



Annual Report 2025



Contents

<u>Introduction</u>	Page
The Organisation	6
The Service	7
Vision, Goals & Values	8
<u>Leadership Statements</u>	
Chairperson Janine Rennie	9
Executive Artistic Director Lesley Arthur	12
<u>2025 Summary</u>	
Beneficiaries Summary	15
Total Creative Opportunities	20
<u>Reachout Programmes</u>	
Make Adults with Support	22
Change Long Term Wellbeing	30
Inspire Children and Young People	37
Wider Work	47
<u>Reachout Staff Statements</u>	
Finance and Governance Manager Jonathan	48
Senior Artist Facilitator & Engagement Manager Leanne	51
Artist Facilitator George	55
Craft Facilitator Anne	57
Emerging Artist Willow	60
<u>Financials</u>	
Treasurer's Report Graeme	62



"I love coming to Reachout. I feel like I've really found myself. I actually tear up with happiness coming in the doors, to have finally found somewhere that helps."

- Member quote

"This is the most therapeutic artwork I've ever created. It's been like opening a cabinet in my brain, emptying it and then closing the door again."

- Member quote





The Organisation

Reachout With Arts In Mind is an innovative, inclusive and award winning charity with over 30 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.

"Coming here has made me feel whole again."

- Member quote



The Service

We deliver professionally designed, artist and volunteer led programmes that empower individuals living with neurodiversity, mental health challenges, and disabilities through creativity. Our bespoke, person-centred programmes **Make, Change, and Inspire** provide safe spaces to connect with others through animation, visual arts, pottery, printmaking, sound, and three-dimensional arts. Activities span early years, children, young people, family support, and adult outreach employability services.

Creative workshops foster confidence, resilience, and connection, helping participants overcome isolation and inequality, support recovery, and raise aspirations, while building pathways into volunteering, education, and employment. Our work is described by partners as “high quality, professional, innovative, and vital.”

Reachout membership are encouraged to be involved in all aspects of day to day activities including planning, facilitating and management of the organisation.

*Reachout is not a regulated care provider.



Our Vision

A 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

Janine Rennie

It is with great pride that I present my first Chairperson's Report for Reachout with Arts in Mind. Having taken on the role earlier this year, I have had the privilege of witnessing first-hand the dedication, compassion, and creativity that define Reachout. Our mission remains as vital and impactful as ever.

A Year of Creativity, Connection and Care

Over the past year, Reachout with Arts in Mind has continued to offer a safe and inspiring environment where members can express themselves, build confidence, and form meaningful connections. Our programme of art classes, workshops, and creative projects has not only grown in range but also in depth, reflecting the diverse needs and talents of our members.

Despite ongoing pressures across the sector, our community has demonstrated remarkable resilience. Attendance has remained strong, and we have welcomed new members who have quickly become part of the supportive community that makes Reachout so unique.



Strengthening Our Vision

Taking on the role of Chair has allowed me to see the organisation from a new perspective. I have been consistently impressed by:

- Our dedicated staff and volunteers, whose daily commitment ensures that every member is valued, supported, and encouraged.
- Our talented tutors, who bring both artistic skill and genuine care to every session.
- Our Board of Trustees, who have continued to provide thoughtful governance and strategic guidance.
- Our members, whose courage, creativity, and openness remind us why our work matters.

Together, we have continued to champion the belief that creativity can be transformative—not only as a wellbeing tool but as a means of fostering community, purpose, and joy.

Achievements and Highlights

This year we celebrated several milestones, including:

- A full programme of in-person arts sessions across multiple mediums.
- Increased participation in collaborative projects.
- Stronger partnerships with local organisations and funders.
- Positive feedback from members and partners highlighting improved wellbeing, confidence, and social connection.
- These achievements reflect the collective effort of everyone involved with Reachout.



Looking Ahead

As we move into the coming year, our focus will be on strengthening our sustainability, expanding opportunities for members, and continuing to advocate for the importance of arts-based wellbeing and mental health support. We will also be reviewing our strategic priorities to ensure we remain responsive to the evolving needs of our community. I am excited about what lies ahead and deeply committed to supporting Reachout with Arts in Mind to flourish.

Acknowledgements

I would like to extend my sincere thanks to everyone who has contributed to our work this year—staff, volunteers, tutors, trustees, partners, funders, and, most importantly, our members. Your enthusiasm, generosity, and belief in our mission keep this organisation thriving.

Conclusion

It has been an honour to take on the role of Chair during such an inspiring and creatively rich year. I look forward to working with all of you as we continue to build on Reachout's strong foundations and ensure that creativity remains at the heart of wellbeing and mental health support.



Executive Artistic Director

Lesley Arthur

2025 has been a year of ambition, creativity, and resilience for Reachout. Through the power of the arts, we have deepened our impact on mental wellbeing, expanded our reach across Forth Valley, and strengthened vital partnerships with Health, Education, and Employability providers.

Our studio continues to be recognised as a unique and safe space for therapeutic engagement, where creativity becomes a catalyst for confidence, connection, and transformation. The dedication of our multidisciplinary team, Artist Facilitators Leanne Dewar and George Farrow-Hawkins, Craft Facilitator Anne Johnstone, and our inspiring highly experienced volunteers, has enabled hundreds of children, young people, and adults to access creative interventions that foster wellbeing and unlock potential. Reachout practices a nurturing culture embracing artistic development and this year our artists have been prolific in their own career development, inspirational to witness their successes in exhibitions, screenings and commissions.

It was a year of team transitions & development, we said farewell to Carly Speirs (Finance & Governance Manager), who moved on to new opportunities overseas and I thank her for unwavering dedication, patience, and contribution over the years. Welcomed Jonathan Muir (Operations & Finance Manager), bringing fresh perspective and extensive experience to support Reachout's continued growth.



Provided paid placements for Rowan McGonagle & Willow Church, offering valuable hands-on experience and a stepping stone into Community Arts. Craig Machan stepped down after 17 years of strategic support and 7 years as Chair, leaving a legacy of vision, guidance, and expertise that strengthened Reachout's foundations. And we welcomed Janine Rennie as Chair, a long-term partner bringing exceptional knowledge in business and community leadership to guide Reachout's next chapter.

This year, our Inspire programme saw a 57% rise in referrals, reflecting the urgent need for creative responses to Clackmannanshire's escalating mental health crisis. We have expanded Inspire to fill critical gaps in support for young people aged 12+, co-designing early intervention programmes with partners and laying the foundations for Inspire 2026, a bold shift towards sustained, co-produced engagement that builds resilience, reduces stigma, and creates pathways into education, adulthood, and employment.

Highlights included our touring exhibition 'Reachout: The Art of Us', part of the Scottish Mental Health Arts Festival, which celebrated lived experience and community resilience through multimedia art and film. Our membership programme continues to thrive, with 155 young people and adults actively shaping Reachout's future, leading workshops, mentoring peers, and strengthening community ownership.



We have faced significant challenges due to the cost of living crisis and the precarious nature of funding, yet Reachout has responded with creativity and determination. Our fundraising strategy is focused on securing long-term commissioning and core funding through formalised partnerships, while exploring new income streams, corporate sponsorship, and corporate social responsibility collaborations.

For over three decades, Reachout has championed creativity as a tool for wellbeing, employability, and social change. In 2025, we have once again demonstrated that when communities come together through the arts, barriers are broken, confidence is restored, and futures are reimagined.

Moving into our 33rd year, Reachout remains steadfast in its mission, to deliver inclusive, ambitious, and high-quality creative programmes that empower individuals, enrich lives, and inspire hope.



2025: Summary

449 beneficiaries



155

Members



71

Non-members
[16+]



223

Children and
Young People

Creative Inclusion and Diversity

Make | Change | Inspire



Equality, diversity and inclusion are at the heart of every decision and process at Reachout. Celebrating and championing creative diversity through our core programmes **Make, Change** and **Inspire** has involved:

- Facilitating high-quality, person-centred experiences across multidisciplinary programmes that ensure meaningful representation and create spaces for people to interact, share ideas, build relationships, and promote emotional resilience, self-efficacy, and mental wellbeing.
- Supporting skills development for emerging artists and individuals who are neurodiverse and/or facing other mental and physical challenges, encouraging innovative collaborations with professional artists and providing opportunities for creative activity, digital inclusion, events, exhibitions and touring interactive digital experiences.
- Get Creative - Empowering children and young people through creative collaboration, social connections and skills development through an engaging, interactive initiative shaped for and by local young people. Offering digital and physical experiences, exploring various art forms including visual art, pottery, film and more.

Reachout: The Art of Us

Touring Exhibition

TOLBOOTH



Saturday 5th July 2025 - Saturday 26th July 2025
The Tolbooth, Jail Wynd, Stirling FK8 1DE

This collection brought together voices from all Reachout communities and projects, sharing personal stories, lived experiences, and bold creative expressions. Through a diverse range of artworks, from painting and sculpture to spoken word and multimedia, The Art of Us celebrated connection, resilience, and the beauty and complexity of what it means to belong, to be heard, and to be seen.

Displayed in a fully accessible venue with regular quiet hours, creating a calmer, more accessible environment for visitors with additional needs.



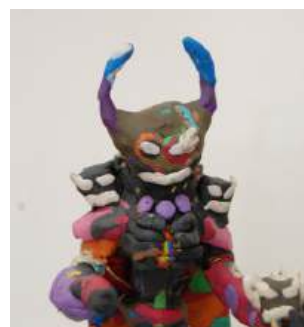
The exhibition received hundreds of visitors, including a Reachout trip which allowed members, friends and family to celebrate this achievement. Please see a small selection of visitor feedback below:

Selection of visitor comments:

'Beautiful exhibition! What a sense of community and creative joy. Huge well done to all involved.'

'Beautiful work, lots of colours and variety of styles. Wonderful exhibition, glad I came.'

'Fabulous, such a variety of talents.'



Reachout: The Art of Us Touring Exhibition



Friday 10th October - Thursday 13th November 2025
Forth Valley Royal Hospital, Stirling Rd, Larbert FK5 4WR

As part of the Mental Health Arts Festival and in partnership with Artlink Central and the NHS Forth Valley Wellbeing Through Arts Programme this touring exhibition opened in Forth Valley Royal Hospital on Friday 10th October (World Mental Health Day).

Selection of visitor comments:

'Wow what a talented bunch of people.'

'It's so nice to have lovely artworks to look at.'

6,394 Creative Opportunities

3,081 artist led opportunities



1,590 member led opportunities



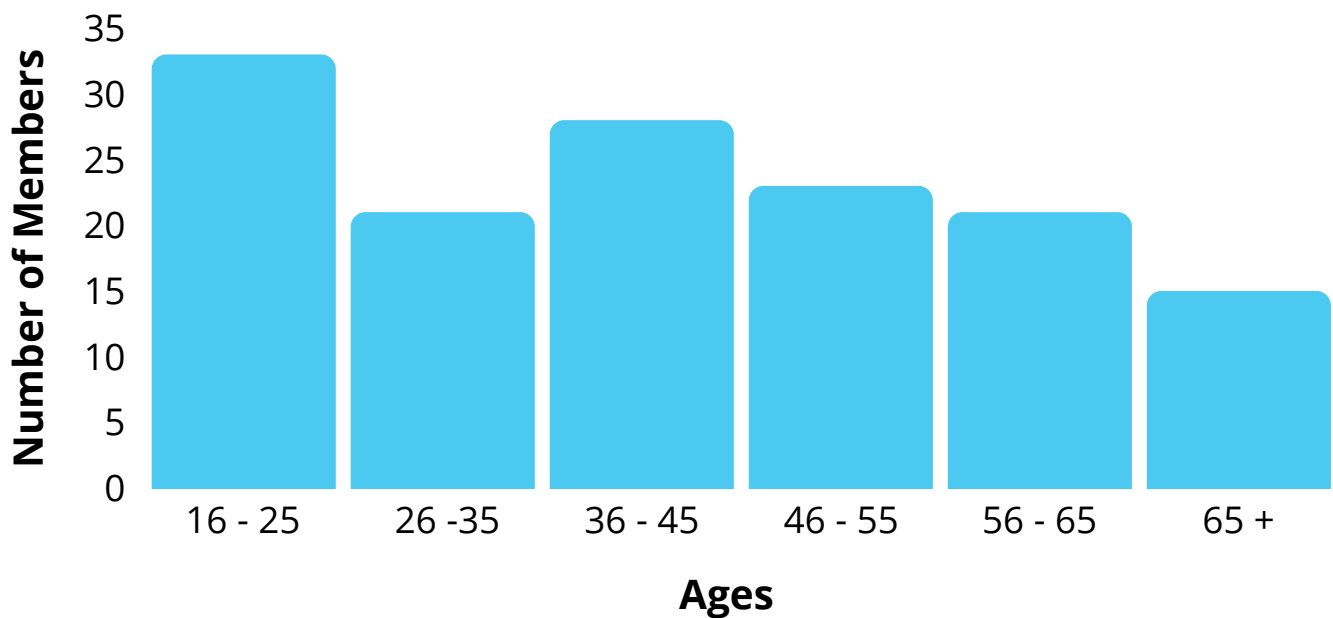
485 volunteer led opportunities



1,238 staff and volunteer led sessions



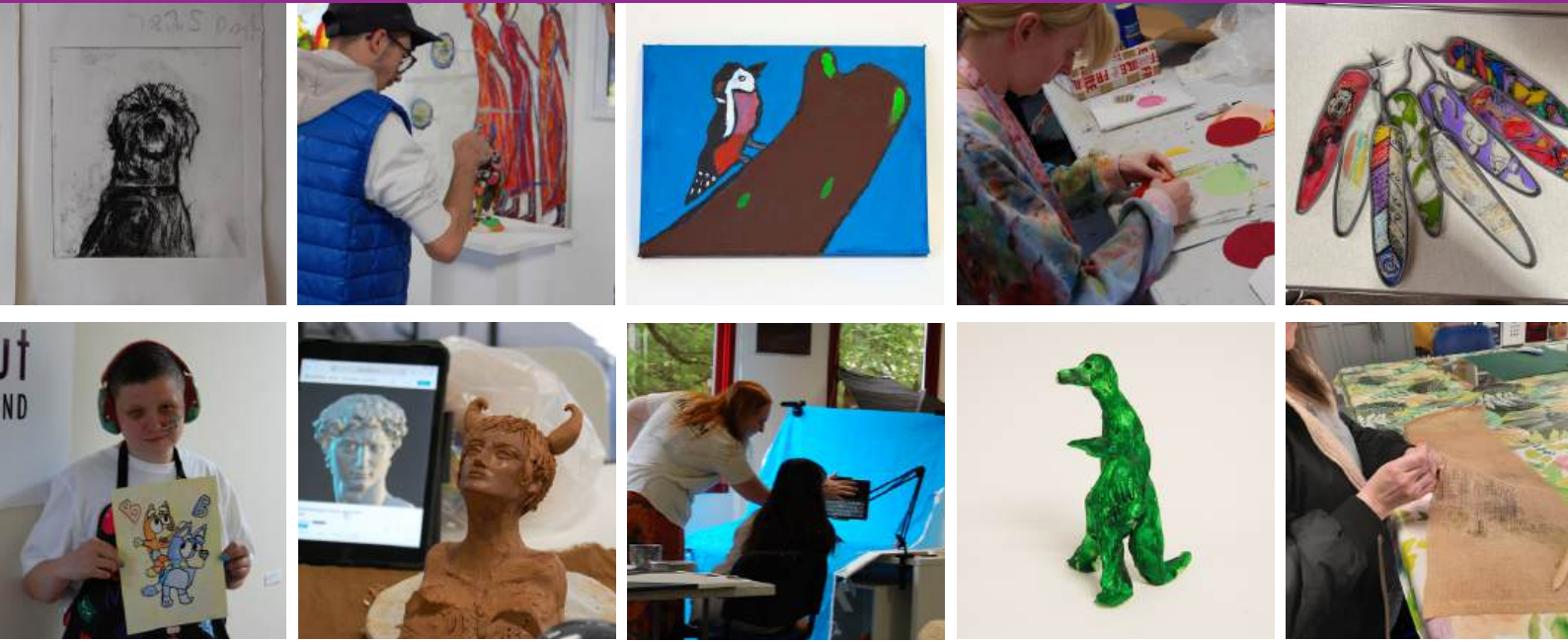
155 Members 2025



"Reachout gave me a lift right when I needed it."

- Member quote

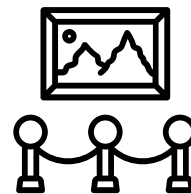
Make



Reachout's **Make** programme provides inclusive access and volunteering opportunities for adults requiring support and those living with neurodiversity, disabilities, and hidden disabilities.



42 Members



5 Exhibitions



**9 participants co-
designed visual
communication tools**



**Gave 75 Hours of
Volunteer Support**



Reachout Member

Susan

I've been attending Reachout for a few years now. I have definitely enjoyed the clay sessions because I really like getting my hands dirty, making something new, and I hadn't used clay since I left high school in 2003.

I like that I can use the clay to create lots of different projects, often I make things that are presents for people because I am a kind person and I love seeing their happy faces when they receive a handmade gift, often they say "Wow, did you make that?".

One of my biggest achievements at Reachout has been creating a 70cm tall model of the Castle from Disneyland Paris, as a gift for my mum's birthday. This was the first big project I've ever done in my life.

"I make things that are presents for people because I am a kind person and I love seeing their happy faces."



Usually, I work on projects I can finish in one or two sessions, but I started this one in May and finished it in July. It was a big project for me but I learned a lot, and my mum loved it – she even had a tear in her eye when I gave it to her.

I also made ceramic Thank You magnets for Reachout Volunteers to give as gifts on Reachout's Volunteer Thank You Day. It was really good, I like making gifts for people. I've also created some clay masks recently inspired by my favourite singers including Dolly Parton, Cher and Elvis.

I like coming to Reachout to meet new friends and make stuff for people. My clay skills are now really good, I've started helping other members who are new to clay with rolling out clay. I've really enjoyed that too and it feels good when they say thank you.

“My clay skills are now really good, I’ve started helping other members.”





Reachout Member

Michelle

Michelle Briggs - Artist.

As I reflect on my recent journey with Reachout, I am reminded of the profound impact it has had on my life. Building on the progress I reported last year, I am pleased to share that my mental wellbeing continues to improve, thanks in large part to the nurturing environment and supportive community that Reachout provides.

Reachout and its community have become a therapeutic haven, where creativity has become a powerful antidote to the complexities of my own mental health challenges. However, this year, I would like to shift the focus from my individual mental wellbeing journey to the meaningful relationships I have forged with the staff, volunteers, and members.

“At Reachout, I have discovered a sense of belonging.”



At Reachout, I have discovered a sense of belonging, where I am accepted and valued for who I am, without labels or expectations.

Simply, Michelle Briggs. This freedom has allowed me to explore my creative practice with renewed confidence, and I have found a deep sense of joy and fulfilment in expressing myself through conceptual art. The safe and inclusive space provided by Reachout and its heart warming community, enables a meaningful confidence within myself, to share my inner world with others, and I am continually amazed by the diverse interpretations and connections that my art evokes.

"Since last year's report, I have experienced a significant shift in my own empowerment."

Since last year's report, I have experienced a significant shift in my own empowerment, and I now feel confident in sharing my experiences at Reachout and encouraging others to join our community.

I am proud to have had the opportunity to showcase my work in various exhibitions, and I am thrilled to have become a member of the Forth Valley Independent Artists, a collective that shares my passion for innovative and thought-provoking art.



“The support and guidance I have received from the team at Reachout have been instrumental in my growth and progression as an artist.”

The support and guidance I have received from the team at Reachout have been instrumental in my growth and progression as an artist, and I appreciate the moments we have shared; exploring new ideas, techniques, mediums, discussions around art history, and discovering new artists. All of which has fired up my own desire for knowledge and experiences. I also deeply appreciate the powerfully simple moments that have been shared between myself and others within Reachout.

The connections I have made at Reachout are truly unique, and I feel fortunate to be part of a community that values creativity, empathy, and understanding. I am grateful for the ways in which Reachout has nurtured my personal growth, and I look forward to continuing to evolve and contribute to this vibrant community which gifts moments of peace and liberation to my life.



Skills Development Volunteering Opportunities



Rachel

I began volunteering with Reachout in March 2025, after Lesley visited the college to share information about the organisation's work and the volunteering opportunities available. Hearing about the positive impact Reachout has on such a wide range of people inspired me to get involved. I also saw it as a great opportunity to gain relevant experience for my future career as a secondary school art teacher, while completing my Honours year.

My role has been tailored to my interests, and I've mainly supported sessions with young people, including Alloa Academy EASN sessions. These have involved activities such as working with clay, creating short films, and exploring drawing and painting. I've learned lots about making creative sessions accessible for everyone, and in the future, I hope to run my own crochet workshops.

Reachout is a wonderful place to volunteer, everyone is incredibly kind and welcoming. It's been a great opportunity to connect with so many creative people and other volunteers from Forth Valley College.



Kayleigh

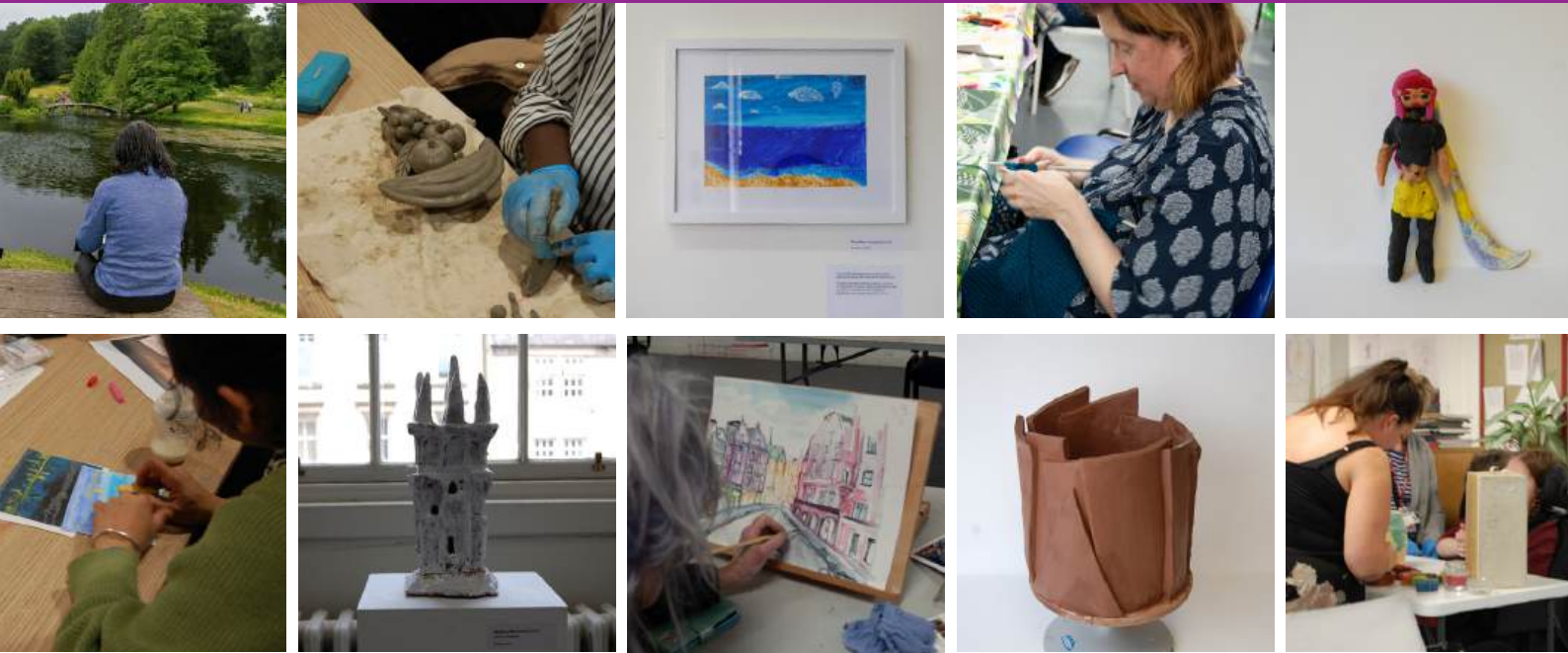
I first heard about Reachout through a talk Lesley did at Forth Valley College. I was instantly intrigued by the organisation, the positive work it does with the community and knew I would love to be part of it. I signed up to volunteer as I felt I had a variety of skills that could be useful and felt it would be an incredibly valuable experience to my future career path as a teacher. Little did I know, it would make me rethink my career route.

No day is the same in the studio, in the most amazing way. We provide a wide range of creative support, be that print making, painting, clay, textiles, animation or anything members want to give a go.

The most rewarding part of this role is seeing participants confidence grow and the pride they have over their creative achievements, becoming more confident is just the most wonderful thing to see. I have learned different ways of communicating and how to quickly adapt for different circumstances, a skill that is forever invaluable! I feel lucky to have the opportunity to experience these moments, and the network of artists I now have the privilege of working alongside.

Through this experience, I've discovered that I want to pursue a career as an Artist Facilitator. After seeing the impact Reachout has on the community I can't think of a better career for my future.

Change



Reachout's **Change** programme supports creative self-management for adults aged 16+ and as a stepping stone for volunteering, further education, and employability.



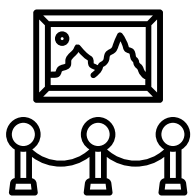
24 Volunteers



91 Members



**2 Employability
Placements**



7 Exhibitions



**Working in partnership
with 17 Partnership
Organisations**



39 Carers



Reachout Volunteers

In 2025, we grew our volunteer team from 14 to 24 which has been crucial in planning, supporting, delivering, and organising workshops and studio resources.

This invaluable contribution has directly enabled us to increase studio capacities, deliver more outreach opportunities and reach more people through our services.

We extend our sincere gratitude to all our past and present volunteers. Your dedication is essential to Reachout's success and its promising future.

Volunteer Thank You Day 2025



Each volunteer received a handmade Thank You ceramic fridge magnet made by Reachout member Susan.



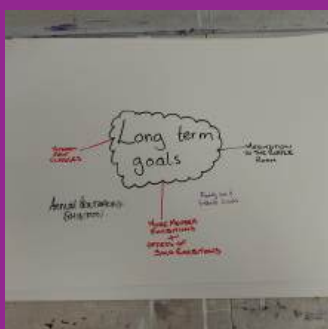
Verbal and written feedback gathered through questionnaire, focus group and mind maps.



Discussed short term and long term goals within volunteer experiences.



Opportunity for volunteers to meet as a team and feel celebrated.



100% Volunteers stated their experience at Reachout has been positive and they feel valued.



100% Volunteer stated they would recommend volunteering at Reachout.



Special thanks to:

Eta

Studio Support &
Secretary

Bobby

Workshop Support &
Delivery

Kim

Studio Support

Jane

Workshop Support &
Delivery

Karen

Workshop Support &
Delivery

Hayley

Workshop Support &
Delivery

Janine

Chairperson

Graeme

Treasurer

Susi

Director

Steven

Director

Agnes

Workshop Delivery

Jennifer

Creative Support

Duncan

Workshop Delivery

Mal

Workshop Delivery

Amy

Workshop Support

Kayleigh

Workshop Support

Rosie

Workshop Support

Rachel

Workshop Support

Darren

Workshop Delivery

Emily

Admin Support

Elizabeth

Workshop Delivery

Holly

Workshop Support

Katie

Workshop Support

Liz

Workshop Delivery



Employability



**No One
Left Behind**



Reachout **Creating Change, Creating Futures** Programme focused on improving employability skills, helping to build confidence, self-worth and aspirations, and providing creative tools to self-manage wellbeing for maintaining long term employment.



The programme offered **20 local adults 6 months free membership to access Reachout programmes**, utilising creative opportunities as a steppingstone to build experiences and skill sets, for volunteering, further education, and employment.



Multiply in partnership with CERT was established to help transform the lives of adults by improving their functional numeracy skills.



Reachout provided **22 places for local unemployed adults to engage in clay workshops** to strengthen numeracy by turning abstract concepts into hands-on learning, helping people practice counting, measuring, fractions, geometry, and problem-solving in an engaging, confidence-building way.



A **six-week Parental Employability Programme** delivered by CERT in partnership with SCPP, and Reachout. We led four creative workshops, giving participants the chance to experiment with clay and produce their own short stop motion animations.



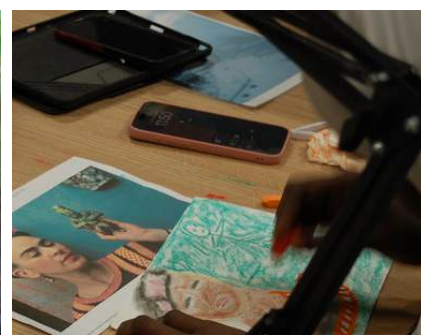
All eight participants completed the programme and later showcased their artwork and personal progress at a Celebration Event. Their feedback was overwhelmingly positive, with every participant rating the experience as "good" or "excellent."

"Ruth from Clackmannanshire Economic Regeneration Trust referred me to Reachout's Creating Change programme.

I really enjoy Reachout and it's been a great experience and really good for me. I like the learning environment. I've learned lots of new skills from the staff and volunteers and made lots of nice friends. It's full of nice people.

I've learned so much. Being part of Creating Change has opened another door in life for me,. Now I'm drawing and painting, and keen to pursue courses in graphic design. It's opened another creative path for me. The staff have introduced new tools and processes into my life. It's been a great learning experience.

It's an amazing place, it's great for your wellbeing. It's a happy little place."





Job Creation Scheme

Rowan

No One
Left Behind



"I started my work placement with Reachout in October of 2024, after being out of work for a long time due to ongoing mental health issues. The studio immediately felt like home – everyone was so welcoming, patient and kind, and being somewhere safe and supportive has seen a massive improvement in my overall mental health and confidence.

I've really enjoyed all the different parts of my work placement at Reachout, from all the new opportunities to learn, to meeting the members and feeling part of a community. It has been genuinely life changing. I cannot thank the team enough!

On a personal note, it's been great feeling like I'm doing really well at something, learning new skills, and realising the hidden skills I have.

"It has been genuinely life changing."



The open supportive clear communication throughout my placement enabled me to get a better insight into employment barriers and seek further support. I also have so much more confidence. I managed to write and submit a job application without getting upset, which is monumental. It used to send me into emotional spiral, and highlight my lack of confidence. Now I look at job applications and think, tick, tick, tick, I could do all of that. In previous jobs, even though I had experience, I wasn't in a place I could recognise and highlight it.

Genuinely can't think of any ways the placement could have been better for me. The only tricky thing has been the commute due to public transport. I have genuinely had one of the best experiences of my life at Reachout, it's brilliant, absolutely brilliant. Thank you to the staff, you have been so supportive and brilliant."

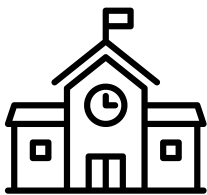
Rowan successfully went on to gain and sustain full time employment after her placement.

"The open supportive clear communication throughout my placement enabled me to get a better insight into employment barriers and seek further support."

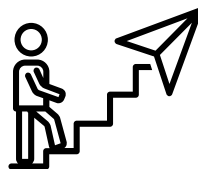
Inspire



Reachout's **Inspire** programme offers studio based and outreach early interventions/preventative programmes, including our work in schools with children and young people experiencing anxiety, bereavement, signs of neurodiversity, and day to day challenges.



8 Schools



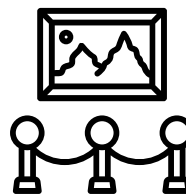
39 Transition
Sessions



13 Members



12 Young Carers



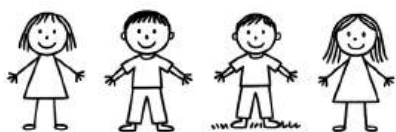
2 Exhibitions



'Get Creative' digital banner co-designed by children and young people

Get Creative

An interactive initiative that empowered children and young people through creative collaboration, social connection, and skill development.



129 Participants



66 Hours of Creativity



100% Positive Feedback



7 Participants had Work Featured in Public Exhibition



6 Community Venues



39 Sessions Exploring 16 Creative Processes

Project Summary

About

Get Creative provided inclusive opportunities for children and young people to express themselves, strengthen their mental health and wellbeing, and develop transferable artistic skills. The consistency of positive feedback from participants, families, partners, and audiences demonstrated that the programme's outcomes were not only achieved but exceeded expectations.



"I love this! I want to be an artist when I grow up."



Youth led: empowering decisions, design and creative identity

- Brand development through digital banner design and ceramic logo design
- Art Group wish lists and My Choice Maps co-designed with participants, guided the programme's direction and ensured greater inclusion for non-verbal communicators





Improved wellbeing through art: uncovering skills, positive self-expression and supporting emotional growth

Participant feedback:

Art increases feelings of strength and empowerment

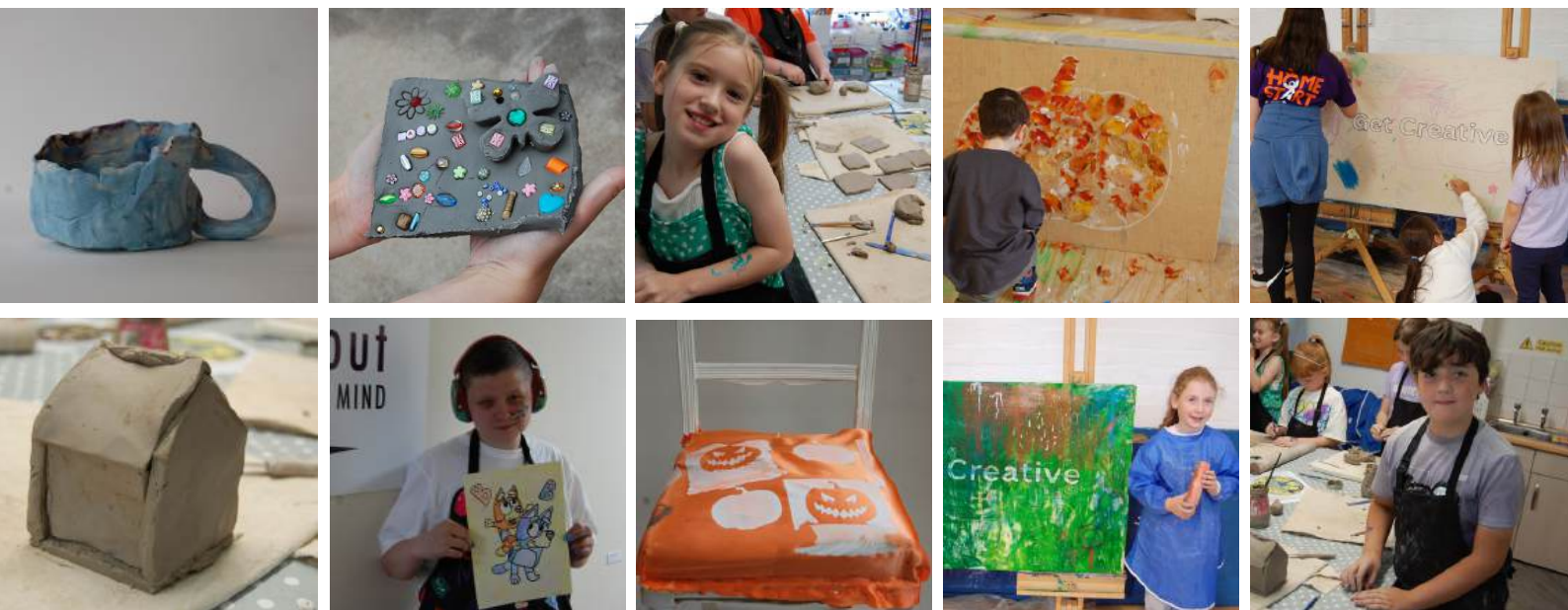
- 80% of participants felt super strong or quite strong when making art.

Art helps young people express their thoughts and feelings

- 83% reported they could express themselves a lot or a bit through art.

Art builds confidence in sharing creative work

- 100% felt very confident or a bit confident showing their artwork to others.



“Look at me, I’m Mr Masterpiece with what I’m doing.”



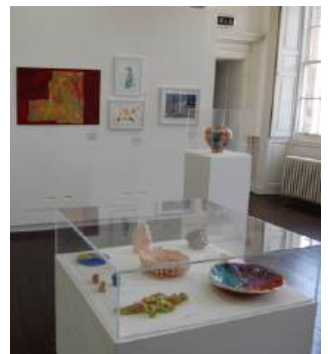
Children and young people facing extra barriers accessed inclusive creative opportunities and public exhibitions.



"Ella seeing her work on the big screen filled her with a sense of achievement, she has been telling everyone all about it. It made her feel very special."



"I love it there."



"Reachout is just the best place. We feel calm when we go there."



Partner feedback showed the project was highly valued and had a strong positive impact on children and young people.

"The children loved the sessions, they loved the people who delivered them. The children were encouraged to be creative and thoroughly enjoyed what they made. These sessions were so good for the children, can't thank you enough."

- Islean Stuart, Project Manager at Community House.

"The sessions were amazing and the feedback from our children and families was very positive, they loved the clay modelling and making masks and loved the animation sessions and creating their own mini movies. The families have asked when we will be repeating the sessions as they loved them. The team are amazing too, very organised friendly, patient and kind."

- Claire McCullie-Black, Service Coordinator, Action for Children.



Reachout Partner Alloa Academy EASN

"We are delighted to share the success of our joint project between Reachout with Arts in Mind and Alloa Academy EASN. This initiative was made possible through funding, which enabled Reachout to cover the costs and provide this meaningful experience.

The project began with five pupils starting a block of art sessions. Staff from school visited Reachout with the pupils to meet the team, view the gallery, and get a sense of what the sessions would involve. The pupils were excited to begin their creative journey.

"The pupils were excited to begin their creative journey."

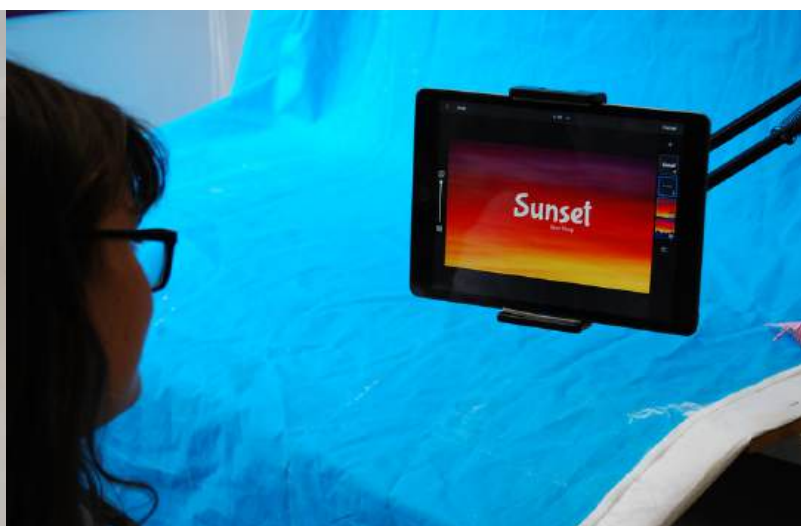
“On returning to school after each session, pupils appeared calm and relaxed.”

Artist Leanne visited the school to meet our young people, discuss their interests, and help them decide on their focus at the studio. They chose to work with clay and with the guidance of skilled artists and volunteers, created impressive models.

The pupils showed great care, patience, and enthusiasm throughout the sessions, producing artwork they are truly proud of.

On returning to school after each session, pupils appeared calm and relaxed. They also showed increased confidence in their creative skills, speaking more openly about their work and what they had achieved at Reachout. They were very excited to share photos of their models.

During transition meetings in school, it was identified that another pupil would benefit from taking part in the sessions. She joined the next block and immediately thrived in the studio environment, saying, “I love it here.” She has now joined the group on Friday mornings, and this will continue until the end of the term. The pupils are very grateful for this opportunity.





“This project has been a great success, providing pupils with new skills, a calm and creative environment, and the chance to work with skilled artists. The positive impact on their confidence and well-being has been clear.”

Additionally, as part of transition planning, four pupils will continue accessing Reachout after leaving school—two independently and two with support workers for travel and community support.

This project has been a great success, providing pupils with new skills, a calm and creative environment, and the chance to work with skilled artists. The positive impact on their confidence and well-being has been clear. We are already in discussions about our next group of pupils and are excited to see what the future holds. We are very thankful for this partnership and look forward to continuing our work together.”

Kind regards, Elaine Wright, Principal Teacher - Complex Needs, Alloa Academy.



Clacks Educational and Psychological Services

Creative Therapeutic Art Interventions For Children

Since 2021 Reachout has collaborated with Clackmannanshire Primary Schools to provide bespoke 'person centred' therapeutic art interventions for referred primary school children. Working inclusively with 5 pupils per school over six weeks. Reachout Artist Facilitators George and Leanne design and facilitate high quality therapeutic art processes in conjunction with the curriculum for excellence. Exchanging skills and knowledge with school staff to provide creative tools for regulation, improved concentration, reduced anxiety, and improved focus. Post intervention reviews report increased engagement, greater resilience, stronger peer relationships, emotional connections, and the use of creative tools to support bereavement and understand grief.

Schools entered during 2025 included:

Menstrie Primary | St Serfs Primary | St Mungos Primary |
Sunnyside Primary | Craigbank Primary | Fishcross Primary |
Deerpark Primary

"I'm going to put a robin on my bag because when my dad passed away, my mum told me every time I see a robin he is with me."

"I can't wait to take this home to show my mum, she's going to put flowers in it because it's a gift for her, she's going to love it."

"Wow, I never thought I would do this good."

"I want to be an artist when I grow up."

Wider Work

Highlights



Grace

22nd September - 31st October

Stirling Castle

'Grace' is a powerful new dance work inspired by Paula Rego's haunting portrait, "Angel", a figure that embodies both strength and vulnerability. The production was performed by contemporary dance artists White & Givan at Stirling Castle, Doune Castle & Dunblane Cathedral, transforming each space into an intimate stage where movement, costume and sound revealed stories of protection, resilience, and transformation.

In response to the performance members collaborated to create panels for a collaged textile banner guided by textile artist Katie-May Anderson and individual glass feathers and circles to form a fragile glass shield guided by glass artist Kate Henderson.

Examples of organisations engaged with in 2025





Finance & Operations Manager

Jonathan

The start of a new year always gives us a moment to pause and to look back at the period we've just completed and look ahead with fresh energy for what's to come. As many of you know, this year brings a change in the Finance and Governance role, and I want to begin by expressing my appreciation for Carly's dedication, warmth, and hard work over the past years. She has left Reachout in a strong and healthy place, and I'm grateful for the solid foundation she has built.

For those who don't know me yet, my name is Jonathan, and I've had the privilege of stepping into the role of Operations & Finance Manager. Joining Reachout has been a meaningful transition for me. I moved to Scotland from Guernsey in 2022 with my wife and our three children, after spending 23 years living and working on the Island. My professional background is rooted in the financial services sector, where I trained and worked as an accountant, gaining experience in fund, trust, and company accounting. Alongside my career, I volunteered regularly with several organisations, which is where my passion for third-sector work really began to grow. That combination of technical experience and community-driven work is what drew me toward the charity sector and what makes it such a privilege to be part of Reachout now.



I studied Art GCSE and A-Level at school and enjoy drawing, painting, and sculpture when I have some spare time. What stood out immediately is the sense of welcome, belonging and creativity that fills the Reachout studio. Reachout really is special. Every day, I see people growing in confidence, exploring innovative ideas, and supporting one another in ways that go far beyond making art.

As is often the case in small charities, my work spans people, creativity, finances, and governance. From updated employment legislation to increased demands from funders, auditors, and regulators, administrative tasks grow each year and it's impossible to ignore the growing complexities of governing a third-sector organisation. Ensuring that we keep everything compliant, transparent, and well-managed is a significant responsibility. Still, it's one I take seriously, because strong governance protects the organisation and helps safeguard the quality of our service.

One of the biggest challenges we continue to face is the changing landscape of grant funding. Competition for third-sector financing is higher than ever, and many funders are working with limited budgets while demand across Scotland increases. The cost-of-living crisis has made everything more expensive, from utilities to staff costs, yet many grants remain static or short-term. I understand the pressure this creates as we work hard to plan and ensure the studio's sustainability.

Despite the challenges, I'm incredibly optimistic about the year ahead. What we offer at Reachout is invaluable. Every participant we engage with reminds us why the organisation exists in the first place. Thank you for the warmth of welcome I've received so far.

I'm genuinely excited to continue this journey with you all, working together, strengthening what we do, and making sure Reachout continues to shine as a place of hope, creativity, and community in the years ahead.

Members trip to the Japanese Garden at Cowden - Watercolour Workshop supported by Leanne, Bobby and Kayleigh.





Senior Artist Facilitator & Engagement Manager

Leanne

This year Reachout recorded the highest level of participants to date, exceeding our pre-pandemic service delivery. While this reflects the growing impact of our work and the inclusive creative community we continue to build, it also highlights the rising pressures faced by the third sector.

In response to this increased demand, in 2025 we facilitated more than double the number of creative opportunities offered in 2022. This demonstrates our ability to respond effectively to community need without compromising service quality while highlighting the team's adaptability and commitment.

Last year I noted the significant rise in our work with children and young people. This trend continued throughout 2025, Reachout has responded to this through extensive partnership work, collaborating with 7 local community groups and Clackmannanshire Education, Health and Wellbeing services. Alongside delivering Get Creative —and even launched our TikTok account (with special thanks to Ryan for being my Tik Tok teacher).



This work aligns with recent national evidence showing that emotional based school avoidance has doubled since the pandemic (Lester, 2024). And major research from University College London's Social Biobehavioural Research Group, commissioned by the World Health Organization, found that arts engagement in adolescence is linked to improved emotional regulation, and better long-term physical and mental health. They also emphasise that arts participation is particularly beneficial for young people in areas of higher deprivation. These findings support our decision to increase creative opportunities for children and young people through outreach and partnerships.

Within the studio I've continued to facilitate Creative Spaces, Open Creative Spaces and Painting sessions, alongside local artist Bobby Rennie. I'm constantly inspired by the variety of ideas and projects developed—from Strictly Come Dancing routines set to Bonnie Tyler, to exploring new painting textures using sand and hay. No two days are ever the same, and I learn something new every session.

Engagement naturally varies due to barriers such as health issues, caring responsibilities, appointment schedules and transport difficulties. Despite this, we have a strong attendance of members who attend regularly and consistently. Their sustained participation demonstrates the reliability of our service and evidences that Reachout offers a trusted, valued and meaningful creative environment.



This year I prioritised maintaining a steady routine within the studio during periods of staff transition and the increase in partnership and outreach delivery. I have also co-designed new visual communication tools, including website calendar infographics, wellbeing indicators, My Choice Maps and studio station labels.

Across 2025 we provided more than double the number of creative opportunities delivered to partners and through outreach compared with last year, while keeping disruption to studio delivery to a minimum. This has been possible thanks to the adaptability and commitment of staff, growing peer support and independence among members, and a significant increase in volunteer involvement. In the past 12 months we have gone from 14 to 24 volunteers, this growth has enabled us to extend creative access to individuals facing additional barriers. Studio based partner sessions supported this year include:

- Alloa Academy's Extended Additional Support Needs provision, supported by volunteers Kayleigh, Rachel and Rosie (and occasionally Jane)
- A watercolour session supported by Clackmannanshire Council for Foster Care Fortnight
- Multi-disciplinary and upcycling sessions for Falkirk and Clackmannanshire Carers Centre (Adult Carers, Adult Young Carers and Young Carers) supported by volunteers Amy, Rosie and Rachel
- Tailored creative projects with Clackmannanshire Active Learning Academy



Outreach delivery included:

- Creative Therapeutic Art Interventions with Clacks Educational and Psychological Services across Deerpark, St Serfs, Sunnyside and Fishcross Primary Schools
- Sessions with Action for Children at The Blue Hoose, Alva Parklands and Clackmannan Scout Hall
- Home-Start Play in the Park sessions in Cochrane Hall, Cochrane Park and The Bowmar Centre (occasionally indoors due to the weather)
- Watercolour sessions with Stirling Carers Centre at Killearn Village Hall
- Painting and sculpture sessions at Community House
- Concrete sculpture projects with Clackmannan Development Trust

This year we also said a warm farewell to Rowan, our Studio Admin Support Assistant, as their job creation scheme came to an end, and wished them every success in their new full-time role. Rowan's work was central to the smooth running of the studio, as well as the progress of our website redesign. Although there is still more to do, the site now better reflects the high-quality, contemporary and dynamic work taking place across Reachout.

It's been another busy, creative, quick year at Reachout and I'm excited to see what we can achieve together in the next coming 12 months.



Artist Facilitator

George

Participants in the clay sessions undertook many ambitious projects this year, including expressive masks inspired by their favourite celebrities, a large-scale Disney castle, highly refined pottery pieces, and an exquisitely detailed clay bust with hair masterfully rendered. These creations beautifully reflected the imagination, skill, and confidence that continue to grow within the group.

I've continued to deliver creative therapeutic intervention sessions in primary schools, where it's always inspiring to see the joy and excitement children experience as they engage with the different artistic mediums I bring to each session. These sessions continue to be truly life-affirming and joyful to witness.

As part of the 16 Days of Action event, we ran a series of workshops with women affected by gender-based violence. It was wonderful to see how the animation process captured their imaginations and encouraged a surge of creativity and confidence among those who took part.



I also delivered creative sessions for CACE in Cumbernauld, where participants primarily worked with animation. I provided collage imagery and cut-out paper animation materials, and it was moving to see how the process sparked fond memories and lively discussions about participants' childhoods and earlier years.

Entering new environments and meeting new participants always brings a touch of nervous anticipation, but each setting offered immense delight as I watched people become fully engaged and take joy in the creative process. My sessions with CACE, Community House, and Action for Children all reflected this beautifully.

This year, I also continued to deliver music workshops. Participants really enjoyed recording and dipping their toes into song writing. It's been great to have more donated instruments, including a drum kit, allowing participants to explore their musical ambitions and creativity.

Working with the CALA group in the studio was another high point. Week by week, it was wonderful to witness participants' enthusiasm and growing belief in their self-directed projects. Hearing what attending Reachout sessions means to them was incredibly rewarding.

2025 was also a fantastic year for our members' work being exhibited in several shows. I was involved in curating and hanging our exhibition 'Reachout: The Art of Us' at the Tolbooth Gallery in Stirling. The exhibition was richly varied and powerfully expressed the diversity, depth of imagination, and skill within those that attend Reachout.





Craft Facilitator

Anne

Well here we are reflecting on 2025 in the Reachout studio. Doesn't time fly!

Our Thursday afternoon sewing group is still going strong after running nearly two years. Starting with a rag doll workshop, the sessions have developed along with members' and volunteers' interests and strengths. We have created Dorset buttons, felt trees, appliqued cushions, and many individual projects including garment production using a sewing machine.

Throughout this time members' textile skills have developed greatly and there is a real community spirit with lots of supportive communication between participants. A special thanks to Jennifer and Karen, Mixed Sewing Group volunteers, as they willingly share their talents, enthusiasm and support.



Synergy is alive and flourishing on Thursday afternoons in the studio, the teamwork and cooperation between the group has been a real benefit to all involved.

Reachout visited Karen's beautiful solo exhibition 'Reflect. A Life Through Stitch' in Dunblane Museum in October. Well done, Karen.

This year in the studio I have returned to some of our popular workshops like needlefelting but also introduced five new crafts including bookbinding, copper embossing and felt flowers.

Following on from the success of the Crafting for a Good Cause project last year we organised A Random Act of Kindness project. The aim of this project was to create little handmade crafts, and distribute around the local area to brighten a lucky finder's day. We made 150 objects, packaged them along with an explanation of the project and deposited them around Clackmannanshire and Stirling.



Here are some of the comments from the finders:

"We have been very happy with the Random Act of Kindness Project by Reachout members. Our customers often thought someone had accidentally left something behind, and are delighted to know they could keep it. It's been lovely, and very thoughtful! Thank you!"

"Aw that's really lovely thank you!" "Made my day!" "Very thoughtful."

Last year we raised £400 from selling at three fayres in the local community. After consultation members decided to spend the money raised on new resources for the studio, including fabric and macrame boards. Thanks to all members and volunteers who helped by making items, transporting goods and manning stalls. During our post fayre feedback session, we shared lots of learning about how to make any further stalls as inviting as possible. Following this, some members have started thinking about selling their own work independently.

Looking forward I am always very happy for members to approach me with suggestions for future ideas, either revisiting workshops or introduce new processes.

Every Reachout workshop is an opportunity for staff, volunteers and members to skill share, grow and connect.





Emerging Artist

Willow

After hearing about how Reachout supports a diverse range of people through creativity, I knew I wanted to be part of that environment and contribute. When I saw the Emerging Artist role, a position that would let me both skill share and develop my own practice, I applied right away.

Being in a space that values understanding and kindness toward neurodivergent abilities has given me the confidence to explore, experiment, and create freely. Building confidence and opportunities within my practice, learning how to support others in theirs, and developing my own body of work have been the key focuses and achievements of this role so far.



It's been great to complete several works in Reachout, and having a painting on display in Forth Valley Royal Infirmary as part of the exhibition Reachout The Art of Us.

The position also offers a great deal of autonomy and flexibility with workload and hours. This balance allows me to focus on my degree while continuing to engage and create at Reachout. I'm still learning how to ask for and explore the opportunities available to me, and I know I'm encouraged and supported every time I do.



Treasurer

Graeme



Financial Results for the Year Ending 31 March 2025

The financial statements of the charity for the year ending 31 March 2025 were prepared in accordance with accounting policies and standards and have been independently examined by accountants Arm in Arm Accounting. Full financial statements can be accessed online.

Results in overview

During this year, overall income of the charity was £217k (2024: £218k) with a net surplus of £52k (2024: surplus £19k) made up of:

- Income from grants was £189k, compared to £201k in the previous year. The decrease is due to the reduction in small one-off grants.
- Expenses were less at £165k in the current year compared to £199K in the previous year. This is mainly due to a reduction in staff costs. Despite continued increases in general costs, materials, and utilities, we have exercised stringent financial controls over expenses.

Total reserves stand at £322k (2024 £270k) comprised of:

- £46k (2024: £13k) restricted and £276k (2024: £257k) unrestricted funds.
- Balance of free reserves of £229k (2024: £224k), (general unrestricted funds of £231k less assets of £2k).
- Designated fund of £45k to cover the cost of redundancy and closing the organisation if required, and/or ad hoc projects identified in the Reserves policy. A transfer of £16k was made from the unrestricted fund to the designated fund to increase the amount available for redundancy and the cost of closing operations.

Reserves Policy

Based on projections for the financial year ahead, it was agreed during 2025 that funds would be realigned between the designated and general unrestricted funds to allow for forward planning in the event of the organisation's closure, as well as for ad hoc projects identified by the Board. The project details for both revised funds are outlined in the Reserves policy, which the Board approved in February 2024.

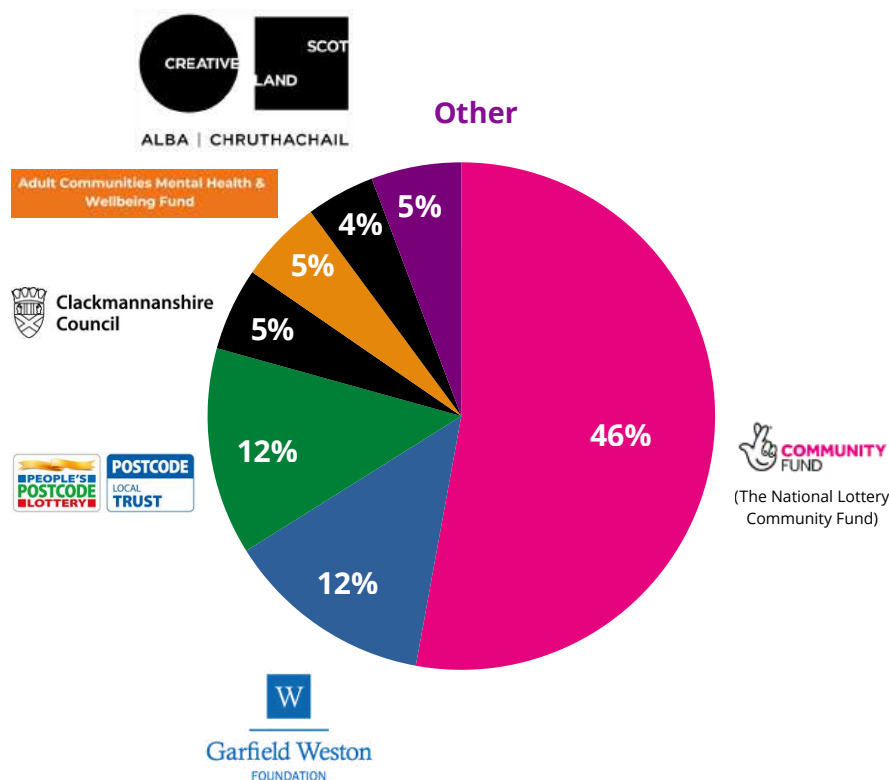
Income

- The charity's total income for the year was £217k (2024: £218k), an decrease of £1k on the previous financial year.
- Of the £217k income for 2024/25, £189k was generated by grants – other sources of income included £25k from workshop income and membership fees, and £3k from donations.

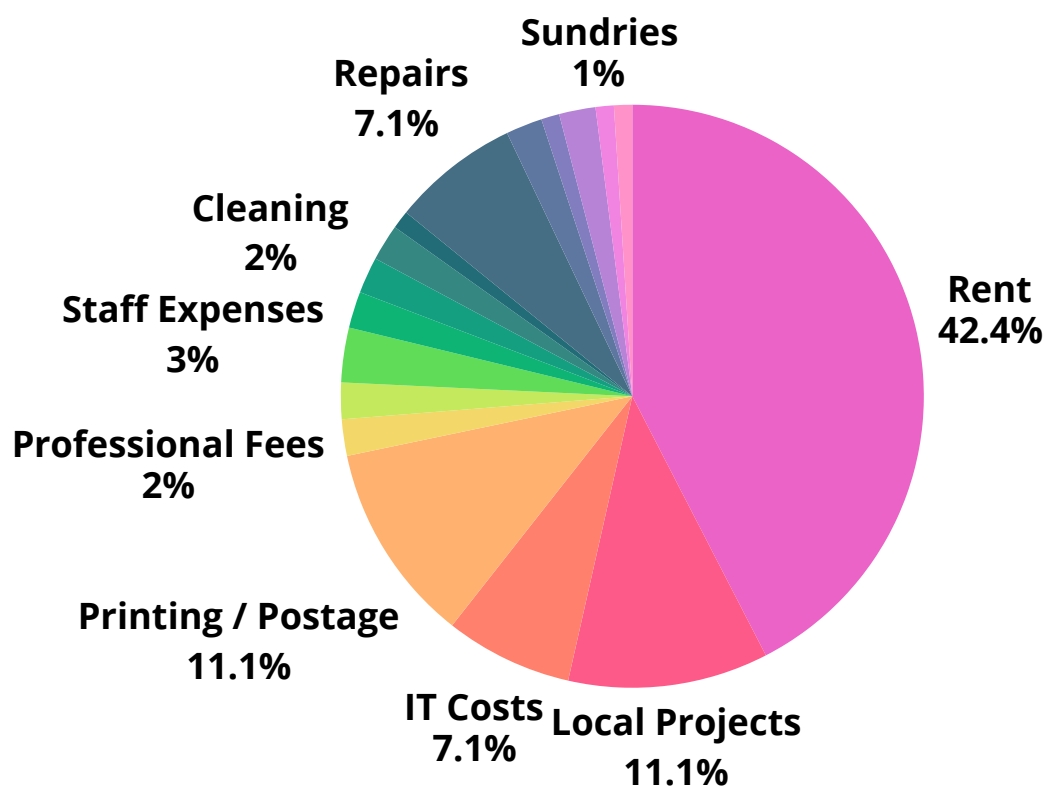
Income received

	Year Ending March 2025	Year Ending March 2024
National Lottery Community Fund (Reachout Communities / Partnerships)	£100,000	£105,000
Garfield Weston	£25,000	-
Postcode Lottery	£25,000	-
Clacks Council (incl NOLB)	£10,000	£26,807
Mental Health & Wellbeing	£10,000	£10,000
Creative Scotland	£8,333	-
Stirling Employability Scheme	£7,800	-
Glasgow University Internship	£1,920	-
Clacks Works	£523	-
Robertson Trust	-	£48,000
Sustrans	-	£10,000
Tesco Groundworks	-	£1,000
	£188,576	£200,807
Other Income	£28,732	£17,542
Total	£217,308	£218,349

Total Income 2024 / 2025



Total Expenditure 2024/2025 excluding staff costs



Expenditure

Total resources spent were £165k (2024: £199k). Staff costs decreased by £26k in the year and other costs such as materials, rent, postage, repairs and maintenance, and IT costs decreased slightly by £8k. For a detailed breakdown of expenses, please refer to the annual accounts.

Financial position as at 31st March 2025

The balance sheet shows total funds of £322k.

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 is just a dream. They are amazing helping me with my painting. There are some beautiful souls down there!"

- Member quote

"I've missed Reachout so much. It makes me feel better."

- Member quote





Scan to visit our Youtube Channel



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Annual Report designed by Engagement Manager Leanne Dewar

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