mind, including transfer of the trading profit and sale of assets

Remaining surplus in 2017/18 due to grants received but not drawn down during financial year

Increased costs reflect the relocation to Lime Tree House in October 2018 and increased staff costs reflecting a full year's impact of four FTE members of staff

Total reserves stand at £345k (2018: £363k) comprised of:

£100k restricted and £245k unrestricted funds

Balance of free reserves of £114k (unrestricted general fund of £245k less fixed assets of £12k less designated fund of £119k)

Reserves Policy

At the end of March 2019, Reachout's net free reserves were £114k. Based on projections for the financial year ahead, this represents approximately 12 months of total annual expenditure for the organisation. The trustees estimate that the charity's reserves are at an appropriate level to reasonably protect its ongoing and future activities from unexpected financial risk.

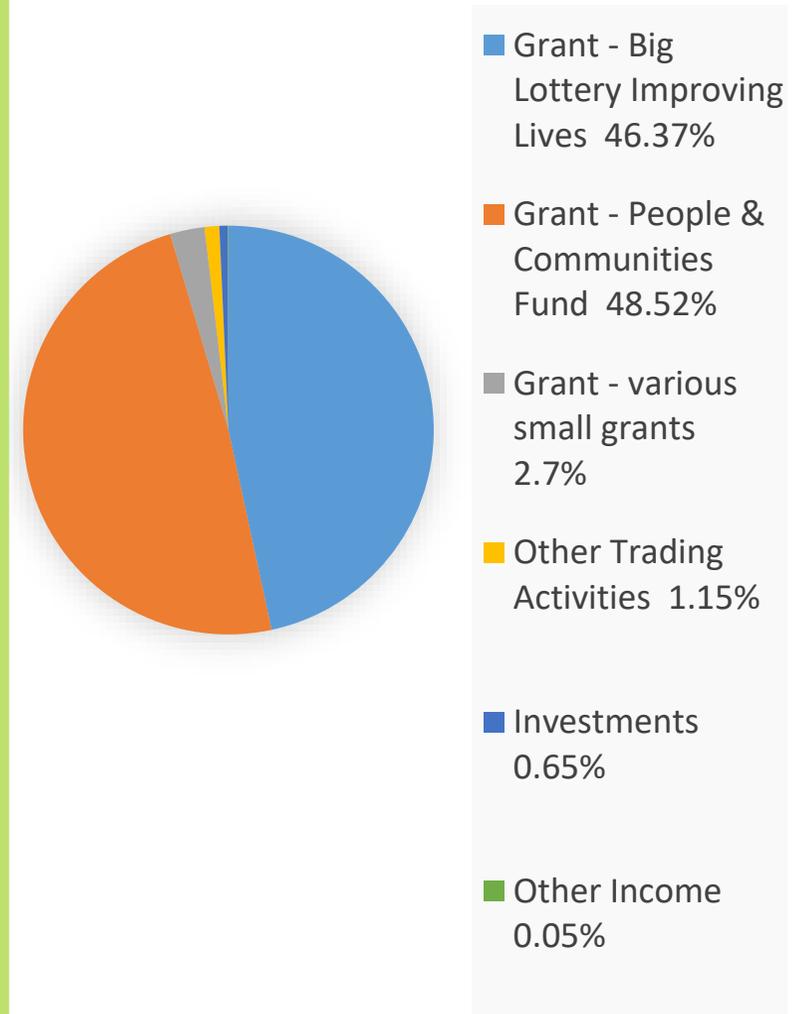
Income

The charity's total income for the year was £125k (2018: £367k), a decrease of £242k on the previous financial year. This was primarily due to the one time event in 2018 of trading profits and sale of assets on the closure of Art'n'Mind Ltd amounting to £113k.

There was also a net decrease in grants received in 2018/19 of £127k - £65k from Big Lottery, £22k from Clackmannanshire Council, £30k from Creative Scotland and £15k from The Robertson Trust were all received in 2017/18.

Of the £125k income for 2018/19, 97% was generated by grants – other sources of income included workshop fees, membership subscriptions and donations.

Total Income April 2018 - March 2019

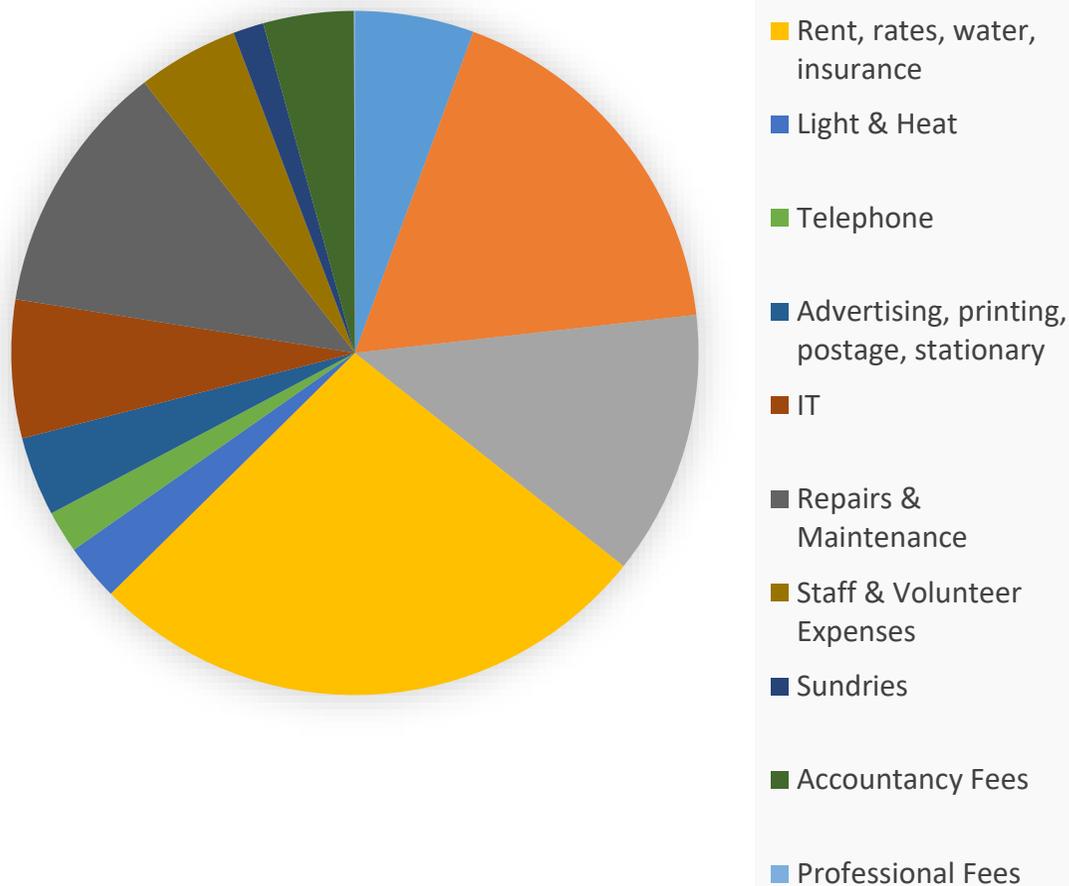


Income Received

	April – November 2019	Year Ending March 2019	Year Ending March 2018
Big Lottery – Life Transitions			65,262
Big Lottery – Improving Lives	48,794	58,293	48,129
Clackmannanshire Council			21,924
Creative Scotland	42,823		30,000
People & Communities Fund	30,000	61,000	61,500
Robertson Trust			15,000
Various Small Grants		3,396	8,000
	121,617	122,689	249,815
Other Income	4,392	3,021	3,224
Art'N'Mind			113,716
Total	126,009	125,710	366,755

In the current financial year, 2019/20, £121,617 has been received in grants between April - November 2019 – this includes £30,000 from PCF, Year 2 grant from Big Lottery of £48,794, and £42,823 from Creative Scotland. Other income of £4,392 has been received year to date.

Total Expenditure (excl. staff costs) April 2018 - March 2019



Expenditure

Total resources spent was £144k (2018: £118k). This was an increase of 22% (£26k) compared to the previous financial year. The majority of cost lines have remained at similar levels year on year, however salary costs increased, reflecting a full year's impact of four full time members of staff. Staff costs for the year 2018/19 were £111k. Total expenditure excluding staff costs were £33k and are shown below. For a detailed breakdown of expenses, please refer to the annual accounts.

Financial Position as at 31 March 2019

The balance sheet shows total funds of £345k. These funds include £245k unrestricted funds, of which £119k is a designated fund. These monies have been invested in a deposit account from which Reachout has received investment income of £221 this financial year.

The total fund balance also includes restricted funds of £100k. The use of these funds is restricted to specific purposes or they comprise funds subject to grant conditions. Full details of these restricted 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.

With thanks to our funders 2018/19



Annual Report Designed by Studio Manager Kirsten Mooney