



Annual Report

2021



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The Organisation

Reachout is an innovative, inclusive and award winning charity with 28 years' experience of delivering creative opportunities, education and wellbeing to local communities aged 16 – 80+ years, experiencing life's challenges, mental ill health and disability. Using expressive arts as the vehicle, the service delivery model promotes informed wellbeing choices and mental health awareness to maintain wellbeing and prevent relapse.

The Service

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

Reachout '**Inspire**' programme delivers partnership outreach workshops to local **young people**.

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.

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 is where an individual is connected to services or activities in the community which are likely to help with the health problems they are experiencing. These activities are prescribed as a non-clinical alternative to a medical prescription.

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

Social prescribing aims to encourage greater control for individuals and is particularly useful for people with long-term conditions, vulnerable groups and those who are socially isolated.

Reachout is not a regulated care provider.

Vision

**Centre of Excellence for
Creativity and Wellbeing
Inclusive to All**

Goal

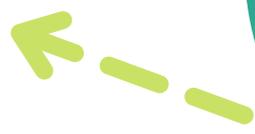
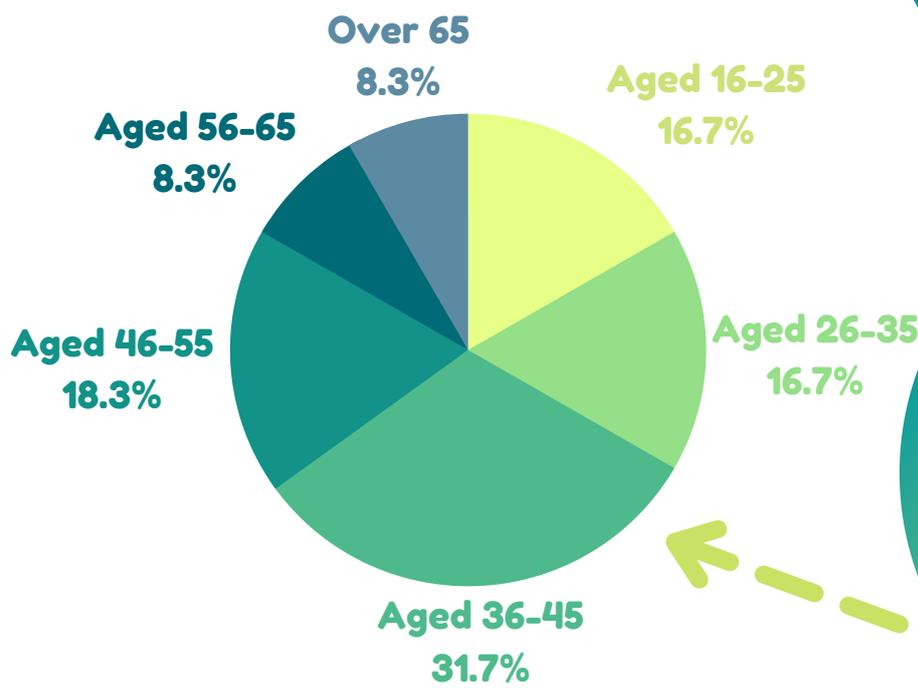
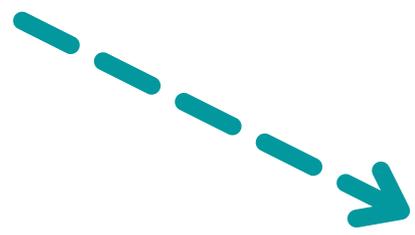
Creative Communities funded by National Lottery Community Fund provides access to high quality creative programmes promoting great art and inclusive practices, knowledge and learning. It ensures that people experiencing mental ill health, learning and physical disabilities have active and influential experiences 'alongside others' to build resilience as a route to recovery and maintain wellbeing.

Values

Integrity, Equality & Trust

Reachout advocates 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- commitment is a significant factor in Reachout's success.

2021 Key Stats



136
Young People
aged 5-16



Wellbeing Scotland

10.3%

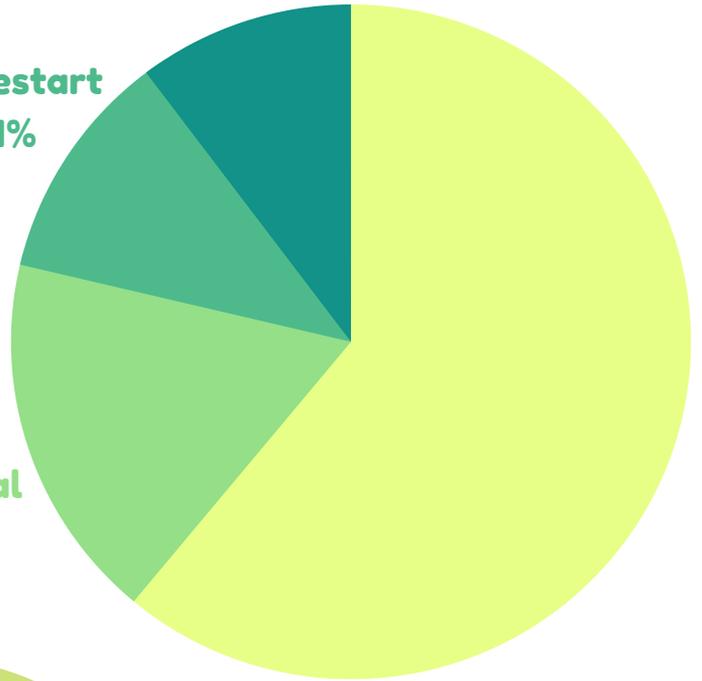
Homestart

11%

Psychological

Services*

17.6%



including
75
remote art packs
sent to Falkirk
Young Carers

Young Carers

61%

54
Adults
(Non-Members)



C.T.I.*

5.6%

Homestart

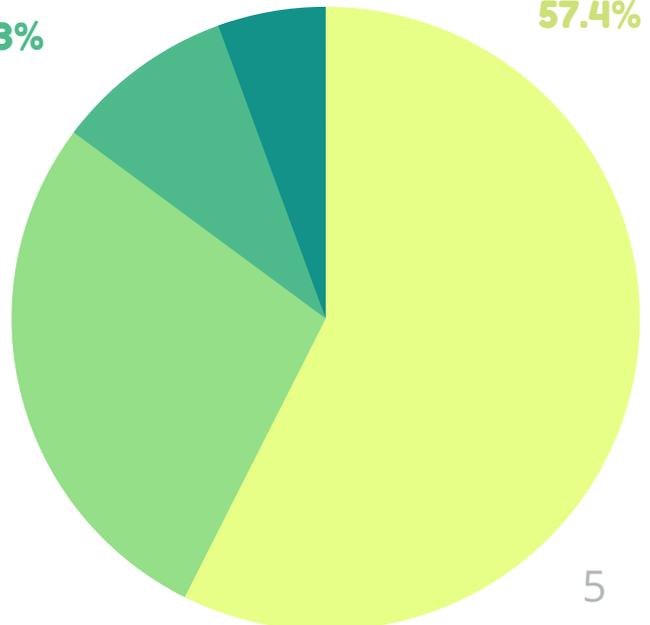
9.3%

Finn's Place

57.4%

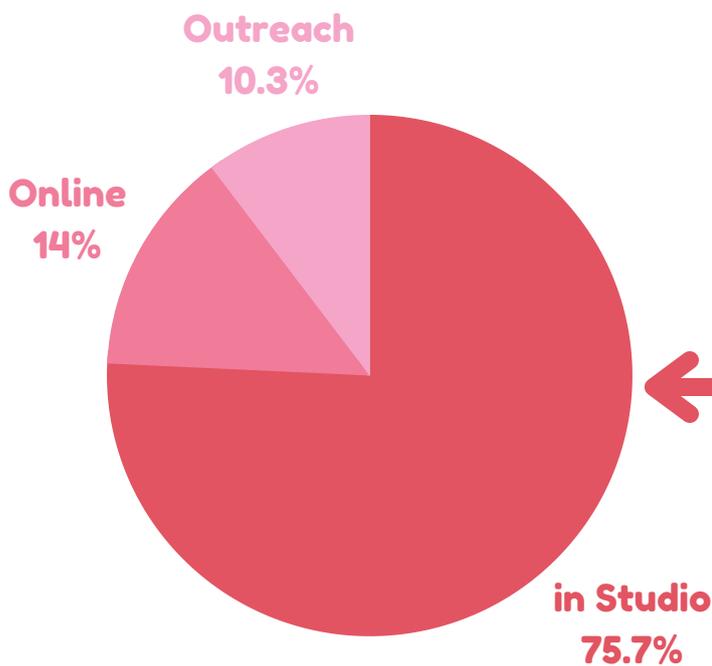
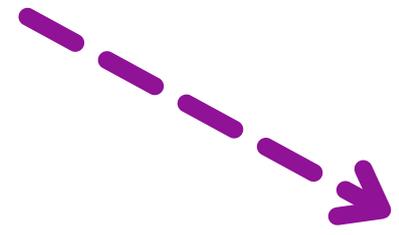
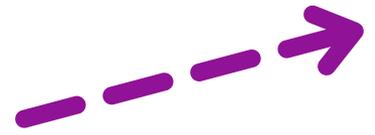
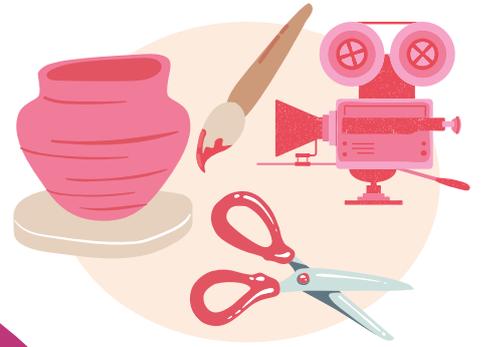
Carers Group

27.8%



*Creative Therapeutic Interventions

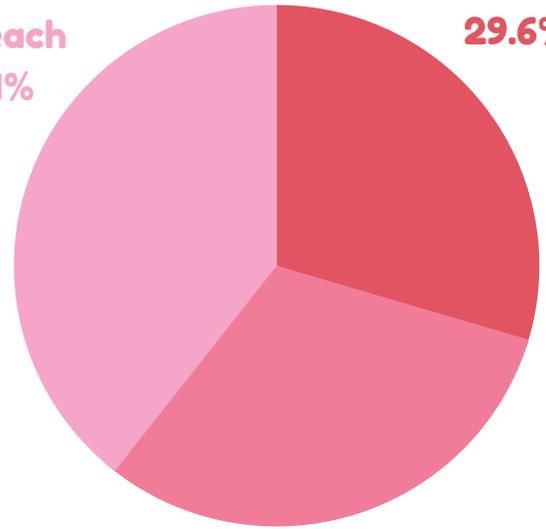
2021 Key Stats



17
Partnership
Workshops



Outreach
39.4%



in Studio
29.6%

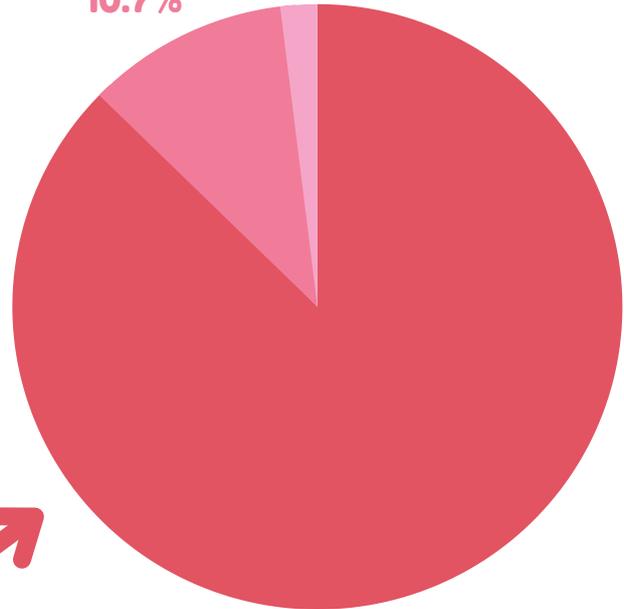
Online
31%



Delivered over
71
sessions

Remote Kits
2%

Online
10.7%



in Studio
87.3%

71
Members
Workshops



Delivered over
201
sessions

2021 Key Stats





Virtual Exhibition of our INSPIRE summer programme workshops



Exhibited in Forth Valley Royal Hospital, Online and in Shanghai



Rotating exhibition in Reachout studio of member's artwork

Craig Machan



Chair Statement

At last year's AGM I talked about a crystal ball and how wonderful it would be to have one. I also talked about the words of 2021 – togetherness, video, outreach, vaccinations, new normal, new ways and partnerships. What is great is that the words of 2021 were and are still relevant as we move in to 2022. We are seeing the service change and we appreciate the continued support and adjustments people are having to make. This includes members, staff, volunteers and funders. The programme of workshop activities with the booking of Creative Spaces is working well and although we have seen some challenges for members, these have been addressed as best we can, given the guidelines that we are all having to learn to work within.

Our plans for 2021 were the social enterprise study, garden, outreach, partners, staffing, schools and procedures. I am confident that all of these have been progressed. Thank you to Carly for preparing the social enterprise study which identified that we will, within the terms of our existing service, look at complimentary delivery and not set one up just now. The financial viability was not an acceptable return given the introduction of additional resource and overheads.

We welcomed Leanne to the team, and she has hit the ground running with lots of enthusiasm.

Leanne joins Kirsten, Jen, George, and Anne in the studio. Within the office, Lesley and Carly have been focusing on partnership development, multi-agency working and ensuring that we stay ahead of the game with the finances. We had a review of our financial system during 2021 to ensure we were on track in terms of its use and how we were operating - a clean bill of health!

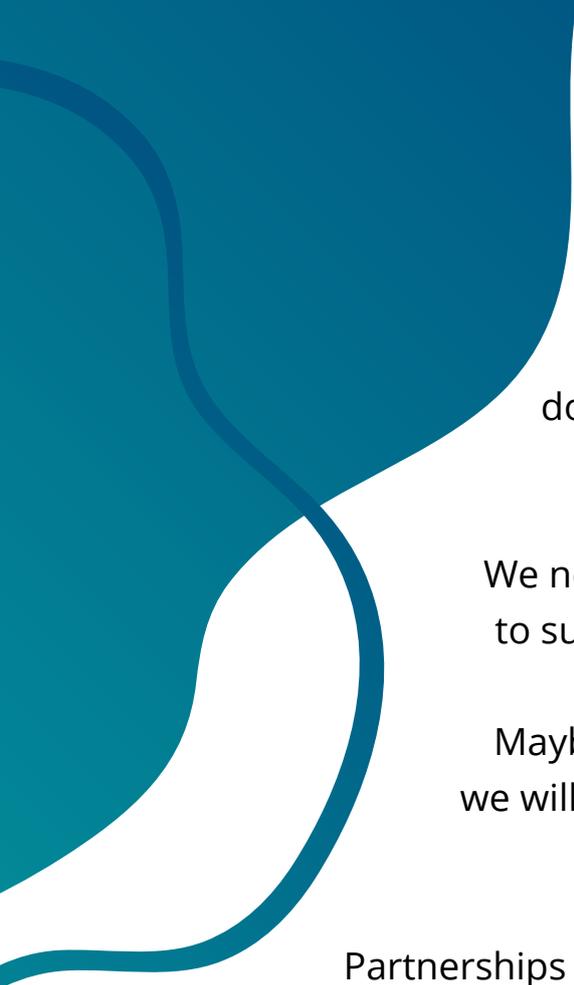
Partnerships and multi-disciplinary team delivery is now evident in working with the Council, Education and Health but also with other services. Some external services have struggled getting back to delivery based on their setup and approach. With partnering we have been able to facilitate delivery jointly and ensuring wherever possible those who are vulnerable can still access needed resources. With this new approach and new service users, we have updated the Memorandum of Association. In summary, the amendments are that we remain member led but extend to Central Scotland and neighbouring local authorities, and identify that we are providing services at Lime Tree House, but also outreach and community based services, in partnership and at other venues or locations. In conclusion, considering everything we have continued to deliver on, we have continued to provide a much-needed service to our vulnerable members throughout 2021.

So, what about 2022?

I have polished off the crystal ball and got an order in for a magic wand, but the delivery has been delayed due to shipping problems from Hogwarts!

Living with Covid is the way forward and this means making small changes, being reactive and ensuring everyone stays safe.

We strongly believe we are a vital service for many as the pandemic has resulted in increased membership. This will continue to grow in 2022 and we will see active member numbers reach in excess of 100.



It is equally recognised that sadly many individuals will have experienced life trauma, and deteriorated mental health and wellbeing through the pandemic. Reachout, as we have done for many years, will continue to support their recovery through access to our service.

We need to agree a method of re-engaging volunteers to support our delivery and when this is working well, we can increase the service offerings still further. Maybe our mantra for 2022 is “one step at a time and we will become stronger and more resilient as a service and as individuals!”

Partnerships will be a focus, as will processes and procedures, but what I foresee is that after the last couple of years we will be returning to a normal, maybe different to pre pandemic, but giving a level of structure and stability for those who need it.

Financially, the charity is in a stable position, and we are utilising some of the reserves in match funding grant applications. As always, we will not rest on our laurels and will continue to develop, innovate, and deliver a vital support service, considering local and national initiatives and those needs of our existing and new members.

In conclusion I would like to thank all of you for your continued support. Hopefully by 2023 we are not talking about the pandemic or Covid as the service adjusts to operating in the ‘new normal’.

- Craig Machan



Lesley Arthur

Executive Artistic Director



Repairing our planet

2021 has been a year of stark recognition. The United Nations declared 2021 as the International Year of Peace and Trust, the International Year of Fruits and Vegetables, the International Year for the Elimination of Child Labour and critically the International Year of Creative Economy for Sustainable Development. The pandemic has shown us how essential creativity is to our well-being and to our survival. In 2020, many people found comfort and resilience in producing their own art, painting, sewing, watching films, listening to music and dancing in their kitchens during a time of worry and isolation.

In 2021 at Reachout, we celebrated individual creativity and artistic expression, whilst connecting with partners old and new, to raise awareness and strengthen our collaborations. We have been building meaningful partnerships for over 28 years, learning from artists and creative practitioners to collectively address the growing needs within our communities; poverty, social isolation, poor mental health and wellbeing.

Globally, positive achievements saw the emergence of Covid -19 vaccines being distributed, saving millions of lives and enabling people to move about both outdoors and indoors more freely. However the economic and long term health effects have impacted us all, from supply chain crises and post Brexit delays to the symptoms and conditions affected by long Covid. Mental ill health has increased rapidly around the globe, affecting generations, from vulnerable pre-school children to our isolated quarantined elderly population.

The Scottish Government Coronavirus (COVID-19): mental health - transition and recovery plan states “As we learn to live with the pandemic, we will continue to support good mental health and wellbeing, to help people manage their own mental health, and to build their emotional resilience. We want to ensure that people get the right support, at the right time, and in the right setting – this includes when mental illness does occur. We will support mental health recovery in a way that is personal to each individual's journey, and which focuses on their rights”.

Reachout's track record demonstrates that art engagement can improve people's lives. Over the last 28 years our ability to produce creative self-help & wellbeing workshops has empowered thousands of local people to manage their wellbeing, leading to significant reductions in anxiety, depression and stress. Social interaction and self-esteem are used as an intervention to support treatment, and provide an alternative to treatment for ill health. Art can distract from pain and anxiety to offer respite, and maintain a sense of dignity to stimulate holistic healing. It is well evidenced that providing participatory creative activities that help restore peoples' mental and physical health generate considerable cost savings to the NHS. Art has the capacity to transform, heal and strengthen.

“At the end of the day, we can endure much more than we think we can.”
Frida Kahlo.



Inspire Outreach

Exploring pilot collaborations to support children and young people's wellbeing has been at the heart of this year's initiatives. Creative Therapeutic Interventions, in partnership with Psychological Services, improves mental health and wellbeing through the Clackmannanshire Transformation Project. Working with teachers in local primary schools, our role is to offer the highest therapeutic art intervention for every child referred. Our artists, George Farrow-Hawkins and newly recruited Edinburgh College of Art graduate, Visual Arts Project Worker, Leanne Dewar, have been highly praised for their recent creative interventions.

“Having the pupils involved in art I didn't expect it to be as wide, fabulous, dynamic, the kids loved it, loved being tactile, gained a lot from it”

Depute Head Teacher

Our inspirational, lively summer programmes were encouraging and fun. We worked with children and young people in partnership with Wellbeing Scotland Counsellors & Art Psychotherapists. A team effort, led by Visual Arts Project Workers Jen Bradley & George Farrow-Hawkins, the action packed sessions were held both inside the studio and in our outdoor garden space and were experimental, imaginative and exploratory for participants to develop their own creative interests. Partner and participant feedback was both beautiful and emotive...

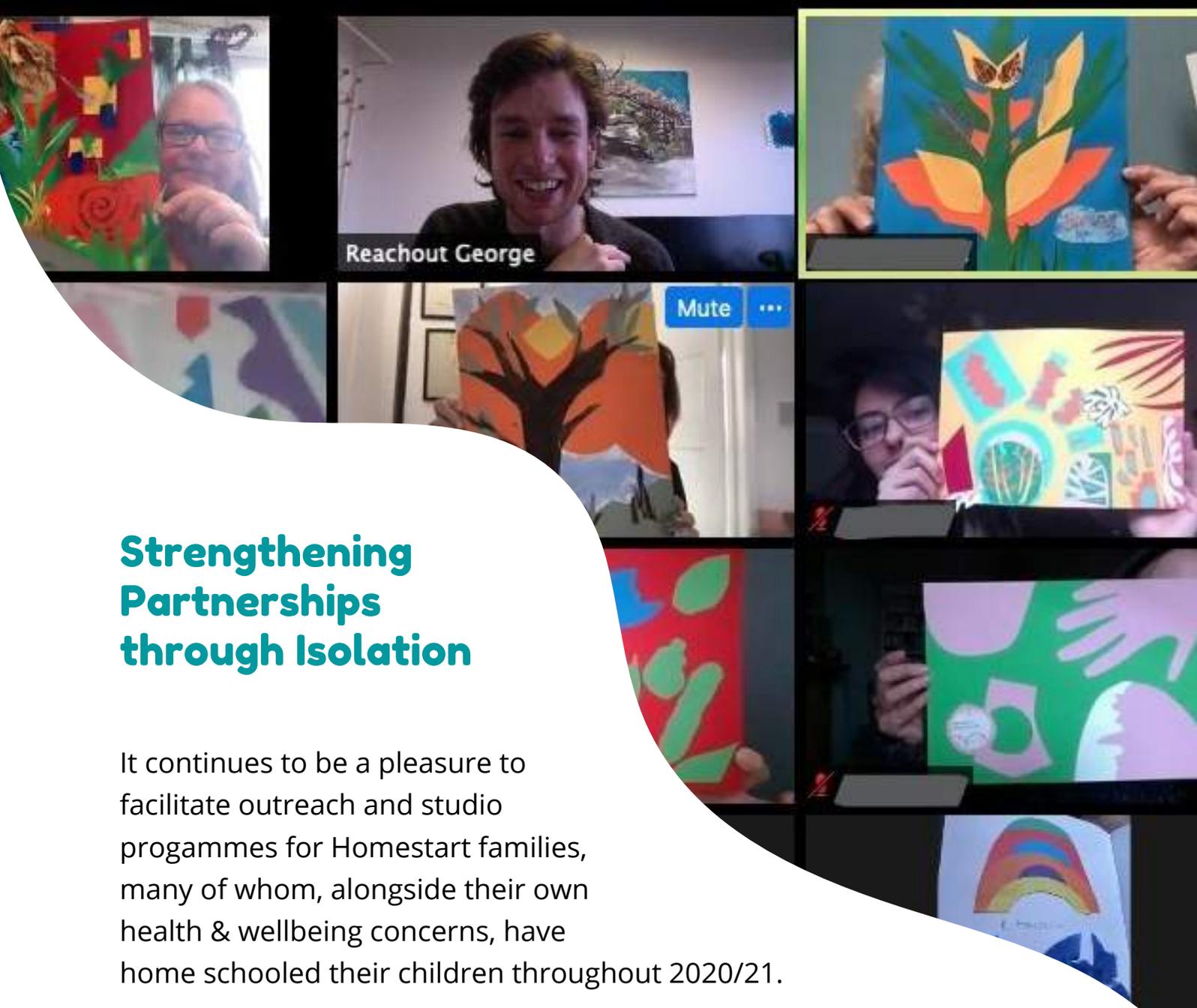
A young boy with light brown hair and a wide smile is holding a red rectangular object, possibly a piece of pottery or a tray, with white drawings on it. The drawings include a figure with a long neck, a heart, and some abstract shapes. The background is a blurred green field.

**“I feel like I’m in art heaven here,
and I’m listened to. I’m trying to
hide how excited I am to be here
but I feel like I am glistening
inside” - young person when
painting 20.07.2021**

**“When I’m at home
I always think I can’t
do things like this,
but when I come here
I realised I can and its fun”
- young person on their
new found animation skills
22.07.2021**

**“I’m going to put this on my
windowsill in my room so I can look
at it every morning when I wake up”
- young clay workshop participant
21.7.21**

**“This is great for them.
It’s a space they can come
and be themselves, make friends, have fun
and see what they are really capable of”
- Wellbeing Scotland staff member**



Strengthening Partnerships through Isolation

It continues to be a pleasure to facilitate outreach and studio programmes for Homestart families, many of whom, alongside their own health & wellbeing concerns, have home schooled their children throughout 2020/21.

Unpaid carers have taken on increased caring during this time and are facing additional pressures as a result of the pandemic; we offer self-care through creativity for Clackmannanshire Carers.

Our remote online workshops were greatly received by members of Glasgow based charity Finns Place, and our improved technology enabled the Reachout team to deliver a range of creative learning experiences across Glasgow. Arts Resource Worker Anne Johnstone will continue to offer her bespoke craft workshops both in studio and online to partners during 2022.



Sustainability

Reachout's Strategy in 2021 focused on evidencing we are Covid resilient through investing in our infrastructure and growing our team.

Our revised model of delivery has ensured a level of safety, trust and consistency for everyone accessing our organisation. Setting clear boundaries and constructed safe places for practice and activities with support and thorough risk assessments, ensure person-centred approaches to provision.

Our programmes were structured and well-planned, responsive, flexible and considerate and respond to identified needs. Support was built into project design and delivery for all staff, while enhanced cleaning processes were adhered to.

An open dialogue with our membership empowers feedback, engagement, and influence for the future design of programmes, recognising everyone's strengths in planning and progress. Our generous workshop programmes provide a learning style and medium for everyone, as we continually improve inclusive communications with our neurodiverse participants.

We are in the fortunate position to be able to offer high quality creative provision designed and facilitated by our 3 professional artists Jen Bradley, George Farrow-Hawkins & Leanne Dewar, alongside the experience and teaching knowledge of our Arts Resource Worker Anne Johnstone, who all complement each other beautifully.

Carly Speirs, Finance & Governance Manager, undertook a Social Enterprise Feasibility Study in 2021. Through engaging with both local and Central Scotland wide enterprises, the scope evidenced our ongoing good practice and partnership collaborations were indeed the right path to pursue at present. However we have not ruled out re-visiting the establishment of a trading arm in future years as we increase our outreach programmes and develop our garden, which unfortunately was postponed again during 2021. We have ambitious plans for 2022 such as improving inclusive communication programmes for our supported adults.

Our 2022 commitment is Sustainability and our Sustainability Plan will ensure we are connected, enterprising, financially stable and working within Creative Carbon Scotland guidance led by our Green Arts Initiative Green Champion Studio Manager, Kirsten Mooney.

Our plan will focus on Reachout's response to COP26, starting with conversations to owning our impact on social, economic, environmental and natural resources to improve our current contribution, with our aim being to learn more about our impact and be the best for our planet. With great thanks to our staff, membership, partners and Board of Directors, all of whom made the transitions navigating this pandemic a positive and enjoyable experience.

I look forward to embracing the possibilities of the year ahead.

Welcome 2022!

- Lesley Arthur

Partners and referrers we have worked with:



Criminal Justice





Thank you to all of our partners, we look forward to developing our collaborations during 2022.

Partnership



"At school all we do is draw what our teacher tell us to. I didn't think I was very good at art... But I love this sculpture I've made. Now I know I am good at art"
Play in the Park Participant



2 x Play in the Park sessions held in West End Park

4 x Taster sessions (Decopatch, Clay, Watercolour & Animation) held in Reachout studio

4 x Scrapbooking workshops held in Reachout studio



5 Adults

15 Children



**"I'll continue watercolours and might try other kinds of drawing + painting. Also I'm going to try the animation with my son"
- Weekly Taster Session Participant**



Partnership



**“I feel like I’m in art heaven here, and I’m listened to. I’m trying to hide how excited I am to be here but I feel like I am glistening inside.”
- Participant**

Summer of Wellbeing

Dream Painting and Introduction to Stop Frame Animation workshops held over 8 full-day sessions in Reachout Studio



14 Young People



**“Ahh I love it here! I’ve been looking forward to this all week.”
- Participant**



**“This is great for them.
It’s a space they can come and
be themselves, make friends, have fun
and see what they are really capable of.”
- Wellbeing Scotland staff member**



Partnership



Creative Therapeutic Interventions

Summer Programme workshops for parents and children including clay, ink and animation workshops held over

8 2-hour sessions

Term time painting and animation workshops held in Redwell Primary, Menstrie Primary, Park Primary and Tillicoultry Primary schools over

22 1.5-hour sessions

**"I love this group, I'm going to remember this forever."
- Child participant, Term-time programme**



3 Adults
24 Children



**“it’s so lovely to see him so engaged...he’s really loving this”
- Parent participant, Summer programme**



**“I can’t wait for next week! To make more of these awesome videos.”
- Child participant, Summer programme**



Partnership



Online workshops including
Decopatch, Clay Pinch Pots and
Experimenting with Ink held over

5 2-hour sessions

Monthly taster studio workshops held over

5 2.5-hour sessions

**“Fantastic venue for creativity.
Lots of space. Felt safe due to covid
measures put in place. Thank you”**



15 Adults



**“Really enjoyed the session.
Really relaxing and soothing to try
clay modelling.”**

Partnership



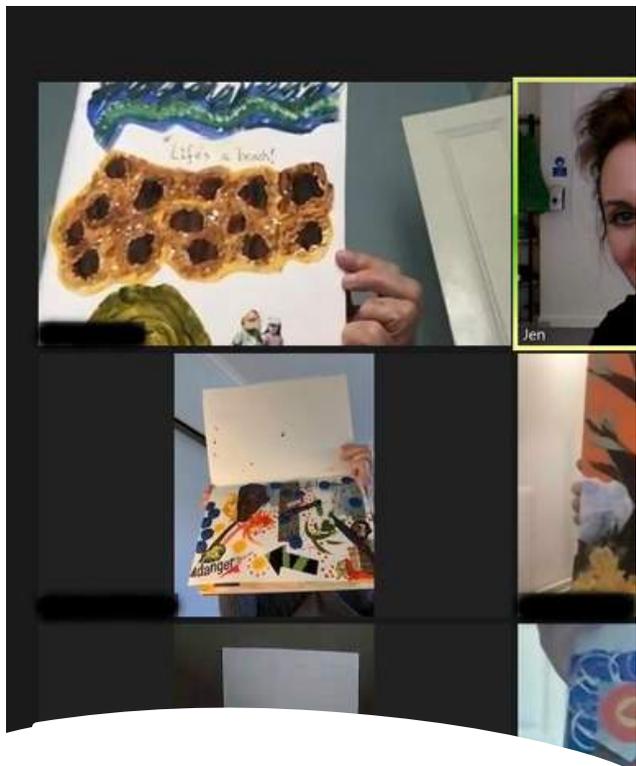
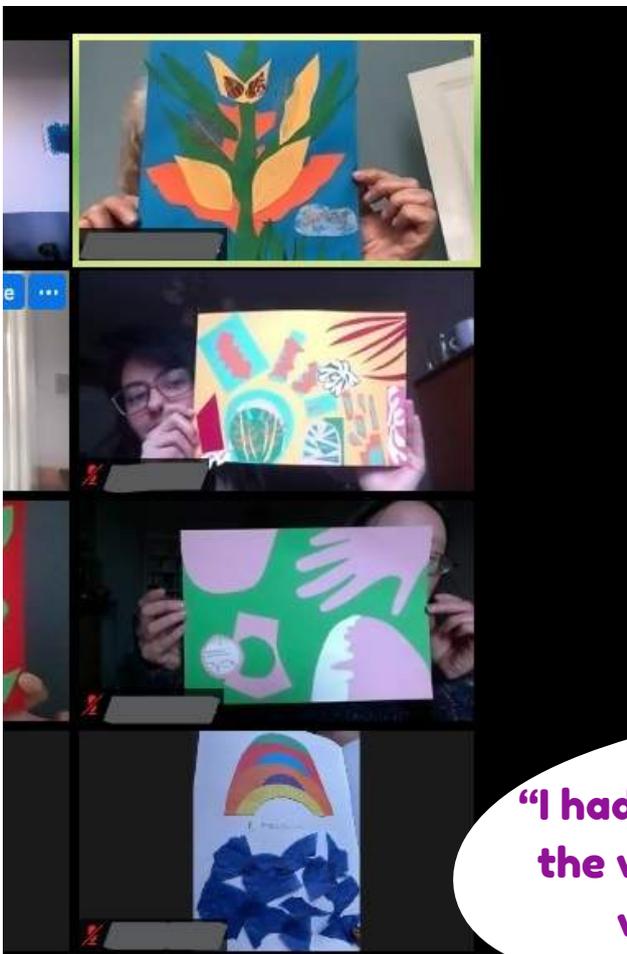
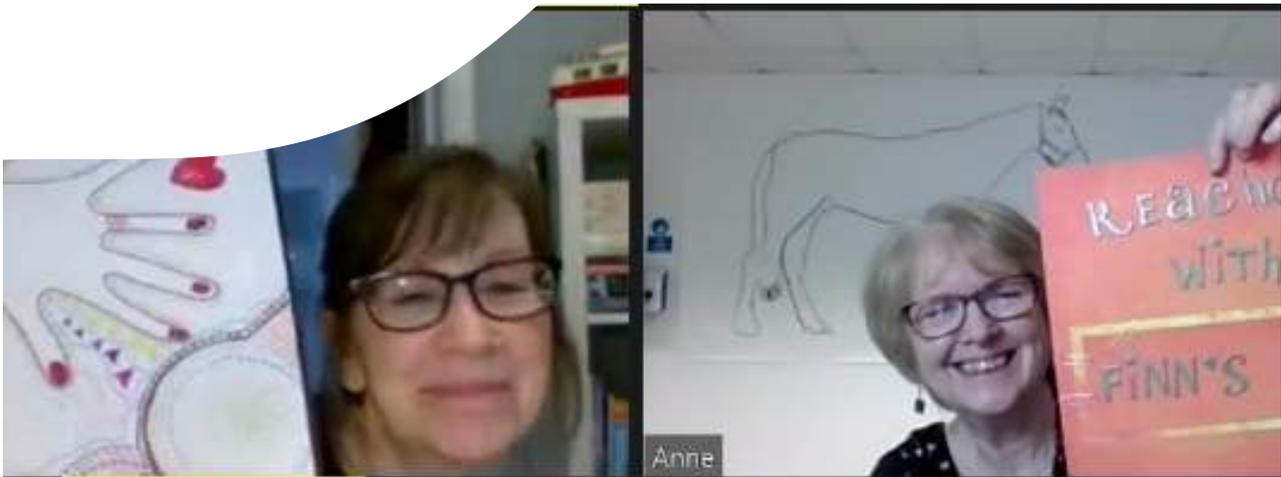
6 x Gratitude Journal workshops held online over zoom

6 x Experimental Collage workshops held online over zoom

6 x Macrame and Decopatch workshops held online over zoom



31 Adults



“I had little motivation prior to joining the workshops ... [they] provided me with a focus for each week.”

Directors, Volunteers and Staff

Directors

Chairperson

Craig Machan

Treasurer

Graeme Samson

Director/Member

Alice Matthews

Director/Member

Janne Parkinson

Staff

Executive Artistic Director

Lesley Arthur

Finance & Governance Manager

Carly Speirs

Studio Manager

Kirsten Mooney

Arts Resource Worker

Anne Johnstone

Visual Arts Project Workers

Leanne Dewar - Jen Bradley - George Farrow-Hawkins

Thanks to CTSI and their volunteer drivers who delivered leaflets to partners and referrers.

Volunteers

Workshop Delivery

Krissy Stewart

Workshop Delivery

Agnes Baird

Volunteers have always been integral to the running of Reachout over the years.

Due to the pandemic and delivering a remote and online service and thereafter opening the studio within strict covid guidelines we were unable to offer our usual volunteering opportunities.

By the end of the year we were delighted to welcome back volunteers Krissy and Agnes to deliver workshops.

As a member-led organisation we relish the opportunity to work alongside the strength and knowledge of our local communities, and as such during 2022 we look forward to offering a range of volunteer roles within all aspects of the planning, delivery and management of the service.

Sessional Artists



Due to the ongoing pandemic we were unable to engage with as many sessional artists as we have in previous years.

However, we were lucky enough to welcome back Greer Ralston to deliver a series of large scale mixed media workshops.



Since graduating from Glasgow School of Art Greer has established a successful career as a Fine Artist spanning 3 decades. After lecturing for a number of years she now works as a full-time artist but still runs a few private classes and workshops. Greer has been a long term supporter of Reachout and inspired our members through her relaxed approach to explore mixed media and vibrant colour. On returning to the studio following closure due to the pandemic Greer added:

"The workshops were very professionally and safely ran and organised. There was great effort put in to making sure materials were all available and I felt very supported in anything I needed. From the interactions with the students they all seemed to feel very safe and I don't think they felt any restrictions on their learning and creative process. I think everyone appreciated the effort that was made to make it a good experience."

Poem by Reachout member, Eva.

November 2021

Reach out and open your
Hearts for us to do some arts
And have friendship of we
Find inspiration through life
Of drawing and painting as it
Inspires us with time and
Mind set happy artists good
Vibrations if you close the
Door it will be like our
Collagraph black and white
With no colour to brighten
Up our day or life

If you keep us open we
Will have creative minds
And light to fulfil our
Day and keep us sane
Without Reach out we are
Lost.



Member Feedback

“Very happy with service. Feel very relaxed safe atmosphere. Everyone polite respectful and very nice. Nice to get a chat too! Thank you for your service!”

“I left the house this morning feeling really stressed and thought I was going to have a really bad day. But coming in here, I feel much more relaxed and can focus on something positive. I now feel like I’m going to have a good day.”

“I came to Reachout through the pandemic as it was my safe haven and as a way of coping and having some normality and to chill, and not be anxious, to chill with time out from worrying; also it keeps me focused and helps with my mental health to chat to people where as being stuck in the house with nothing or no one is so horrible. I would have cracked up and not survived through this”

“I really enjoyed coming to classes at Reachout. I was able to meet new friends I haven’t seen for a long time due to centres being closed throughout covid”

“I believe art groups at Reachout are so good and inspiring, there’s always something new to try that I’ve never done before, it sets you up for the rest of your day and makes you feel happy when you see the finishing touch of your work. The community needs this because a lot of people wouldn’t even be alive if it wasn’t for Reachout being open, it gives people something to get out of bed in the morning for and do art and achieve things they never have before. When I come to Reachout I can relax, be myself and not be judged and not have to hide behind a thousand masks that I put on everyday”

“I’ve had a few bad days recently, but coming to Reachout makes me feel more independent and I can do more of the things I enjoy.”

“I hope Reachout continues for a long time as it is very good for people with mental health issues or previous and there are not many places in my area that help people with mental illness. Reachout and it's staff is a blessing for me long may it continue. The staff deserve an award and appreciation. ”

Member Story

Susan



**"I have,
and can now
change old
habits."**



I was diagnosed
in my teens with severe
mental health issues.

Unfortunately throughout my life I ended up each time
with an abusive partner, until 5 years ago I was left homeless.

Life to say the least has been a complete tornado, never really well,
stumbling through life.

Due to anxiety I am unaware of my first weeks of attending Reachout.
I am now very involved and excited about new projects.

I have always used symmetry for everything this has been a life long
stressful OCD along with many others.

Along with my new found confidence I have found a new love
of the arts which has enabled me to
develop skills I would never
believe I could do. The great
team support me in so many
ways and can recognize
when I'm feeling
challenged in class.

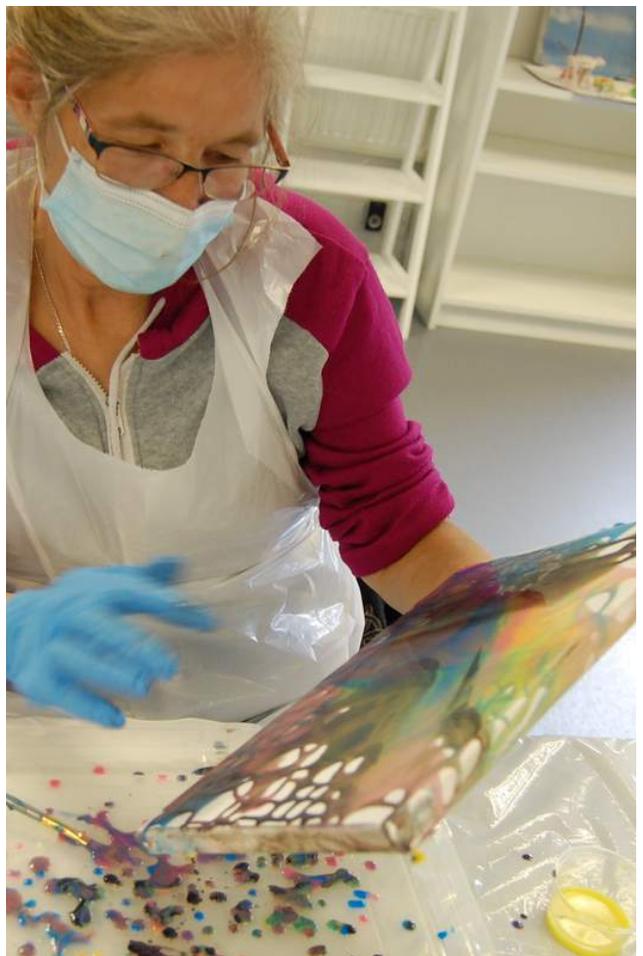
**"I have the courage to
take on any challenge
within Reachout."**

**I am now confident enough to say
“Yes I like that” to much of my work.
Self praise is a very powerful tool.**

I believe the quiet and subtle way of encouragement keeps me trying. With the support of Leanne I have been able to enter three acrylic pouring pictures which are currently being shown in a Project Ability exhibition in the Trongate in Glasgow.

- Susan, Reachout Member





Member Story

Scott



"I think my work has changed for the better, I am doing things I've never done before and I'm enjoying it immensely."

I've enjoyed the clay the most but overall I enjoyed learning new things and developing new skills.

I think my work has changed for the better, I am doing things I've never done before and I'm enjoying it immensely. When I started doing painting, drawing or the clay I wasn't good but gradually week by week I've developed for the better and I'm loving it!

Since attending Reachout I've learned different techniques on the painting side of things and I've loved getting the artist point of view. I also had a go at the animation side of things and I liked making a short film.

- Scott, Reachout Member





Member/ Volunteer Story

Agnes

**"I never imagined
when I first started
coming to the studio
that I would be leading
workshops"**

I have been a member of Reachout for over 15 years, on and off, and I have been a volunteer for around 10 years, coming to the studio at different times. I first came with the Community Access Team, who thought it would be a good place for me to socialise and to work on creative activities as that was one of my interests. I have always enjoyed arts and crafts, when I've had the time to do it - I love to learn new skills and techniques and if I see something I'd like to make, I enjoy finding a way to do it.

Coming to Reachout has been good for me as I've gained confidence, and meeting new people has helped my social skills. Leading some of the workshops has been good for my confidence and I love to see people's reactions when they are able to make something in one of my workshops.

It is very rewarding seeing what other members get out of coming to Reachout. I never imagined when I first started coming to the studio that I would be leading workshops, and I love seeing how happy people are after they have made something. I am constantly amazed by the things that I learn here - I never thought that I could paint, but I loved the watercolour workshops with Leanne this autumn.





Coming to the Reachout studio has always made me feel happy – it was a good fit right from the start, which I didn't expect. I really missed coming to the studio during the pandemic lockdown, and I was desperate to come back – but the remote projects that the studio staff sent to us at home were a godsend and really helped me feel like I was still a part of the Reachout community, and not on my own. I loved painting the llama, and my gnome, Angus, who is now living in my sister's garden!

I love the process of making crafts, so I don't have one favourite piece of work, but my proudest moment was definitely when I started volunteering with Anne at the Tuesday morning group with Play Alloa and some other members. I used to sit on my own in the studio working on my own projects, so when Anne asked me to join the Tuesday group, I got sucked in and felt a sense of achievement when I was able to volunteer and help those members.



I would love things to get back to normal in 2022 but I like the structure of the workshops that are being run at the moment, and the studio feels very covid-safe – it's been my happy place for the last 15 years, not only during the pandemic. I am looking forward to running more workshops in 2022 – I might even recycle plastic bags and crochet them into new bags!



"It's been my happy place for the last 15 years, not only during the pandemic"



- Agnes, Reachout Member and Volunteer

Volunteer Story

Krissy



I began volunteering with Reachout with Arts in Mind in January of 2019 in order to gain experience for my MSc in Art Psychotherapy. As an artist volunteer, I have created and delivered various briefs to the service users such as mono printing, blackout poetry, telling stories using a concertina sketchbook and gelli plate printing.

I have thoroughly enjoyed being part of a caring, creative and motivated team of people whose main objective is to provide an inclusive space for vulnerable adults.

Through working with such a diverse group of service users, I have developed a deeper understanding of mental health issues within the community and how diverse people's needs are, and therefore adjusting my art briefs and communication skills to meet those needs.



The studio has clearly established itself as a safe place for the members and I see the benefits of this every lesson I teach. I have had many people tell me that coming to the studio is the highlight of their week. The satisfaction of knowing I am contributing positively to someone's day, giving them a quiet place to learn a new skill, be listened to and watch their confidence grow as they challenge themselves creatively is continually rewarding. I have especially enjoyed getting to know the personalities of the people taking my classes, having a laugh and listening to their stories.

I look forward to spending more time with Reachout on a volunteer basis in 2022, creating exciting briefs and making a contribution to the lives of the service users.

**- Krissy Stewart,
Volunteer Artist**



Leanne Dewar

Visual Art Project Worker



I was delighted to join the Reachout team in early July 2021 as Visual Arts Project Worker. I believe that being creative is one of the most effective ways to improve the wellbeing of individuals while creating memories and developing skills in meaningful and innovative ways, so I was extremely excited to start working with Reachout's members.

I graduated from Edinburgh College of Art with a BA Hons in Painting, however I tend to use a wide range of materials in my practice to push the boundaries of art disciplines. This is something I would like to encourage Reachout members to do; to push the boundaries of what art can be, what it's made from and what they can produce.

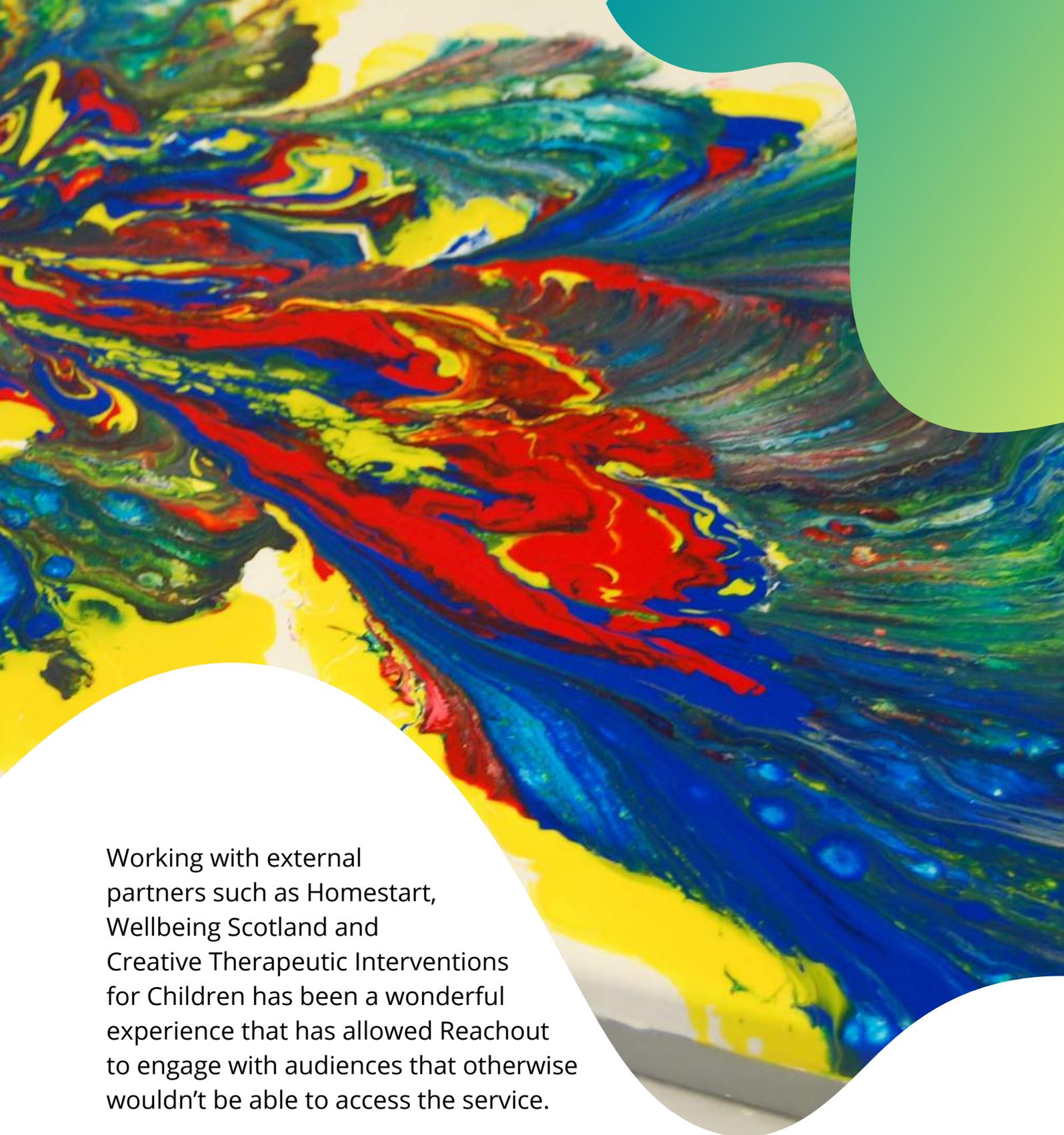
Having worked in the gallery sector I also believe in the importance of showcasing the work produced by our members, celebrating their achievements and promoting the amazing work done at Reachout!

I have over 6 years' experience delivering creative workshops in various community settings, however from my first day it was immediately apparent to me how unique and special the work being done at Reachout is.



After spending a couple of months settling in and getting to know our members, I began delivering workshops tailored to members' interests, which included painting the local landscape in Watercolour, looking at contemporary artists in Play with Colour, drawing light in Chalk and Charcoal and learning to let go in Acrylic Pouring.

Some of the many highlights for me include getting to know Reachout members, showing some tips and tricks to help them produce works of art that they're proud of and witnessing the support system members provide for one another, both creatively and socially.



Working with external partners such as Homestart, Wellbeing Scotland and Creative Therapeutic Interventions for Children has been a wonderful experience that has allowed Reachout to engage with audiences that otherwise wouldn't be able to access the service.

In 2022, I look forward to designing more tailored creative sessions while working in collaboration with members, colleagues and other organisations who share our mission. A big thank you to all the Reachout members and staff for the warm welcome!

- Leanne Dewar

**George
Farrow-Hawkins**



Visual Arts Project Worker

This year it has been a great privilege to assist members adjusting to being back in a social setting after the pandemic. It has been so important to provide a welcoming and accessible environment for those returning to Reachout or those coming through the door for the first time. It's also been wonderful this year to be able to work with a varied range of partnership organisations. To have people access the studio from such diverse organisations contributes greatly to a rich and dynamic creative environment. This became most apparent to me during the summer, where alongside partnership organisation Wellbeing Scotland, we welcomed groups of young people back to Reachout.

It was incredibly rewarding to see a positive change in the young people throughout the course of these sessions and to witness them find their own assured creative voices through activities such as stop frame animation and light drawing.

It was here that I fully realised the potential of stop motion animation for those that were under-confident of their creative ability.



A young child with blonde hair and blue eyes is smiling and holding up a small, teal and white painted figure. The child is wearing a blue and white patterned top. The background is a blurred green field.

Animation of this sort is reassuring in its gradual incremental structure, whilst at the same time being immensely captivating and holding limitless potential as a vehicle of self-expression. Since this realisation, stop motion became a key fixture in my workshops throughout the year, both with members and within further partnership projects. Alongside working with members and partnership organisations within the studio, it was amazing to have the opportunity to work in different environments as part of our INSPIRE outreach program. This included outdoor sessions in the park with families accessing the organisation Homestart. And additionally as part of Creative Therapeutic Interventions Summer programme, where we were able to work with parents and children looking at a huge variety of inspiring art-making mediums and processes. Most recently I have had the privilege to work in a series of local primary schools facilitating workshops which focus on building confidence and resilience.

It was enlivening and truly inspiring to work on each of these projects because of the participants' attitude of sheer enthusiasm and openness which they brought to the sessions. To see such positive transformations in the participants and the pride they took in their creations was an incredibly valuable experience.



In the last months of 2021, I began restructuring a corner of the studio at Reachout with the aim for it to become a designated exhibition space. I was blown away by the beautiful and truly unique sculptures, films, paintings and crafts I was seeing created week after week and felt the need to set aside a space to savour and acknowledge these amazing creations. It was wonderful to see the pride and enjoyment members took in seeing their work presented in this way from the first day of this space being established. My hope as we move in to 2022 is that this area will continue to refresh month after month to reflect the most recent creative achievements of members of Reachout.

- George Farrow-Hawkins

Anne Johnstone

Arts Resource Worker



Well, where to start in our pandemic journey at Reachout in 2021? Who would have thought the definition of 'zoom' would change so drastically from to move or travel quickly to a method of delivering workshops online to participants?

I did think I had another challenge in me when I applied for the post of Arts Resource Worker but never imagined these changes, and as a total technophobe this was a HUGE personal challenge! However my philosophy in life has always been 'where there's a will there's a way' so we worked well as a team to find solutions to problems. Very soon we delivered several workshops to members and outside agencies as far away as Glasgow using a GoPro camera and stand which enabled us to deliver a wide range of projects. I even managed to get my shaky hands under control!

These GoPro-supported projects further evolved when the studio reopened in May 2021, projecting detailed workshops onto our newly bought large television. This allowed participants to see processes clearly and still keep everyone safe and follow our new studio protocols.

I have been delighted at the positive response members have had to our necessary routines when attending studio workshops and this has made our jobs so much easier.



The studio opened again in May 2021 and I have delivered a wide range of activities such as macramé, decopatch, weaving, needlefelting, wreath making and scrapbooking to name a few.

It has been a pleasure introducing these crafts to participants, especially when on the last planned session they requested more of the same.

I'm a great believer in taking folks' requests for workshops and running with them instead of deciding what should be on offer. A good way to have your opinions heard is by attending the regular members' meetings.

I think there have been benefits from planned workshops which sit very well alongside Creative Space opportunities.

Clearly skills and interest in craft are developed over several weeks and with this is increased confidence to experiment in their own choice of related project. Attendees also have the opportunity to engage and get to know each other. Which can only be a benefit in building a positive community within Reachout.

So 2021 has been challenging at times but I think looking back a great deal has been achieved by staff and members alike. Let's build on the progress we have made during this strange time and continue to make our fabulous studio a welcoming place full of energy.

- Anne Johnstone



Jen Bradley

Visual Arts Project Worker



I've noticed a real sense of togetherness in the weekly clay and printmaking sessions in Reachout this year. Sculpting and printing processes can be complex at times and often require a fair amount of creative problem solving. Our members are a support network for one another, untangling processes and the challenges of working initial thoughts and ideas into 3D forms. Alongside, sharing the moments of accomplishment and providing invaluable encouraging feedback for one another. It creates a really supportive and positive environment to make artwork in.

My aim when facilitating is to inspire and empower our members, to support them in being creatively independent. Feedback from our members tells me that Reachout members, and participants from our partnership collaborations this year, would like more clay and printmaking - I am delighted.





This year I've been developing ceramics spaces both in the Reachout studio and within my own practice. Working with the same materials and processes that I facilitate is important to me as I feel it offers a vulnerability that enables me to be with members, as artists, alongside one another during the making process. I hope to contribute in the wider issue of dissolving hierarchies that are too often present in the art sector.

I'm currently working with Alloa Academy sharing best practice when working with ceramics. Areas for development that I will be focussing on in 2022 are experimenting with glazes, sourcing a kiln for the Reachout studio and, at some point in the near future, I'd love to source some pottery wheels. We're becoming more environmentally aware when packaging up artwork this year, using paper where possible instead of plastic, and being mindful of recycling materials, for instance reclaiming clay.



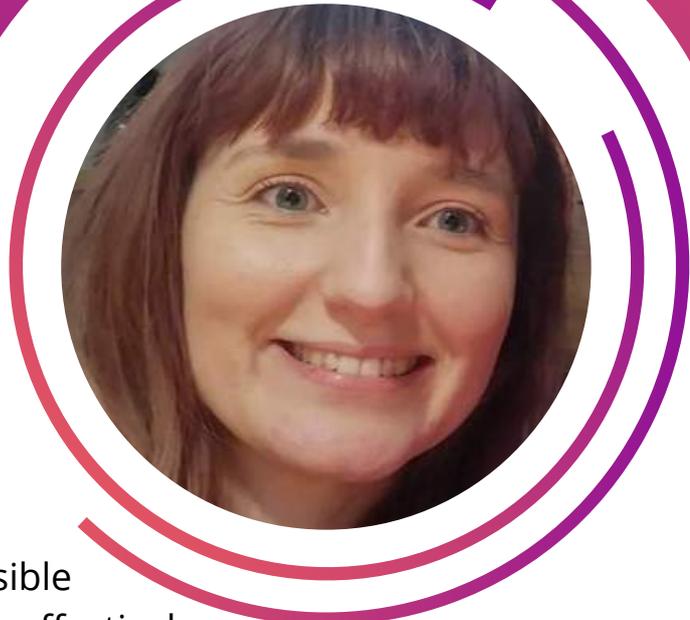


Working with clay is a very tactile process. Press a lump of clay in the palm of your hands, and it's hard not to really slow down and be present with the material. In a group setting, it's almost as though there's a collective calming and mindful haar present during each group clay session. I think it's maybe the sense of connection I'm picking up on, and maybe we are all treasuring it more acutely since 2020.

- Jen Bradley



Kirsten Mooney



Studio Manager

As Studio Manager I am responsible for ensuring the studio operates effectively whilst achieving a welcoming, creative space for all visitors, partners, sessional artists, volunteers and of course members who access our charity. In light of the ongoing pandemic health and safety remain paramount, but equally important is the need to maintain as much of Reachout studio's friendly, comfortable and vibrant atmosphere as possible.

Collating statistics, member's feedback and successes are crucial to our grant funding application and reporting processes. Reporting back on outcomes and achievements also informs new projects, workshops, and sessional artists through quarterly planning with the Executive Artistic Director. Communication is a key part of my role from creating marketing or social media campaigns and strategies, to team communications for workshop planning and studio management. Being the first point of contact for new members gives me the privilege of following their journey from first being referred, to flourishing in confidence and skills gained at Reachout. I see every day the benefit that Reachout brings to people's lives.

Our formal Covid studio procedures adopted in 2020 continued throughout 2021. Masks remained mandatory for those able to wear them, we maintained our strict cleaning and handwashing procedures and I am pleased to say that many members now prefer our amended studio layout; having a table to themselves has afforded them more autonomy over their creative space during workshops.



Pre-booking has remained for the most part; there is now also the option of a drop-in session in the form of an 'Open Creative Space' although spaces are limited.

As restrictions eased, shielding ended, support services resumed and confidence grew we were delighted to welcome more of our membership back to the studio in 2021 along with a stream of new referrals. Those who are maintaining long-term wellbeing, supported and/or neurodiverse adults in Reachout's MAKE and CHANGE programmes regularly attend the studio. Our INSPIRE programme is mainly delivered through outreach, working with young people in partnership with Homestart, Clackmannanshire Council and Wellbeing Scotland. We were also delighted to begin welcoming back volunteers into specific roles again which we hope to build on further in the coming year.

Moving forward our focus for 2022 will be sustainability and inclusive communication. The meaning of sustainability for Reachout is two-fold. First of all to ensure that the charity is sustainable through developing partnerships and funding and revenue streams. We also commit to researching and developing more environmentally sustainable practises within our projects and in the daily running of the studio.

It is the intention to go ahead with the delayed Inclusive Communication Project. We want to make sure we are providing the best service we can for our supported and neurodiverse membership and have already been actively taking on feedback and adapting our communications strategies as we strive to do better.

I'd like to thank the studio team, who create a wonderful environment for members with their kindness and encouragement, and our fantastic programme of activities is due to their diverse and complementary creative skills.

And thank you to Reachout's members, I love working with you all!

- Kirsten Mooney

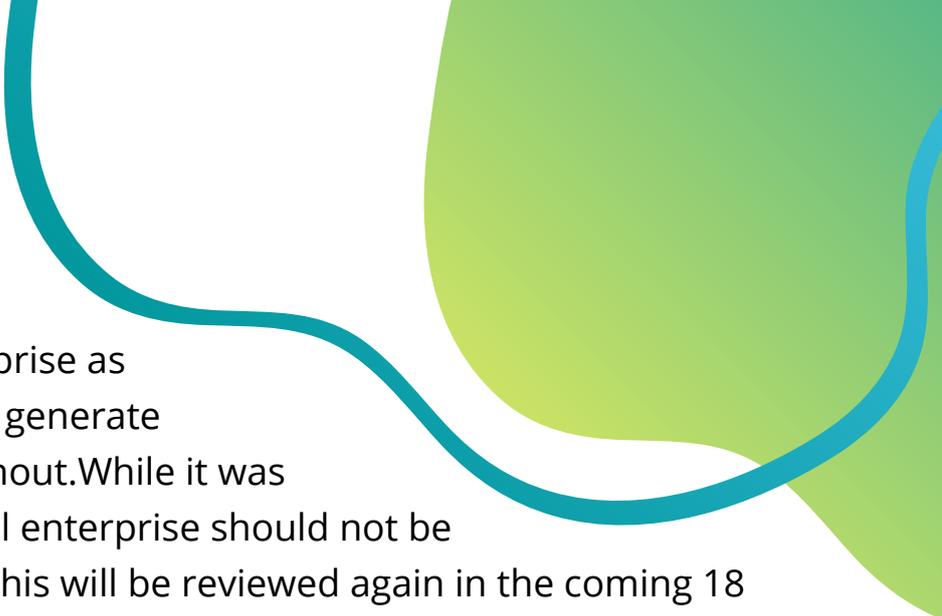
Carly Speirs



Finance & Governance Manager

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

2020 was a difficult year for us all, and we were disappointed that we had to close the studio again at the beginning of 2021. With no members in the studio for much of the pandemic, the focus of my role turned to the governance of the organisation, and lockdown provided an opportunity to reorganise the studio and update policies, procedures and reporting to take account of the pandemic and a new way of working.



I was also asked by the Board to undertake a feasibility study this year on setting up a social enterprise as a potential trading entity to generate additional income for Reachout. While it was agreed that creating a social enterprise should not be Reachout's focus for 2022, this will be reviewed again in the coming 18 months. However, it proved to be a valuable exercise, as I spent several months consulting with social enterprises and other arts organisations in the Central Belt, as well as partner organisations and advisory bodies on the merits of a social enterprise. In addition, the study helped identify and highlight the priorities for Reachout in the coming months ie. create a comprehensive marketing plan to build on our core membership and attract untapped members from throughout the Forth Valley, particularly in the wake of the pandemic, and consolidate our outreach programmes to work with existing and new partner organisations to support a wider demographic throughout the Forth Valley.

The spring saw us being able to reopen to members again - it has been lovely to see so many familiar faces back in the studio, as well as welcoming new members, and working with different partner organisations both in and out the studio. With so many exciting workshops on offer, the studio is a busy and exciting place again, and it has been fantastic to see the amazing creativity on offer.

We will continue to build on the energy and enthusiasm in the studio in 2022!

- Carly Speirs

Treasurer's Report

For details from our last financial year, please refer to the audited financial accounts and Annual Report for the year ending 31st March 2021.

2021 continued to be a year where the activity of Reachout was significantly disrupted by Covid-19, with the studio being closed to members from January to May 2021. We ended the year to 31 March 2021 with a deficit of £87k compared to a surplus of £7k for the prior year. This was partly due to the studio being closed for 9 months of the financial year, which meant that no membership fees were received during that period. However, the deficit was largely due to a significant decrease in the financial year of grant funding, though this was due to the timing of receipt of two grant applications which were paid out in April 2021, thus falling in the next financial year.

Income for Reachout continues to be mostly generated from grants and we were awarded several Covid-19 grants during 2020/21 which were invaluable in supporting us during the pandemic. In 2021/22 we have received significant grants from Big Lottery and The Robertson Trust. Our expenditure during the year was similar to the prior year, with a total of £153k for the year. The increase from previous year was due to staff costs for a new full time project worker.

Income from membership fees was significantly lower for the year ending 31 March 2021 due to the studio being closed for much of the year, with a total of £750 for the year. Reimbursements were offered to members who had paid annual membership fees for 2020. For 2022, membership fees have been agreed as either an annual membership fee of £60 payable in January, a monthly payment of £6 each month, or a daily fee of £3 for each visit to the studio.

While we have benefitted enormously from volunteers in the past, we look forward to welcoming our volunteers back to the studio once Covid restrictions have eased.

- Prepared by Graeme Samson. December 2021

Financial Results for the Year Ending 31 March 2021

The financial statements of the charity for the year ending 31 March 2021 were prepared in accordance with accounting policies and standards and have been independently examined by accountants French Duncan.

Full financial statements can be accessed online.

Results in overview

During this year, overall income of the charity was £66k (2020: £144k) with a net deficit of £87k (2020: surplus £7k) made up of:

- Income from grants was £44k, compared to £134k in the previous year. The decrease is due to the time of payment of the Big Lottery grants - £51k was received in March 2020 and £108k was received in April 2021, both falling outside of the financial year 2020/21
- Expenses increased in the year, from £137k in 2019/20 to £153k in year ending March 2021. This was driven by a £16k increase in staff costs in 2020/21 as a result of the hire of a new project worker in the studio

Total reserves stand at £264k (2020: £352k) comprised of:

- £42k restricted and £222k unrestricted funds
- Balance of free reserves of £124k (unrestricted funds of £222k less fixed assets of £8k less designated fund of £90k)
- Designated fund of £90k to support Reachout staff costs and overheads for one year, 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 2020, in line with the Big Lottery grant application conditions of match funding

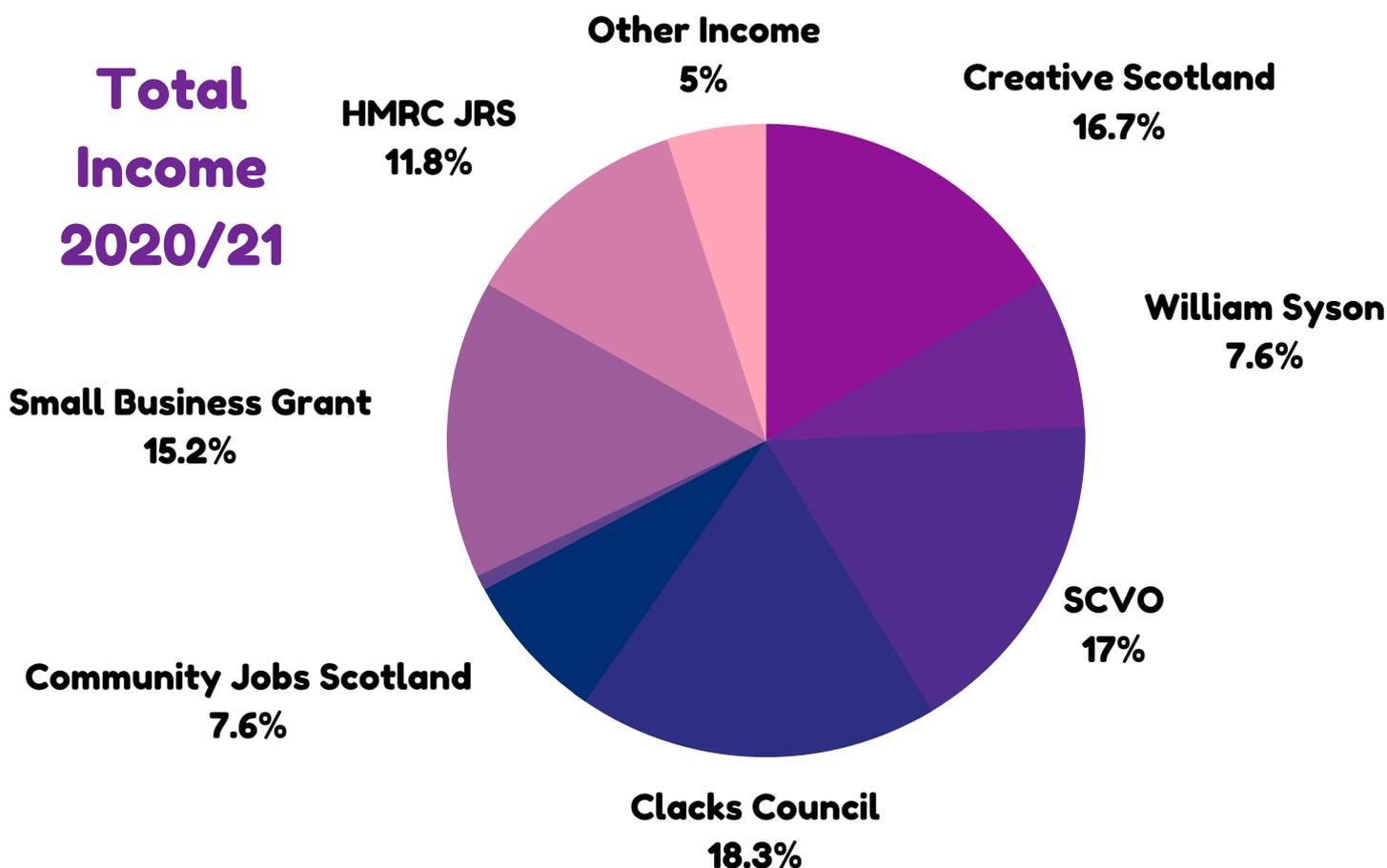
Reserves Policy

Based on projections for the financial year ahead, it was agreed during 2020 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 is under review and will be finalised in Q1 2022.

Income

·The charity's total income for the year was £66k (2019: £144k), a decrease of £78k on the previous financial year. This was primarily due to the timing of the Big Lottery grants. In addition, 2020/21 was a challenging year for Reachout, as we were closed for 9 months – we consequently saw a decreased income from membership fees and donations during this time

·Of the £66k income for 2020/21, £44k was generated by grants – other sources of income included a £10,000 small business grant from Clacks Council in response to the Covid pandemic, and £7,731 from HMRC for the Job Retention Scheme while staff were on furlough



Income Received	Year Ending March 2021	Year Ending March 2020
Big Lottery - Improving Lives		61,487
Creative Scotland	10,941	42,823
People & Communities Fund		30,000
William Syson Foundation	5,000	
SCVO	11,140	
Clackmannanshire Council	12,000	
Community Jobs Scotland	5,000	
Various Small Grants	500	400
	44,581	134,710
Other Income	21,017	9,280
Total	65,598	143,990

In the current financial year, 2021/22, grants have been awarded from the following –

Clacks Council £7,000

The Robertson Trust £30,000

Big Lottery £107,590

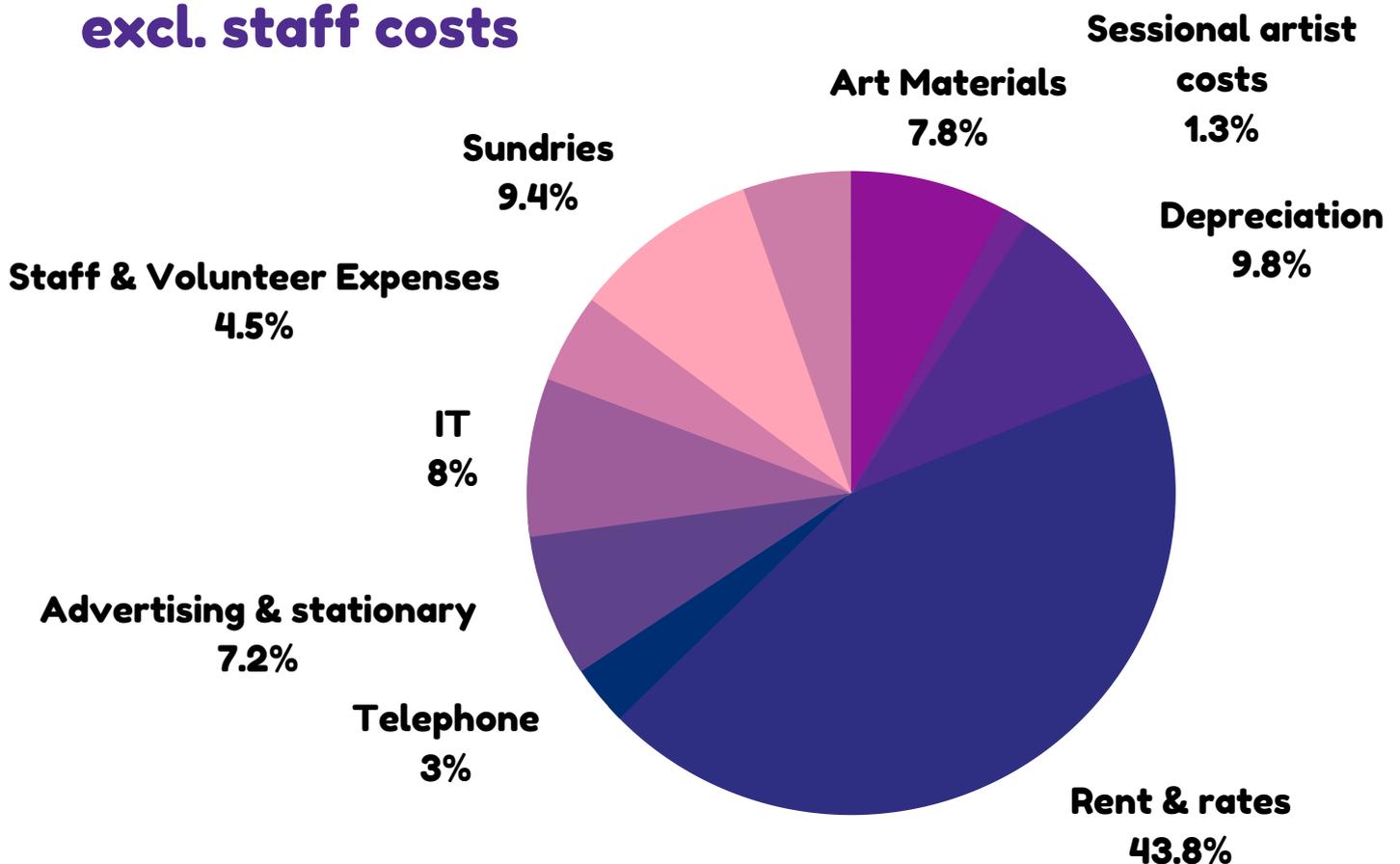
TOTAL £144,590



Expenditure

Total resources spent was £153k (2020: £137k). This was an increase of 11% (£16k) compared to the previous financial year. The majority of cost lines have remained at similar levels year on year, however salary costs increased due to the hire of a new full time project worker in the studio. For a detailed breakdown of expenses, please refer to the annual accounts.

Total Expenditure 2020/21 excl. staff costs



Feasibility Study

A feasibility study was carried out in 2021 to look at the option of creating a social enterprise as a commercial trading organisation to generate additional funds for Reachout. After detailed financial analysis, and engaging with social enterprises and partner organisations across the central belt, the decision was taken to revisit the creation of a social enterprise in 2022/23. Our efforts will continue to focus on building our membership and engaging with the local community, and to work with partner organisations on collaborative outreach programmes.

Financial Position as at 31 March 2021

The balance sheet shows total funds of £265k.

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

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



Reachout Strategy 2020 - 2023

Short Term

Aug - Dec 2020

EVIDENCE WE ARE COVID RESILIENT

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

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

Medium Term

Jan - Sept 2021

FUTURE PROOF REACHOUT

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

Long Term

Next 3 years

DEVELOP SOCIAL ENTERPRISE

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

For further information on Reachout strategy please get in touch.
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Alloa, FK10 1EX T: 01259 214951
E: info@reachoutwithartsinmind.org.uk





R Reachout
WITH ARTS IN MIND

