



**Reachout**  
WITH ARTS IN MIND  
*Award Winning Charity*

# Annual Report 2023



@ReachoutWithArtsInMind



@Reachout\_Alloa



@Reachout\_Alloa



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## **Reachout Staff Statements**

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Finance and Governance Manager   Carly	<b>46</b>
Senior Artist Facilitator & Engagement Manager   Leanne	<b>48</b>
Artist Facilitator   Jen	<b>52</b>
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## **Financials**

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***"I've really enjoyed coming along since my first time in here. I feel like I'm re-living my teenage years when in here."***

*- Member quote*

***"This is a wonderful place, full of lovely friendly people. You walk out the door feeling on top of the world. What a god send this place is."***

*- Member quote*

***"It's just amazing in here, it really is. It gets your brain working, relaxes you and you're making something. It switches your brain on, but also switches it off from all the negative stuff."***

*- Member quote*





## The Organisation

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



***"There's a place for everyone at Reachout."***

*- Member quote*



## The Service

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

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

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

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

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



# Our Vision

**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

Craig Machan

This past year at Reachout with Arts in Mind has been the first full year of returning to a full-service provision after Covid-19 and the lockdowns or disruption to services.

I quite often in my own business use the quote from Heraclitus, the Greek philosopher, that "change is the only constant in life." To be honest though, sometimes it is equally good to have stability and as the goalkeeper, Robert Green, once said "There is no coincidence that stability brings success, and success brings stability." Whoever knew that goalkeepers were modern-day philosophers!

I suppose both these quotes suggest change is good, but people need to get used to change and sometimes it is not the right thing to keep on changing. This allows people to get used to a new normal.

For Reachout in the last 12 months we have seen some change but hopefully we all have been given some time to accept and adapt to the new.

Firstly, I want to express thanks to Kirsten Mooney for all her contributions to the Charity over the years. Kirsten resigned from

the position of Studio Manager after being on maternity leave. By all accounts she is thoroughly enjoying life as a full-time mum.

Kirsten's resignation allowed the Charity to consider the existing role and how we best align to the demands of the service and existing activities, both in the studio and out.

We interviewed and selected Leanne Dewar for the new role of Senior Arts Facilitator and Engagement Manager and this also enabled the continuation of the additional responsibilities of Aileen Pasby whilst Kirsten was on maternity leave. Congratulations to both Leanne and Aileen. I look forward to seeing how you develop into the roles over the next year.

Member workshops, working directly with young people, partnerships and creative spaces are the normal and we aim to develop and grow all these activities. As a board we look at workshop attendance and attempt to make decisions based on what members are keen to participate in. It is also an aim to do more and have greater member led activities confirming personal development and journeys, with members having the confidence not only to create individually, but to help others with skills and confidence building. This a real positive outcome for all. We can do more activities and reach out to more individuals with this approach.

The ability for the Charity to continually deliver a high-quality service is not a coincidence. You cannot build reputation on luck; it must be through the focus and hard work of all the team. One look at the studio and we see a changing canvas of creative projects and activities,



social inclusion, and the dynamics of a vibrant and welcoming space. I say something similar each year and everyone continues to push boundaries and excel. So, this message is as relevant this year and more so than previous. If we keep on setting our targets of excellence higher, it is always important to recognise achievement.

Thank you to all the staff, volunteers, and members for their continued commitment to the Charity and a collective effort in reaching those achievements.

I have taken a bit of time to reflect on my involvement with Reachout over the years which started in 2009. At the time, I had the responsibility of looking at delivering budget savings on behalf of the Council. I had a list of recipient organisations who were losing their funding. Top of the list was Reachout. At that time this funding was nearly all the Charity finances, and without it there would have been little or no chance of continuing.

Something did not sit right with me, while having a coffee with Lesley Arthur and hearing about what was being achieved, the difference to people's lives, the outcomes and how engaging the service was. I then had the pleasure of meeting with some of the members at the Make Room (part of Imagine Alloa) as part of an exhibition.

Why had the Council made the decision?

After the meeting with Lesley I went back to the Leader of the Council and asked why? The answer was concerning as it seemed to be based more around matching a budget saving to the funding and not about



the service. I got agreement that if I could find the savings elsewhere that would be acceptable. I found the Council savings elsewhere and we are still here! I even helped secure additional funding through the Imagine Alloa project to help relocate Reachout to the Makers Village. I was hooked on the reason why the Charity was and still is so important to local people's lives.

This was a pivotal point, but there have been others over the life of the Charity, probably equally significant, but this marked the start of my journey. Next year is my 15th year of involvement with Reachout either directly or indirectly, with 2024 my 7th year as the Chair.

One reason for highlighting my personal journey in the context of the Charity is to highlight how much we have been through together. There may have been some lows, but these are surpassed many times over by the highs we recognise daily, weekly, or annually, individually, and collectively. The AGM gives us all the opportunity to come together and celebrate everything we have achieved.

If the last 12-months have been about "stability and success", in 2024 we will need to look at how the Charity continues its next 30 years and how I maybe clock up a few more years of involvement.

A change agenda may raise its head, but the board and management team will be looking at strategy and funding as we do not want to have a similar pivotal moment as back in 2009. Control of our own destiny is a lot less stressful and our objective.

Finally, I would like to recognise all for their help, assistance and contribution over the last 12 months and welcome the continued support over the next year, and beyond.





# Executive Artistic Director

Lesley Arthur

Amidst the ongoing effect of Covid 19 and subsequent long Covid, in combination with climate catastrophes and war, 2023 has witnessed the immense global distress of trauma, poverty, displacement and increasing mental health crisis.

Globally, and locally, this will continue to bear a significant impact on mental health and wellbeing for generations to come.

Our own small staff team is not devoid of personal challenges and as such we have supported the team through sick leave, bereavement, maternity leave and surgeries.

2023 is a major milestone for Reachout as we celebrate our 30th anniversary. Since 1993 we have offered a creative space for solace and intrigue, exploration, and aspiration away from social pressures and distress. Our workshop programmes provide sanctuary and structure in a world of chaos.

Clackmannanshire's suicide rate is the highest in Scotland and has a higher rate of psychiatric hospitalisations, locally and nationally. The National Records of Scotland evidence in 2017 21% of the population in Clackmannanshire were prescribed drugs for anxiety, depression and psychosis, which is higher than the national average.

Identifying and implementing early intervention is pivotal. There is a recognised gap in provision for prevention, recovery & long-term wellbeing. Reachout has contributed to filling this significant gap in mental health provision for 30 years.

As we look back, we honour the people and communities who supported our vision, whose passion and commitment fuelled our ambition to establish 'A Centre of Excellence for Creativity and Wellbeing Inclusive to All'.

It has been the integrity, ethos and commitment of those involved with Reachout - members, staff, volunteers, partners and friends - who have driven the organisation forward for three decades. We are a vehicle for enablement and expression supporting 100's of local children, young people and adults living with mental health and disability.

In contrast to traditional clinical programmes Reachout focuses on innovative programmes that use creative approaches to support people with mental health issues to address a range of soft and practical barriers to maintaining wellbeing and preventing relapse, to support and create a pathway to employment, and then to sustain employment. Someone who develops a high level of psychological and emotional resilience will be able to handle setbacks and difficult circumstances in a way that minimises the negative impact on their wellbeing and their life. Developing these foundational skills in people is one of the most valuable things they can learn.

Instead of focusing on specific situations, such as a problem at work, a relationship issue, or a disappointing event or failure, developing





someone's resilience can equip them to handle all those situations by themselves.

As a result, they become more self-reliant, competent, and confident, with a more positive self-image, all of which contribute to their thriving.

Our insightful, determined staff team have undertaken diverse personal development challenges in response to community need, and the development and growth of the organisation, embracing change, unity and vision.

In 2011 Reachout established Social Enterprise Art'n'Mind - The Makers Gallery & Bistro, a 5 year Employability Project. 155 local adults engaged on the Employability Pipeline. The gallery worked with over 120 artists, designers, and craft makers, from internationally renowned to emerging local talent. 1 in 3 trainees gained employment. The Makers Gallery & Bistro gained a Certificate of Excellence on Trip Advisor, runner-up at Learn Direct Inspiration Business Awards 2015, runner-up at Clacks Hospitality and Business Award 2016 and nominated to Visit Scotland Scottish Thistle Awards Best Informal Eating experience.

It is well documented that approximately, 1 in 4 people will experience a mental health issue in any given year, many of whom are working fulltime.



1 in 3 people with a long-term health condition experience difficulties in staying in work, including turning up late for work, utilising sick leave, needing to reduce hours, poor focus and concentration and poor management of work related stress. This leads to unemployment, poverty, worsened mental health, breakdown in relationships and often parental neglect. Increasing resilience through self-managing conditions to improve sleep, reduce anxiety, control stress, improve relaxation, concentration, self-worth and confidence all contribute to maintaining wellbeing, becoming more employable and retaining employment.

Reachout's creative programmes focus on improving outcomes for people living in Clackmannanshire, as well as addressing and preventing the causes of chronic deprivation that affects a number of communities in Clackmannanshire.

Our aim is to provide an inclusive service where people are supported to create work of quality and ambition that enriches their life and the lives of others.

We encourage quality in the creative outcome, in the creative process, in the experience for audiences and participants, alongside quality in the service, support, advice, and engagement with participants, partners and networks. As a trauma informed organisation, our work encompasses the following values - safe, caring, responsive, effective and well-led practices.

This report evidences that art can distract from pain and anxiety to offer respite and maintain a sense of dignity to stimulate holistic healing. So, let's celebrate our unique award winning charity and wish Reachout and its future many decades to come.

Thank you all!





# 2023: Summary

291 beneficiaries



90

Members



62

Non-members  
[16+]



139

Children and  
Young People

12

# 5,826 Creative Opportunities

5,247 opportunities for members



2,900 staff led opportunities



1,169 member led opportunities

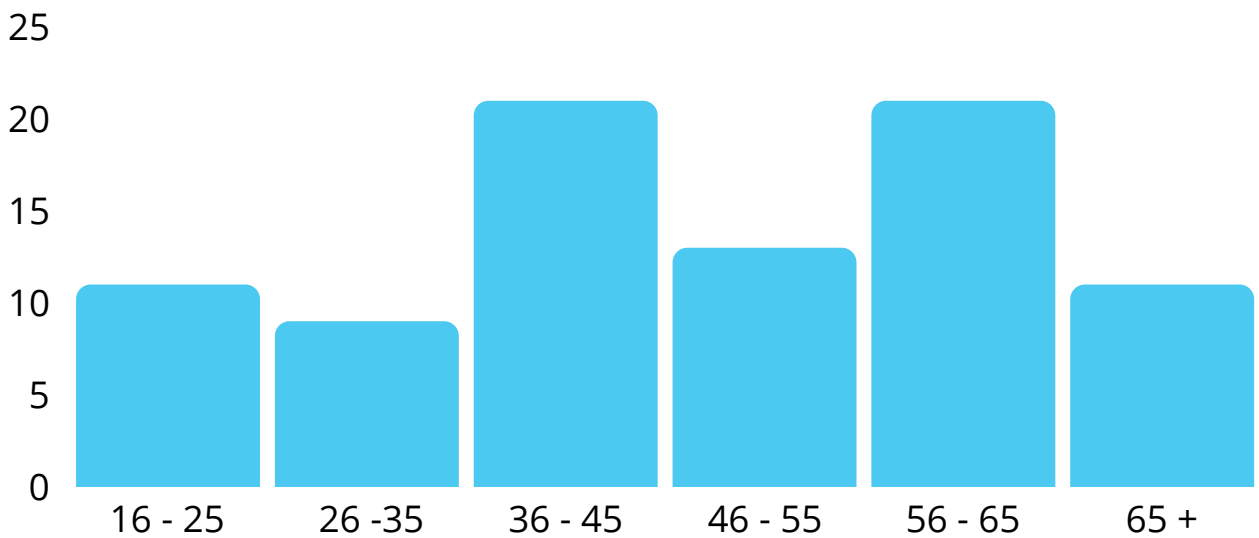


523 volunteer led opportunities



1,203 creative space opportunities

# 90 Members 2023



***"I wish Reachout had been recommended to me sooner, it would have saved me so much bother."***

***- Member quote***



# Jupiter Artland

In March we paid Jupiter Artland a visit. Surrounded by amazing contemporary sculptures and nature, we were so inspired and grateful to Kylie for the insightful tour and creative activity she facilitated for our members.

**"You've no idea what this trip has done for me. Thank you so much."**



# Made In Stirling

In March, our member-led macramé group took a trip to Made In Stirling, soaking in the beauty of displayed macramé works and drawing inspiration for upcoming projects. This outing proved immensely valuable, boosting members' confidence in their craft to the extent that they are now successfully selling their creations at Alloa Hub!



# Grayson Perry: Smash Hits

In November we took our last trip of the year to the National Galleries of Scotland and received a guided tour of Grayson Perry Smash Hits. The exhibition proved extremely inspiring for our members, viewing large scale works with powerful messages.





## Reachout Member

Hazel

So, it's been about a year since I started attending Reachout; it's flown in, but I know it's been about a year because I can remember on my first day it was a members birthday and their birthday has just passed.

I've taken part in macrame and painting sessions at Reachout and have gained so much. A little bit of my back story; I've got my wee girl who is 8 now but when she was 3 months old, she became quite unwell. I had to leave work and become her full-time unpaid carer. We attended lots of health appointments, more than the average new mum, and quite quickly I felt as though I lost my identity. Everyone I knew was through my daughter and everyone knew me as her mum. Coming to Reachout I've found myself again.

***“Coming to Reachout I've found myself again.”***



It's provided routine, time away from the house and a space for me, where I can come down, chat to other adults who understand what having a bad day means and just be Hazel, not only my daughter's mum. My confidence has grown, and I've realised that I am capable. Coming to Reachout has helped me regain my identity and boosted my confidence.

Most recently, as my confidence has grown I've been looking into going back to work. Coming to Reachout has helped, knowing I can come here for myself and work away, and have my phone with me so if the school phones I can answer. Little things like that can make it difficult, make me feel nervous getting back to work.

Being responsible for designing and hanging the macramé exhibition has been a highlight for me. Having my work on display in the exhibition is only a small part of it. It reminded me of the skills I thought I had maybe lost from being out of work, but it was great to have the confidence to do it.

***“Coming to Reachout has helped me regain my identity and boosted my confidence.”***

Another highlight is having my macrame work on display in Alloa Hub, it's great having the opportunity to sell my work and knowing people appreciate it.

In general, coming to Reachout is a big part of my self-care. It's helped with my anxiety without having to work directly on it. I like to do a lot of meditation and I feel like coming down here has a similar effect on me. It's definitely been more about personal growth for me than anything else.

***“It’s definitely been more about personal growth for me than anything else.”***





## Reachout Member

Fiona

I started attending sessions at Reachout approximately 2 years ago, and it has helped me drastically. Coming down to creative sessions at Reachout has helped me to break so many bad cycles; going round charity shops every afternoon and buying things I don't need, and going to my bed in the afternoon because I have no structure or routine.

During lockdown I became very depressed and anxious in the house, and I knew I had to break the cycle and get out in the world again. Reachout has helped me come from a dark place; at the bottom of a big hill, to where I am now; feeling like I am climbing the hill again and feeling hopeful that I'll see the top again one day. Not only have I learned new techniques in art that I probably wouldn't have attempted

***“Coming down to creative sessions at Reachout has helped me to break so many bad cycles.”***





***“I’ve met people who have similiar mental health issues and experiences as myself. Talking to them has helped me understand my situation and realise I’m not alone.”***

at home, but I’ve also met people who have similar mental health issues and experiences as myself. Talking to them has helped me understand my situation a lot better and made me realise I’m not alone.

I enjoy helping people and passing on anything I have learned to staff and members, but I’ve also become more aware of other people’s mental health issues and experiences, and I’m learning to address things differently and think before I speak.

The best thing I like about coming to Reachout is I can go through the door feeling like things are too much and I’m going to explode and leaving the studio feeling totally relaxed with a clear mind and a positive way of thinking. Before coming to Reachout I was desperate and didn’t know where to turn, now I look forward to each day and learning new arts and craft techniques. I’m more relaxed and

***"I enjoy helping people and passing on anything I have learned, but I've also become more aware of other people's mental health and experiences."***

motivated, both mentally and physically.

Coming to Reachout has helped my mental health because I know I'm going into a nice calm atmosphere where there is no pressure on anyone and zero judgement. There's a space for everyone in Reachout; if you're having an off day, you can have a quiet space for solitude, but if you want to mingle in a group and talk to someone there's that too.

I'm particularly proud of my clay dachshund planter, my weavings that were displayed in Reachout's 30th anniversary exhibition in Scion

***"There's a space for everyone in Reachout."***





House and the progression I've made within my painting: I've gone from painting plant pots to painting canvases! Reachout has given me the opportunity to experiment with ideas and it's lovely feeling productive, seeing finished projects come together and having a nice calm area and space to try new ideas that I can't do at home.

***“Before coming to Reachout I was desperate, now I look forward to each day. I'm more relaxed and motivated, both mentally and physically.”***





## Reachout Partner

Clackmannanshire  
Citizens Advice Bureau



Clackmannanshire Citizens Advice Bureau (CAB) and Reachout have worked together for a number of years, developing our partnership further when CAB started their first Mental Health Outreach Project in 2018. Initially we received referrals into the project from local mental health services but as these services were reduced, we found that there were very few referrals coming in from statutory services, such as NHS or Local Authority. We discussed with Lesley setting up a weekly drop in or appointment advice session for members of Reachout. The pilot worked well and we established the service.

Over the course of time we realised that Reachout was very effective at picking up on when their members would benefit from independent advice. We were able to effectively engage and support people who

***“We were able to effectively engage and support people who would generally not seek advice.”***

would generally not seek advice, and we have worked very closely with a number of people referred by Reachout to access intense, regular, consistent support and advice.

***“It is only through the positive attitude of Reachout and their recognition of the need for people who are vulnerable and/or isolated to have access to advice services that we have been able to develop the service over the years.”***

The people using the service are very appreciative of the service and evaluation feedback has been very positive from staff and members.

It is only through the positive attitude of Reachout and their recognition of the need for people who are vulnerable and/or isolated to have access to advice services that we have been able to develop the service over the years. We are no longer funded to provide such services, but we still take referrals, and visit Reachout regularly.

We have seen reasonably high numbers of people use the advice service in Reachout and this is due to the promotion and encouragement offered by Reachout staff.

Reachout’s partnership working arrangements with CAB work very well but only because of the effort and commitment that Reachout show in supporting their members. The outcomes for members are



peace of mind and reduced anxiety, improved mental wellbeing, increased confidence, increased income, improvement in life planning and reduced instances of crisis management.

Reachout is one of our most effective referral partners and we hope that the partnership will continue going forward as it benefits both agencies, but more importantly people who would not use mainstream services have easy access to independent advice.

***“The outcomes for members are peace of mind and reduced anxiety, improved mental wellbeing, increased confidence, increased income, improvement in life planning and reduced instances of crisis management.”***



# Reachout Referrer

## ClacksWorks



As a potential referrer I initially made a visit to the Reachout premises, to discuss options that may be suitable for some clients that I was working with - to support their personal development, especially social anxiety and experiences of historic trauma. A space that would support their expression in a supportive and non judgmental manner,

***“As soon as I entered the space I felt a calmness all over - as the door shut, I felt the world being put on pause - the stresses of work/life just dissipated.”***



a space that could allow the clients to embrace a model of "self care" through creativity, and mindfulness.

On my first visit to the location, as soon as I entered the space I felt a calmness all over - as the door shut, I felt the world being put on pause - the stresses of work/life just dissipated.

I was shown around the large open plan space, and we discussed the many different creative classes that take place - I have to note here that the open space was welcoming and bright, and surrounded by many people's projects - the premises and calmness felt so appealing, I just knew that I had a few clients that would benefit from what Reachout offered - both in location and variety of classes.

I have since referred 3 clients and they all now use the service regularly - all 3 clients have experienced trauma, and they have all fed back the following:





***"I'm learning to start a project, and then complete something which is so satisfying - I have never done that before."***

***"It helps me to concentrate more."***

***"Relaxes my mind, I can switch off from life's challenges for a few hours - and go home feeling great, and more able to cope."***





## Reachout Volunteers

Throughout 2023 we welcomed back more volunteering opportunities and hope to continue to see growth into 2024.

As a member-led organisation we relish the opportunity to work alongside the strength and knowledge of our local communities, and as such during 2024 we look forward to offering a range of volunteer roles within all aspects of the planning, delivery and management of the service.

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

**Eta**

Workshop Support &  
Director

**Bobby**

Workshop Support &  
Delivery

**Clare**

Workshop Support &  
Delivery

**Stephanie**

Workshop Support

**Agnes**

Workshop Delivery

**Janne**

Creative Support

**Janine**

Vice Chairperson

**Graeme**

Treasurer

**Craig**

Chairperson

**Liz**

Workshop Delivery

**TCV Volunteers**

Garden Support

**Jennifer**

Creative Support



# Reachout Volunteer

Bobby

***“Reachout offers excellent inspiring opportunities for people”***

I recently took some time out from working full time when my company moved to England. I continue to work for them regularly but have some additional time for volunteering. I am an artist with years of experience of exhibiting and selling my work. However, I have also been involved in running community arts organisations and running workshops. I have been aware of Reachout for many years as my wife has worked in partnership with them and I was very interested in supporting the work of the organisation. In my view Reachout offers excellent inspiring opportunities for people who attend the workshops and activities. I feel it is unique in the range of opportunities it offers.



***“Volunteering has given me something to really look forward to every week.”***

My volunteering role involves assisting with the Open Creative space. I have also delivered a painting session and landscape session. I have enjoyed the sessions a great deal and I love working with the members. Sharing what I have learned over many years is very important to me. The members are very talented and the work produced by them has been excellent. The studio has so many resources available for members to try.

When I first cut back on my working commitments I was worried that I would feel a bit bored with the extra spare time. Volunteering has given me something to really look forward to every week. It allows me to use my artistic skills. While my work is artistic to an extent for many years I wanted to use my skills in a wider way. I have enjoyed preparing for each week.



In the future it would be great to be involved in delivering more sessions to enable me to share more of my skills. I would also like to help with exhibitions.

I have so much respect for Reachout, the members and the great staff and volunteer team. It is a privilege to be involved in the excellent work and I hope to be part of the team for a long time to come.

***“It is a privilege to be involved in the excellent work and I hope to be part of the team for a long time to come.”***

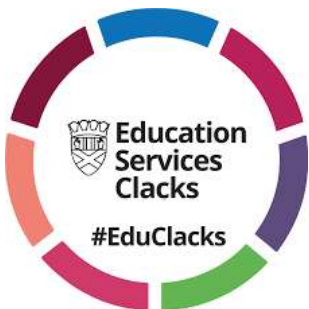
# 62 Non Member Adults 2023



*In partnership with:*



**Clackmannanshire  
Council**



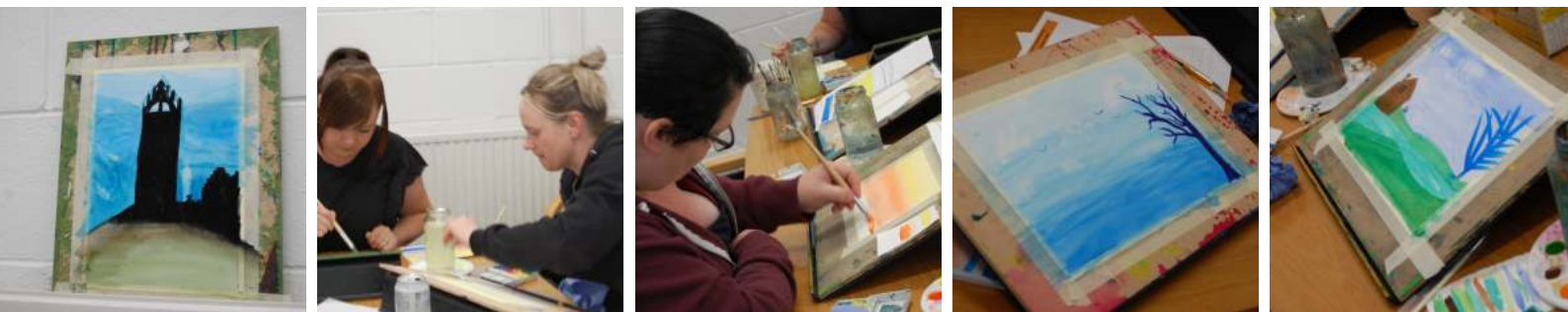
# 132 Creative Opportunities for Non-Member Adults



12 sessions in our studio



4 carer and cared for person sessions



3 outreach sessions



## Clay Coil Pots

In February we held a clay coil pots taster session with the Carers Centre. Throughout this session carers focused on how to use the coiling process to build a small clay pot while looking at historic examples for inspiration.

**“I’m going to buy a bag of clay now and try this at home”**

**“I’ve really enjoyed this. I’d like to come back and paint mine”**



## Educator Training

**Creative Therapeutic Interventions for Children**

### Expressive Drawing & Painting

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

**“After the week I’ve had this is exactly what I needed.”**

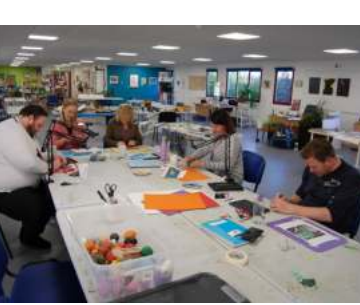
## Creative Space & Contemporary Collage

In April we held a creative space session with the Carers Centre, providing a space for carers and their cared for person to work on any chosen medium, to finish any previous Reachout projects or experiment with a contemporary collage technique, inspired by collage artist Merve Ozalan.

**During this session there were lots of lovely discussions around vintage photographs of the local area, highlighting nice memories for carers (fashion of the time and seaside holidays).**







## Educator Training Creative Therapeutic Interventions for Children

### Animation

In April we held an Animation Educator Training session with teachers from local primary schools to further enhance their digital skills. From this session teachers began using animation in schools as a learning tool, to cover geography and history.



## Educator Training Creative Therapeutic Interventions for Children

### Expressive Drawing & Painting

Later in April, we held another Educator Training session with a new mix of teachers from local primary schools. Teachers found this session very beneficial for their own professional development but also for their own mental wellbeing.

**All present verbalised that they found this training session extremely useful in a practical sense, and it was refreshing to have hands on training.**

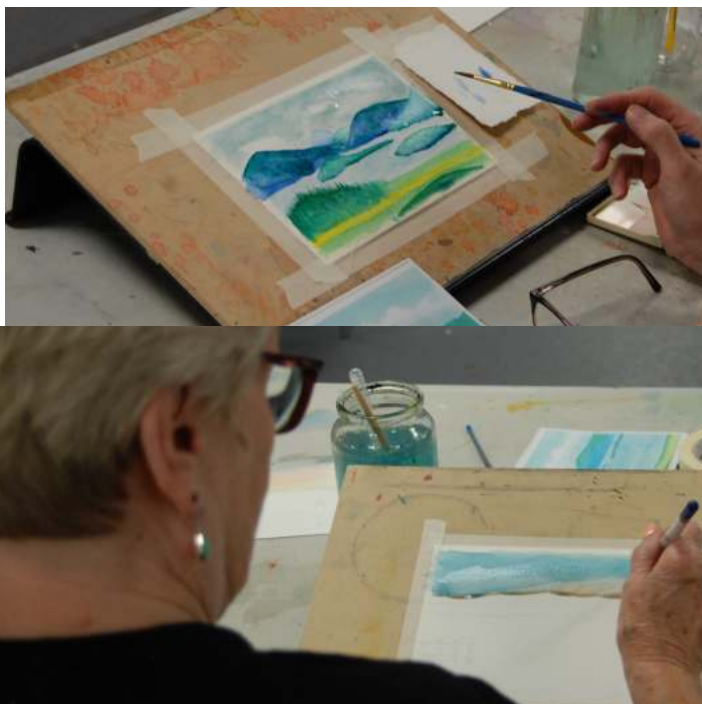


## HOME START Wellbeing Sessions For Mums

As Spring rolled in we held calming creative sessions with Home-Start mums to provide a little me time while experimenting with clay to create their own unique artworks / forms.

**"Amazing, amazing, amazing! Jen - great - very warm, good direction, very helpful. Venue - beautiful space, very calming, positive atmosphere. Will be returning!"**

In June we ran multiple watercolour painting sessions in the Dumyat Centre in Menstrie. Throughout these sessions we looked at the local landscape and felt the relaxing effects of watercolour washes.



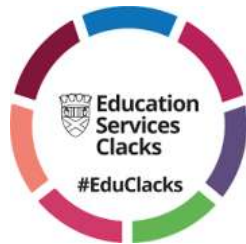
In July we welcomed the carers and their cared for person back to the studio and painted the bonnie bonnie banks of Loch Lomond in watercolour. Two participants also painted the view of Alloa harbour at sunset after discussing its beauty in the previous session.

**"I really enjoyed that, thank you so much. It was so relaxing!"**

# 139 Children & Young People 2023



*In partnership with:*



# 447 Creative Opportunities for Children & Young People



**47 sessions in 11 local primary schools**



**8 outdoor sessions with 55 participants**



**5 family sessions**



# ShapeChangers

New public artworks by local young people



## Reachout Partner

## Sustrans

We are delighted to be taking part in 'ShapeChangers', a collaborative partnership project with Sustrans Scotland and Alloa Academy.

ShapeChangers is a series of temporary outdoor artworks created by young people along the National Cycle Network in Scotland. ShapeChangers aims to support young artists and inspire people in





Glasgow, Alloa, Greenock and Inverness to explore their local areas by walking, wheeling, and cycling on the National Cycle Network. Sustrans has collaborated with four dynamic organisations to bring this vision to life: RIG Arts in Greenock, Birds of Paradise Theatre Company in Glasgow, Highland Print Studio in Inverness, and Reachout With Arts In Mind.

The project is funded by Sustrans charity, custodians of the National Cycle Network working for and with communities to make it easier for everyone to walk, wheel and cycle.

ShapeChangers is supported by funding from Transport Scotland administered through Sustrans Scotland.

***"It is inspiring to see the pupils rise to the challenge to temporarily change their urban environment. Reachout and Alloa Academy have done a brilliant job at mentoring this next generation of artists."***

– Bruce Phillips

Network Engagement Coordinator: Art and Diversity at Sustrans Scotland



Scan here to read more on this project.



# Creative Therapeutic Interventions For Children

At the start of 2023 we re-entered local primary schools to facilitate blocks of 6 creative sessions in each school. These sessions help grow participant's confidence and allow them to experiment with their creativity in conjunction with the Curriculum for Excellence. Please see a summary of schools and outcomes below:

- |                          |                              |                         |
|--------------------------|------------------------------|-------------------------|
| <b>Alva Primary</b>      | <b>Coalsnaughton Primary</b> | <b>Banchory Primary</b> |
| <b>Craigbank Primary</b> | <b>Abercromby Primary</b>    | <b>Muckhart Primary</b> |
| <b>Fishcross Primary</b> | <b>Strathdevon Primary</b>   |                         |

Positive outcomes include **increased focus**, **increased confidence**, contributing to a **more positive school experience**, **increased attainment**, better ability to **regulate emotions**, and more.

**"I want to be an artist when I grow up, but not to make money just to make me happy."**

**'I will show this to my mum. Then my mum will be proud of me.'**

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

**'He seems like a completely different child... he seems happier'**

**"I want art club to stay forever."**

**"I want to be an artist when I grow up, because I love coming to this art club."**



## Fabric Painting with Flowers

We continued our partnership with Home-Start throughout 2023 working with children and young people, and their families in the local community and parks.

In Spring we got creative using flowers and ink to create a nature inspired fabric wall hanging. It was great to see the positive dynamic between adults and children when given the freedom to create freely and have fun.

**“This is so cool, it’s giving me flower power!”**

**“Excuse me, is this actual real magic?”**



## Clay: Pinch Pots and Coil Pots

During the Summer holidays we facilitated a series of creative sessions for families in West End Park with Home-Start, focusing on clay pinch pots and coil pots. Participants collected leaves and conkers from the park to press into the clay and encouraged one another to create different textures on their pots.

**“I want to keep making things with clay. I want to do more clay when I get home!”**





## St Margaret's Primary: Animation & Clay

We were delighted to facilitate an animation and clay session for St Margaret's Primary school as part of their wellbeing day.

**Teacher noted the calm nature of the children during these sessions.**



## Collaborative Painting and Clay Play

In the Summer we were delighted to visit Action for Children's base in Tullibody. We worked together to create a large scale painting using a variety of expressive painting techniques, as well as an outdoor art session which included multiple clay play boxes and animation. Being outdoors really encouraged the young people to take inspiration from the outdoors and use it within their artwork.



## SUPPORT for Families Creative Space

Towards the end of July we welcomed Support for Families to the studio and facilitated a creative space for a group of young people. This session was tailored to their creative interests, working on landscapes paintings, abstract expressionism and hand building clay techniques.

**"Thank you so much Leanne, that was so much fun."**



# Other Organisations engaged with in 2023





# Finance & Governance Manager

Carly

As my children leave school and embark on their next adventures, 2023 has given me the opportunity to reflect on my own choices and the path I have taken. From a university degree in Management & International Relations, working in investment banking to volunteering for a number of charities and teaching children with learning difficulties overseas, never did I imagine working in such a fun, positive and creative environment such as Reachout, but I am so glad this is where my path led me!

No two days are ever the same in Reachout, and my role is no exception – the pandemic is thankfully behind us, and we have been looking forward to new initiatives and projects within the organisation. This has been an exciting year, with lots of positive changes and developments, and it's been fantastic to see the growth and creative development of our members. I'm always in awe of the work produced in the studio and love seeing the collaboration between our staff, volunteers and members across different mediums.

My role is divided between the finances and governance of the organisation. Financial responsibilities include the preparation of the annual accounts, monthly reporting to the board, bank reconciliations,



payroll, grant applications and preparing quotes for outreach and partnership projects. The governance of Reachout covers all our policies and procedures, onboarding of new staff, statutory returns to Companies House and OSCR, PAT testing of all electrical items, insurance, IT, PVG checks – the list goes on....

This year, I have spent time updating our staff handbook to ensure our policies and procedures are in line with the latest legislation, and am currently in the process of renewing our Cyber Essentials accreditation for 2024 as part of our continued commitment against cyber crime. Projects for 2024 include compiling a monitoring report of our successful Creative Therapeutic Interventions work with Clackmannanshire Council Psychological Services, and revisiting the Social Enterprise feasibility study last conducted in 2021. We recognise that good governance and financial control are vital to running a successful third sector organisation in these challenging times, and this study will look at the possibility of different funding models to ensure that we continue to provide an invaluable, high quality service to the local community in the years to come.





# Senior Artist Facilitator & Engagement Manager

## Leanne

If I had to sum up 2023 for Reachout in one word, it would be growth. I use this word in its broadest term; the demand for our service has grown, our beneficiaries have grown, the number of creative opportunities we offer has grown, our staff and volunteer numbers have grown, but also the challenges faced inside and outside the studio have grown. 2023 hasn't been an easy year for a lot of us, but I'm proud of members, staff, and volunteers for leaning on one another and using these challenges as vehicles for personal growth; I believe one of our members said it best when they said, "We grow through what we go through".

I joined the Reachout team as Artist Facilitator in July 2021 after significant changes in the delivery of the service due to the pandemic, where we introduced a booking system, had limited workshop spaces, and led with more medium driven, themed workshops.

Last year, as restrictions eased, I commented on the increased



spontaneity and member-led groups we had witnessed throughout the end of the year.

This year, I'm happy to say we have no restrictions, and have continued to witness more and more members create, join, and support one another and help shape our service through feedback. And I've taken on another new role, as Senior Artist Facilitator and Engagement Manager.

My new role is, in a sense, a bittersweet journey. I am absolutely thrilled to start a new chapter, but it comes with a tinge of sadness as it meant saying goodbye to Reachout Studio Manager, Kirsten. While Kirsten's presence in the studio is sorely missed, we wholeheartedly support her decision to prioritize her family, and we couldn't be happier for her.

My new role has meant I can better prioritise my workload in relation to the needs of Reachout. My responsibilities include facilitating creative sessions for both members and partners, ensuring the studio operates effectively by managing the calendar of events and co-ordinating volunteers.

It's also meant I can continuing to facilitate sessions of my own



including painting and creative space sessions for members, as well as sessions in local primary schools with Psychological Services, creative sessions for carers and cared for persons with the Carers Centre, and expressive painting for families with Home-Start.

In addition to facilitating, the new role has empowered me to take a more senior position in overseeing the coordination and operations of external projects. This ensures we can extend the reach of our service to external groups without significantly affecting the studio's daily operations. Exploring the 'behind the scenes' of project management has been a rewarding experience, and I am excited for further opportunities for learning.

Another key part of my role is to maintain a welcoming, creative space for everyone who comes through our doors. With the help of Aileen, Reachout's Studio Admin Support Worker, we have continued to collate statistics and feedback to inform what works best and how we move forward.

One thing I've tried to focus on this year is building consistency and routine for our members; scheduling the same workshops on the

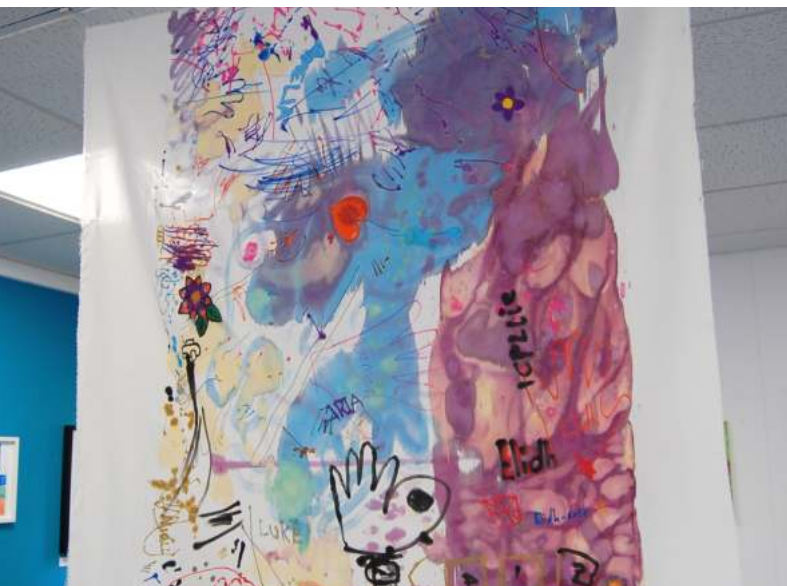


same day and same time, while this remains effective and in accordance to members requests for workshop themes. From members feedback throughout the year, this seems to be working well.

It's been great continuing our relationship with local organisations and facilitating sessions to widen the impact of our service. We've continued working with long standing partners this year including Home-Start, the Carers Centre, Clacks Educational Psychology Services and Alloa Academy. We've also worked with multiple new partners this year including St Margarets Primary School, Action For Children, Support for Families, Sustrans and Transport Scotland.

Thanks to all the efforts of Reachout's wonderful team of studio volunteers for their endless generosity in supporting our service. A special thank you to Agnes, Bobby, Clare, Eta, Janne, Jennifer, Liz, and Stephanie.

The commitment displayed by members, staff and volunteers to empower one another through art is truly inspiring. The supportive and inclusive environment in our studio is a testament to the genuine care and appreciation for one another's experiences, perspectives, and personalities; something the world could use a little more of. Every day, I witness the transformative power of art, and I'm extremely grateful to be a part of the creative journey.







# Visual Arts Project Worker

Jen

2023 holds special significance for Reachout as it marks the celebration of 30 years of creative experiences, but it also marks significant milestone in my career; 10 years as an artist and facilitator. Over the past decade, I have facilitated creative sessions in diverse settings such as hospitals, schools, and community environments. In my role as an Artist Facilitator at Reachout, I guide each member in building their own art practice at their own pace, through play and exploration of art materials.

Throughout this year, I have led weekly sessions in printmaking, clay, and supported creative spaces. The focus has been on enhancing each workstation's inclusivity, enabling members to take greater ownership of their practice. One key aspect has involved guiding members on best practice to care for materials and tools.

It has been lovely to witness the positive impact on members during our printmaking sessions, particularly with lino cutting. Members have expressed a sense of immersion in the process and a release of built-up tension:



"I can feel this release of tension doing this; my shoulders are so tense when I come in, and I just feel this sense of release when I'm here." – Feedback from a Reachout member during a printmaking session.

The sense of pride members feel is visible when individuals ink up their printing plates for the first time, revealing beautiful and unique prints. This year, I introduced our members to the firing and glazing processes involved in ceramics. Our visit to Grayson Perry's exhibition, *Smash Hits*, at the National Galleries showcased excellent examples of combining drawing, print, and transfers on ceramics. Reachout members and I are eager to incorporate these techniques into our clay sessions next year.

Additionally, it's been great engaging within the local community through our partnership work. I've personally supported sessions with the Carers Centre at the start of the year and Home-Start later in the year; facilitating Play in the Park sessions and a series of regular sessions to a Mums Wellbeing group, both of which focused on clay processes. These sessions foster a sense of connection and support among participants, encouraging creativity and emotional well-being.

This year, I've also taken on a very exciting public artwork project, *ShapeChangers*. This project was in collaboration with a small group



of young people from Alloa Academy on a ceramics project in partnership with Sustrans. The project provided a creative mentoring opportunity for four young people, who designed beautiful ceramic tiles displayed as public artworks along a section of Alloa's cycle path. Throughout the project, I shared ceramic processes from my own art practice, tailoring them to the interests and needs of each participant.

I have continued to develop my own artistic practice by participating in ceramics training courses. I have established my own small ceramics studio, focusing on a combination of hand-built sculptures and wheel-thrown work. This ongoing development helps me stay current, fostering a vulnerability with materials and creative ideas that I consider crucial when facilitating. It enables me to deliver high-quality art sessions and better address creative challenges members encounter in their individual projects.





# Artist Facilitator

George

This year we have seen members take on ever-increasingly ambitious projects.

In animation, we've seen work range from detailing every kick of the ball in an epic football match to an elaborate historical narrative seen through the eyes of the main protagonists, two time-travelling mice! In creating these films members have had a hand in every aspect of the filmmaking process, from the plot, character creation, the filming, the editing, and the composing of soundtracks.

I recently spoke to a member about one of these projects and they described it as 'the best thing they had done'. It feels as though the investment of time and the mastering of new processes has given members increased levels of confidence and achievement.

This opportunity for prolonged engagement with mediums has also



seen growth within other areas of the studio. In sculpture sessions, members have undertaken projects that are increasingly complex in nature: using multi-stage processes including casting with plaster of Paris and silicone.

This year I've found it wonderful to see how members approach creating artwork within different forms; the uniqueness, depth and diversity of members' creativity is truly inspirational.

Whether a member is entering the studio for the first time, returning after a period away or as part of their regular selfcare routine, I believe it is important to provide an environment that is welcoming, nurturing, and inclusive whatever a member's familiarity with the setting.

In addition to the in-studio programme of activities, this year we have taken several trips outside of the studio, including Jupiter Artland Sculpture Park and The National Galleries of Scotland for Grayson Perry's 'Smash Hits' Exhibition.





For some, the prospect of travelling to these unfamiliar settings was daunting, but also provided an opportunity for growth. Jupiter Artland was the first trip some had taken outside of the local area in a long time. Members acknowledged the courage it had taken for them to take this step. Creative inspiration gained from the trips had an equally powerful influence on the creative practices of those who attended, influencing new avenues of creative inquiry.

In addition to working with members who access the Reachout studio, I also continue to be involved in the delivery of Creative Therapeutic Intervention sessions for pupils identified as having additional support needs within Clackmannanshire Council.

These interventions run for six weeks at a time, and I have, thus far, facilitated these within ten separate primary schools. Through these interventions, I have acquired experience working with children and young people of different ages with a variety of different communication styles and needs. I have developed a range of creative workshops which offer a range of opportunities for creative expression.





My familiarity and confidence in the content of the workshops has increased my ability to be present with the children participating in the session and adapt to their particular needs from one moment to the next.

Looking towards the future I am eager to continue to work alongside members and partners and witness the evolution of their creative ideas and the unique paths they will explore.



# Craft Facilitator

Anne

Things can only get better! 2023 has been evidence of this!

As Craft Facilitator at Reachout I deliver and support a wide range of craft activities from sewing to furniture upcycling. My main aim is to support and encourage members to develop experiences, interests and skills, trying new activities and at the same time building self-esteem.

This is clearly evident by the Member Led Macramé Exhibition and sale of their handmade items in the studio. I was delighted to see members taking ownership of how their exhibition should look and we appreciated the many positive comments of how it brightened up the studio entrance. It's heartwarming to see new projects completed at home and brought in to share with staff and members alike.

This group has steadily developed with members meeting weekly, sharing their more complex skills and ideas and taking responsibility for the ordering of new resources. Two of our participants have made links with Alloa Hub and now have a selection of their macramé projects included in this local shop.





We organised a trip to Made in Stirling in March and this was inspirational for our macramé artists. After visiting and seeing macramé items for sale they appreciated the high standard of their own projects. We looked, with interest, around the shop and pointed out all the types of art and crafts they had participated in our studio.

“We are so lucky to have such a wide range of activities at Reachout to experience”

Another group of enthusiastic crafters have formed a member led sewing group. At present we are working to develop a corner in the studio where all sewing resources will be housed. Again there was evidence of autonomy when one member suggested that she would collate some projects and display them as ideas for participants. This group is also very willing and able to share numerous skills with others and one member is kindly making and selling tote bags for Reachout funds.

Members of these groups attend regularly and have many conversations both about their crafts and their personal lives.

The member led craft group is still going strong. After a year we had a relaxed evaluation session and the comments were very illuminating as most were linked to emotions and wellbeing (see on next page).

The group was surprised by my comment that member led groups have increased my confidence in what I'm doing in my job.

My wish for next year is to further develop the member led groups and related studio areas and I am sure more complicated techniques will continue to be explored as well as tackling new crafts.

Anyone for copper wire art or slate mosaic in 2024?



Comments from member-led craft group feedback session:

- What does the member-led craft group mean to you?

**Trust      Friendship      Safety      Welcoming**  
**Consistency      Understanding      Emotional support**  
**Inspired to try new skills      Collaborative learning**  
**Learning from others      Build confidence**  
**Looking forward to seeing everyone**



# Studio Admin Support Worker

## Aileen

I have worked at Reachout for over a year now, starting in February 2022 as Studio Admin Support Worker as part of a back to work placement. Before working for Reachout I spent many years working in the financial services industry and hospitality services.

I have found my time working at Reachout an interesting and enjoyable experience. This year I have spent some time helping out with sessions at St Margarets Primary School, I have also enjoyed some sessions in the park with Home-Start and joining in with a member-led macramé group to get a basic understanding of the process and the welcoming group environment created by members. I also took an interest in an acrylic pouring class which involves getting the right consistency of paint and making elaborate designs on canvas.

I have this year taken on a new task of membership procedures which I have found interesting as a new skill and I have also undertaken training in Child Safeguarding.



What I enjoy the most about my job is meeting new members and seeing them learn new skills in the workshops, some of the working attributes are quite amazing! I hope that by sharing some knowledge I have learned in joining sessions I can help members and encourage them to develop their skills, and learning the day to day running of the organisation through different scenarios we can all continue to work together and improve the way we work with creative arts.



# Treasurer

## Graeme

For details from our last financial year, please refer to the audited financial accounts and Annual Report for the year ending 31st March 2023.

After the disruption of the Covid pandemic in 2020 and 2021, we finally saw a return to uninterrupted services in Reachout through 2022, where we have enjoyed increased membership, structured workshops and more outreach work with local partners. We ended the year to 31 March 2023 with a deficit of £2k compared to a deficit of £13k for the prior year. This was in part due to some increased funding from The Robertson Trust during the cost of living crisis, and grants from the Communities Mental Health & Wellbeing Fund, and the Yorkshire Building Society, offset by increased staff costs.

Income for Reachout continues to be largely generated from grants - in 2022/23 we received significant grants from the National Lottery Fund and The Robertson Trust, which have been invaluable in ensuring continued provision of our service to the local community. Our expenditure during the year increased from the prior year, with a total of £199k for the year. This was as a result of increased salary costs for a new studio admin assistant, as well as cover for a maternity leave post.

Income from membership fees in the financial year to March 2023 increased from the prior year, as the studio opened for the full 12 months for the first time in two years. For 2024, membership fees have been agreed as either an annual membership fee of £80 payable in January, a monthly payment of £7.50 each month, or a daily fee of £4 for each visit to the studio. We have also been fortunate to work with many local partners on outreach work since the pandemic, including Clackmannanshire Psychological Services, Home-Start, and the Carer's Centre – income from our outreach work was nearly £25k in the financial year to March 2023.

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



# Financial Results for the Year Ending 31 March 2023

The financial statements of the charity for the year ending 31 March 2023 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 £197k (2022: £169k) with a net deficit of £2k (2022: deficit £13k) made up of:

- Income from grants was £165k, compared to £152k in the previous year. The increase is due to an additional £4k grant from the Robertson Trust as part of their continued support to organisations during the cost of living crisis, £2k from the Yorkshire Building Society to fund new IT purchases, and £10k from Clacks Council as part of a long term unemployment grant.
- Expenses increased in the year, from £182k in 2021/22 to £199k in the year ending March 2023. This was driven by a £18k increase in staff costs in 2022/23 as a result of the hire of a new Studio Assistant, and the impact of maternity leave cover

Total reserves stand at £250k (2022: £252k) comprised of:

- £12k restricted and £238k unrestricted funds
- Balance of free reserves of £174k (unrestricted funds of £238k less fixed assets of £4k less designated fund of £60k)

- Designated fund of £60k to cover the cost of redundancy and closing the organisation if required, and/or ad hoc projects identified in the Reserves policy. £30k of the designated fund was drawn down and moved to the unrestricted fund in March 2023, in line with the National Lottery grant application conditions of match funding.

## Reserves Policy

Based on projections for the financial year ahead, it was agreed during 2023 that funds would be realigned between the designated and general unrestricted funds, to allow for forward planning in the event of a closure of the organisation, as well as ad hoc projects identified by the Board. The project details of both revised funds are detailed in the Reserves policy which was agreed by the Board in December 2022.

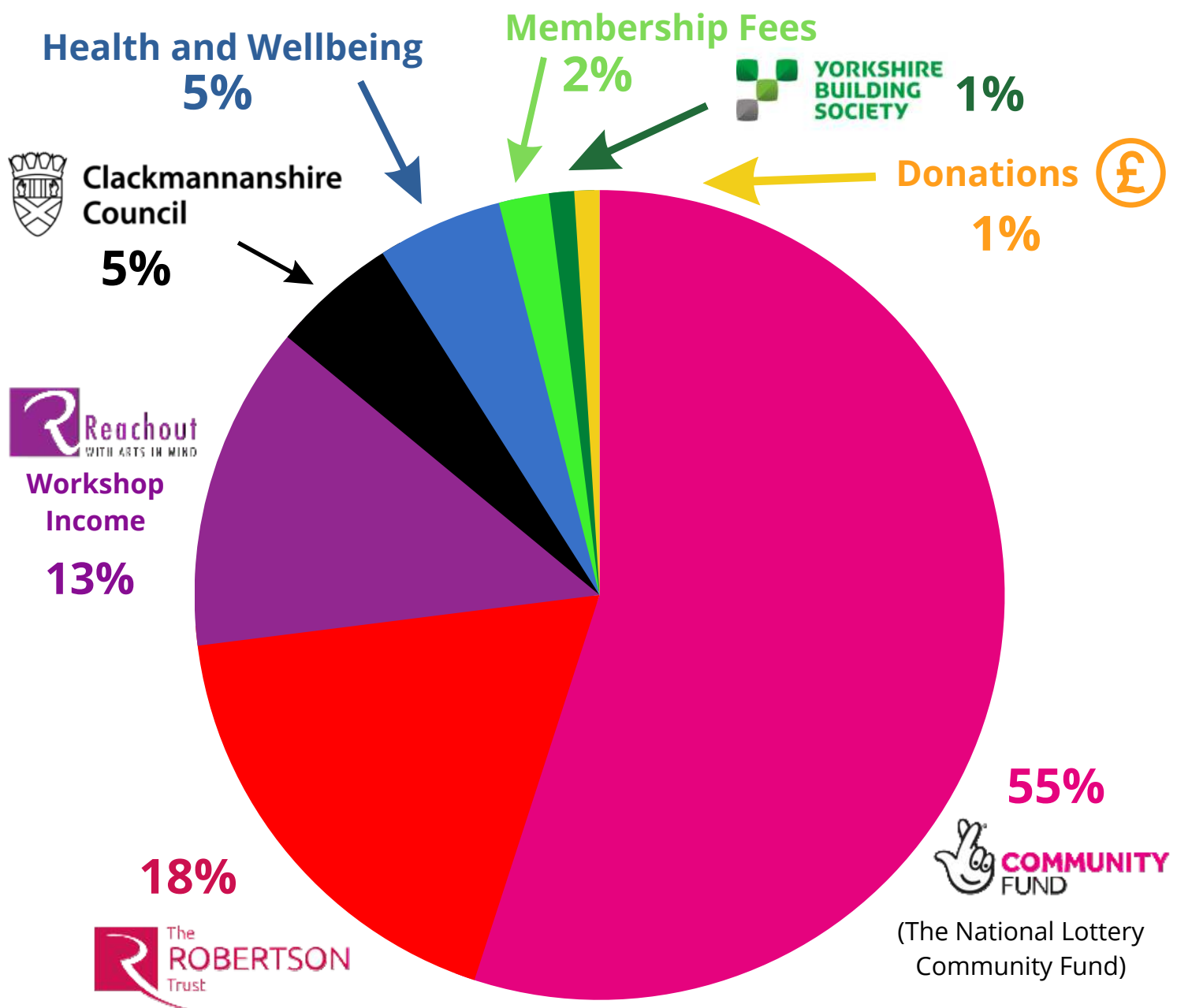
## Income

- The charity's total income for the year was £197k (2022: £169k), an increase of £28k on the previous financial year. This was due to an increase in grants awarded through the year, as well as an increase in income generated by partnership workshops
- Of the £197k income for 2022/23, £165k was generated by grants – other sources of income included £28k from workshop income and membership fees, and £3k from donations.





## Total Income 2022 / 2023



# Income received

	Year Ending March 2023	Year Ending March 2022
National Lottery Community Fund	£107,590	£107,590
Clackmannanshire Council	£11,438	£9,933
Mental Health and Wellbeing	£10,000	£5,000
The Robertson Trust	£34,500	£30,000
The Yorkshire Building Society	£1,900	
Subtotal	£165,427	£152,523
Other Income	£31,409	£16,962
Total	£196,836	£169,485

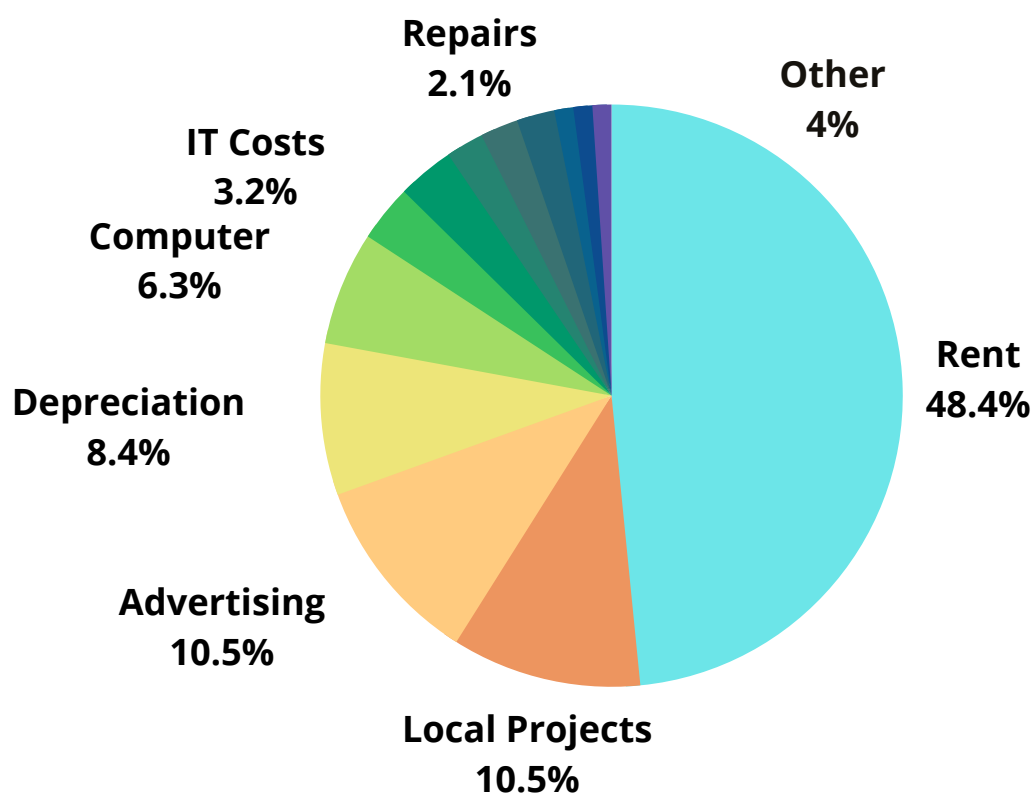
In the current financial year, **2022/23**, grants have been awarded from the following -

Clackmannanshire Council	£3,965
NOLB	£20,000
Sustrans	£10,000
The Robertson Trust	£30,000
National Lottery Community Fund	£105,000
Total	£168,965

# Expenditure

Total resources spent was £199k (2022: £182k). This was an increase of 9% (£17k) compared to the previous financial year. The majority of cost lines have remained at similar levels year on year, however salary costs increased due to the hire of a new Studio Assistant in the studio, and provision for maternity leave cover. For a detailed breakdown of expenses, please refer to the annual accounts.

## Total Expenditure 2022/2023 excluding staff costs



## Financial position as at 31st March 2023

The balance sheet shows total funds of £250k. 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 accounts for further details and breakdown of financials.



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Annual Report designed by Engagement Manager Leanne Dewar

*Reachout is a registered charity: SC023779*

*Company number: SC373771*