



2020

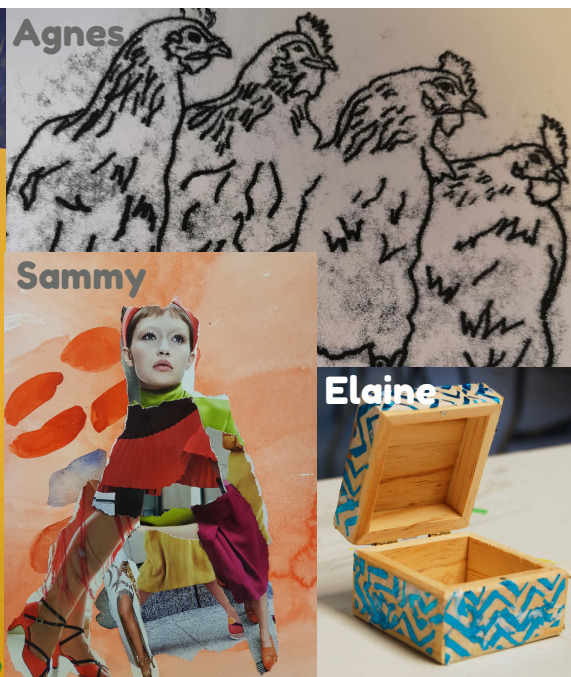
ANNUAL REPORT

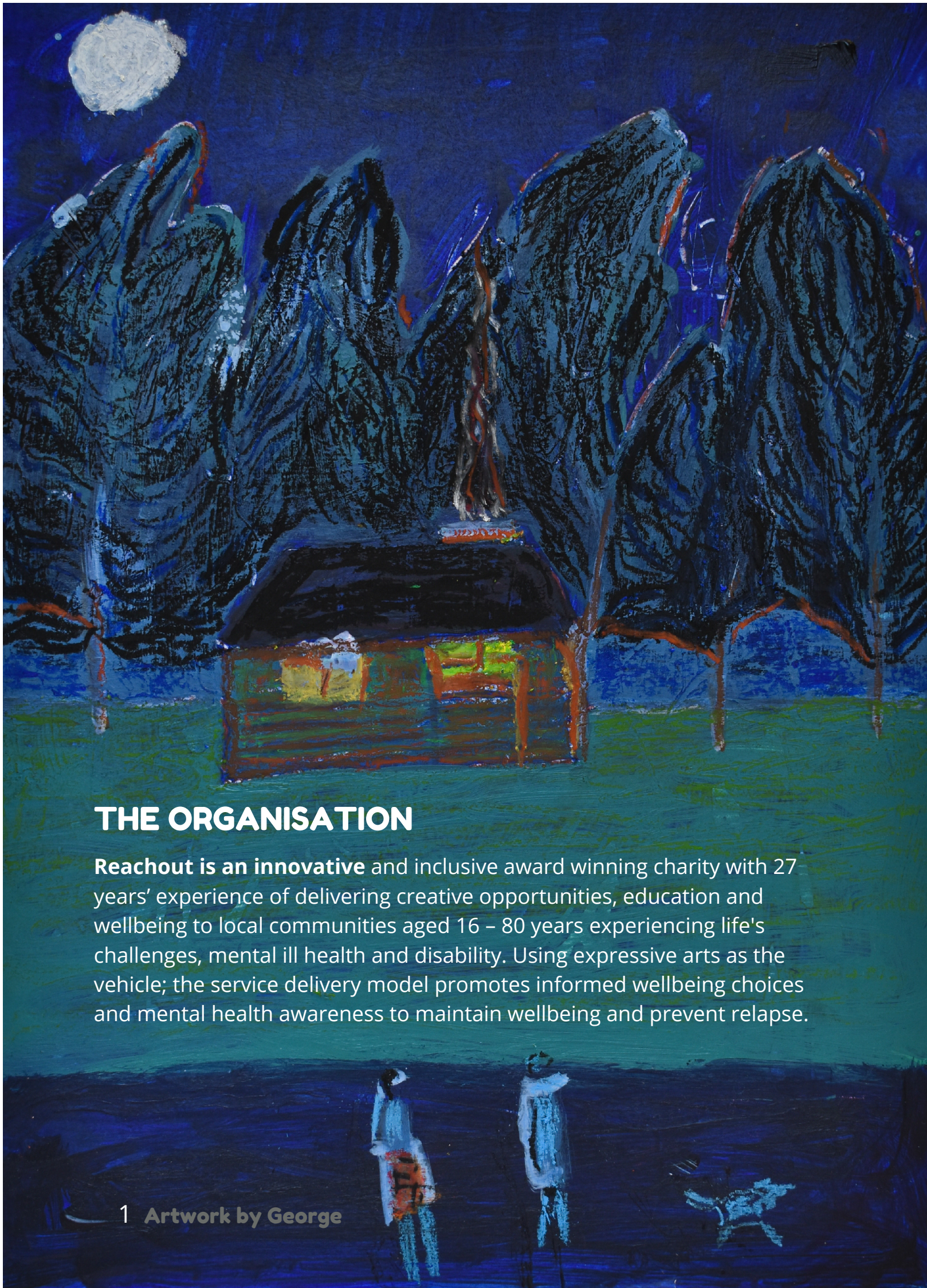




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THE ORGANISATION

Reachout is an innovative and inclusive award winning charity with 27 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 attack.

As a **self-help group** Reachout promotes improved self-acceptance, a structured day and aspirations to enable a route to recovery and for some; 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.



VISION

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



**Created by
Molly**

GOAL

Creative Communities creates access to high quality creative programmes promoting great art and inclusive practices, knowledge and learning; ensuring that people experiencing mental ill health, learning and physical disabilities have active and influential experiences 'alongside others' to build resilience as a route to recovery and maintaining wellbeing.

VALUES

Integrity, Equality & Trust

Reachout advocates a strengths based approach starts with the premise that all of us have something to offer, including people who need support to participate fully in the community. Reachout is self-managed by members, giving them a sense of ownership and commitment is a significant factor in Reachout success.



• 2020 •

THE KEY STATS

73

MEMBERS SUPPORTED



70

STUDIO WORKSHOPS



8

REMOTE PROJECTS



6

REMOTE 1 TO 1'S

6 members benefited from one-to-one remote creative guidance from staff to encourage ongoing creative personal development

42

CREATIVE SPACES

Introduced post-lockdown, 2 hour pre-booked sessions giving members access to professional advice and materials to work on their own projects

6

EXHIBITIONS

- 4 Online exhibition including one Solo members' exhibition
- 2 exhibitions at Forth Valley Royal Hospital

Chair Statement

Craig Machan



For Reachout and writing this report it is, as with many things, quite surreal with events of 2020.

The annual report covers the period up until the end of March 2020 financial period but as always, we cover the first part of the current financial year with what has been happening.

In my mind, 2020 has been all about how we all have become so resilient in terms of adapting to Covid-19 and the ability to do things differently. It has also indicated how important the Charity is and how it will become even more important in the next few years.



Artwork by Lucy

The Annual Report is always a celebration of Members and their artwork, inclusion, and development within the Studio. This year is no different as you will see from some of the achievements and again people should be proud! Well done Kirsten for pulling the report together.

**I would like to look forward.
I always wish I had a Crystal Ball!**

2021 will pose some challenges and changes but when we look at national Mental Health and Wellbeing statistics, we are seeing significant current and anticipated future demand increases after we return to normality. People have had to cope with loss, trauma, isolation, stress, and personal challenges emotionally and financially. All these individuals are potential referrals. As a service in our 27th year we have some great experience and believe we can accommodate this demand!

We have recently secured funding for the next 2-years

...and have more engagement planned to work with young people (Outreach) and we have partners who want to use our service as they have heard about the great results, the wonderful safe space, the dedication of our staff team and the very friendly and welcoming Members.



Therefore, with staffing we need to look at how we work and what that means to our Members. The positive is everyone is doing a great job!



By Iain

In the last year or so we have seen Anne and George join the team and we do see with Lesley, Carly, Kirsten, and Jen this core team as crucial to our ongoing success. My perspective is I see we have two areas, the "Office", and the "Studio". The Studio though is changing to include 3 projects, the first is what we are all used to (creative spaces, workshops, now remote zoom sessions, etc.), the second is Outreach and the third is the Garden Project.

Common across all will be inclusive activities that are for the benefit of peoples' mental health and wellbeing. All three areas will all have to coexist and be facilitated as one. We will have a lead for each, but the Studio Manager must be that pivotal point from a planning, monitoring, and scheduling perspective. Busy time ahead for Kirsten! Equally, the Office to support activities will be kept extremely busy.

The Garden project will hopefully get off the ground in 2021 and will add another dimension to Reachout and our services but this will need to be scoped, a period of engagement with new partners and defining how we can operate the space effectively considering what is going on in the studio space and demand.



What we will also need to look at is the establishment of a new social enterprise. Not an "Art'n'Mind Gallery Bistro" like before, but more aligned with our Reachout Memorandum and Articles providing very similar services for other demographics, ages, with social inclusion utilising the existing resources, services, and facilities. Its "Aims" will be to compliment our existing service and provide additional finances to the Charity especially with longer-term securing grants becoming ever more of a challenge. The demographics for the social enterprise could be ethnic groups, young people, care home residents, etc. we need to assess the need and build the service accordingly.

“Partnering” will be a word that you will maybe also hear a bit more often going forward as we will have groups referred with new services and we will look to accommodate studio and outreach (using their space) activities. Outreach projects will be restarting in the Schools and we will hopefully look at increasing this partnering area with different age groups and schools.

From a management perspective the Board will be supporting Lesley and the team as we complete option appraisals and business cases. Staffing numbers may increase in the medium term but what is important is that we learn to walk before we run.

Finally, if I had that **Crystal Ball**, I would be able to tell everyone when everyone will be vaccinated and when there is no more Covid-19, the service back to a normal and dates for all the above exciting initiatives. Let us start that **walk** and fingers crossed we may be **running by late 2021!**

Thank-you everyone for your continued support and commitment, in 2020 it has been even more important this year. - Chair of the Board, Craig Machan





CEO Statement Lesley Arthur

Bringing the nation together through art

Last year I expressed the positivity of change, ... little did we know how damaged the world was and how it was time to reset, readjust and realise a new way of life, a new normal for all of us young and old. Covid 19 The Global pandemic would forge fear and uncertainty in all our lives. Change can also lead to resistance as we have witnessed across the globe especially when we have all formed our own necessary daily patterns and structures, major transformations altering and shaping the way we live and function.

The wonderful Grayson Perry's Art Club...

...demonstrated the way people use art as an essential part of their lives promoting art for the health of society and as an art school for everyone with 10,000 UK members of the public responding to his call out for artwork they had created at home during lockdown.

Reachout studio closed March 2020, until re-opening a revised reduced service delivery Oct 2020. During lockdown our studio staff were furloughed and the management team engaged with our membership through monthly newsletters and commenced delivering remote art packs in partnership with CTSI volunteers. This was a period of being reactive to the needs of our membership sharing valuable information from CAB, Wellbeing agencies, Food Banks.

We have re-established a new way of delivering studio creative programmes with Covid Risk Assessments and practical ways for people to stay connected, motivated and inspired whilst at home, (without internet access) so they focus on positive outcomes and can still feel a sense of value, community and achievement.

New partnerships and connections have been made, we recruited a Studio Assistant GSA graduate George Farrow-Hawkins during lockdown to support our increased demand with thanks to Community Jobs Scotland. As well as his Fine Art talents George has brought film and animation skills and experience to the staff team. An invaluable member of the team. Further to this role we aim to enable a 2nd fulltime Creative Project Worker post April 2021 through securing National Lottery Community Funding.

As we were unable to open our studio drop-in we developed 'Creative Spaces' self-directed 2 hr sessions available to members who have been working on projects at home and would like studio space and professional advice; allowing them to meet at safe social distance with other members working on their own projects. 11 members have accessed creative spaces to further their practice.

We have written our strategy for 2021-2023 and engaged with Community Enterprise to compile an Impact Report Sept 2020.

**"During lockdown,
the closure of
Reachout has had
the biggest single
adverse impact on
my mental health"**

Member feedback Sept 2020

Artwork by Graeme



Our membership report that social isolation has worsened mental health, and has highlighted an increase in anxiety, fear and loss. Many members self-isolated due to underlying health conditions - the longer the pandemic has continued, people have continued to isolate, leading to increased vulnerability, uncertainty and fear.

To stay connected through lockdown, we moved our studio resources and collaborations online and commenced delivering art packs and creative activities to members' homes. Members felt valued and supported receiving their packs. Tackling digital exclusion and improving digital infrastructure for those with smart phones has enabled a small number of members to access online activities, upload artwork and share with others safely.

Human contact and community is key to relieving feelings of isolation and loss in individuals of all ages, so keeping in touch and forming a creative routine has proved of benefit to members.



Created by Agnes

Remote projects included offering handmade sketch pads and resources to create a 'Gratitude Journal' to document moments of gratitude and focus attention on daily positives, feelings of appreciation and thanks.

Our remote activities have provided a distraction from fear. Creativity and achievement have proven people get in touch with their deepest feelings, in coming to terms with grief and loss, in articulating their ideas and in the changing of attitudes. Members tell us when they are socially isolated they often eat more, and depression, anxiety and poor sleep often increase. Poor self care and self neglect follow.

We have increased partnerships and anticipate a further increase in referrals from pandemic school leavers with no qualifications or positive destinations, now socially excluded from routine and peers.

Engaging with UK based arts organisations via zoom during lockdown and sharing our service history and experience has been an invaluable learning experience for our staff team. Being part of the Baring Foundation Participatory Arts Research Report 'Creatively Minded' and participating in Voluntary Health Scotland 'Keeping the conversation going, loneliness and isolation' workshops highlighted our wealth of knowledge and experience planning, and delivering meaningful, life changing practice.

Most importantly, it provided the creative tools for people to continue to keep well, informed, valued and productive.

Following detailed risk assessment training with staff and a clear formal policy and procedures review we were fortunate to re-open the studio Oct 2020 with 4 'Inspire' animation workshops for 11 Clackmannanshire Young Carers.

'Inspire Outreach' was established working with Secondary Schools Alva Academy, Lornshill Academy and Clackmannanshire & Falkirk Young Carers during 2018 to give young people access to quality creative experiences to express and explore without judgement or the fear of failure. New partnerships for delivery 2021 include Clackmannanshire Educational Psychology Service.

2020 has brought many Pandemic Challenges

Closing the studio and moving to remote online activities was challenging for our membership, many members do not have digital devices or the knowledge to access online, zoom activities. Establishing remote art packs and coordinating local volunteers to deliver was also a timely challenge.

83% of key referrers would consider referring clients to Reachout for online sessions, but all reported that at least some clients face barriers in accessing online-only activities 12

It was so rewarding to see our vast studio being used again after months of lying dormant. Masks must be worn at all times in the studio and it was agreed by the board of directors this will remain for the foreseeable future, for those individuals exempt we currently cannot provide studio access. The revised workshop programming also includes extensive cleaning and preparation before and after workshops to mitigate the risk of cross infection. This is very timely with materials being quarantined for up to 72 hours. Many active members have been unable to attend due to increased risks using public transport and many do not have space within their homes to undertake a creative activity.

Our outdoor garden plan has been created through discussions during 2019 and a funding strategy accompanies this. As restrictions are lifted we look forward to meeting with new partners, in new ventures, and we will undertake a full consultation which will drive our staged development of the existing garden, a wonderful sunny safe place to embrace and nurture.

We have learned to accept a new delivery method away from face to face hands on practice using digital technology to connect with members and partners whether that is through increased social media activity, emails and via zoom.

We aim to further develop our vision to re-establish a social enterprise to generate an income to provide free access for those who can't pay through charging organisations and those who can pay for creative services. We look forward to welcoming and working with new members again during 2021.

You will see in this report the inspirational work completed by our members during lockdown and may have had the opportunity to see one of our exhibitions in Forth Valley Royal Infirmary.

None of which would have been possible without the dedication and attention to details from our studio team Studio Manager Kirsten Mooney, Project Worker Jen Bradley, Arts Resource Worker Anne Johnstone, Studio Assistant George Farrow-Hawkins and Finance & Governance Manager Carly Speirs.

We hope to welcome our wonderful sessional artists and volunteers back during 2021 to again support and lead on our creative programmes. Your workshops and movement sessions have been sorely missed and of course our Board of Directors who have guided us through this pandemic and continue to provide robust governance for our charity.

It is with great thanks to our funders Awards for All, NHS, Creative Scotland and National Lottery Community Fund that Reachout Creative Communities Programme will continue to reach those most in need during 2021-22 and beyond.

Now in our 27th year we continue to prove our resilience and adaptability to embrace and manage change and look forward to creating fresh new horizons in 2021. - CEO Lesley Arthur

Artwork by Evelyn



During Lockdown...

**We kept in touch
with members by sharing
photos of their home projects
on our Facebook page.
We hoped this would then
encourage other members to
get creative!**

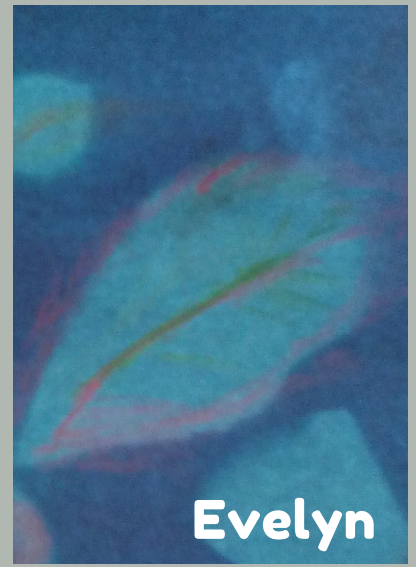
**Artwork
by Agnes**



Amy



Mary Helen



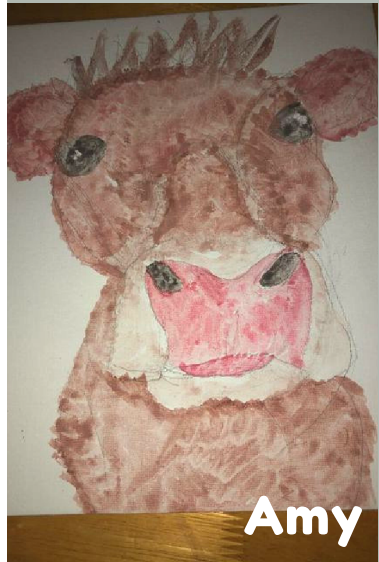
Evelyn



Claire



Steven



Amy



Scott Y



Scott R



Steven



Collette

With all studio workshops, events and activities postponed from March 2020, Reachout moved to remote activities to enable members to stay creative and connected from home.



RESPONDING TO COVID19

Regular online updates and monthly printed newsletter

Online Solo and Group Exhibitions

Personalised Creativity Packs distributed by volunteers

Remote Yoga Sessions

Not all members have internet access or the skill and confidence to use online tools. We have sent out at-home creativity packs and developed projects that let people take part without joining an online session.

73

COLOURING
PACKS
SENT OUT



27 GNOMES

27 members signed up to receive a paint-your-own Gnome kit as part of our Gnome Sweet Gnome project



12

HANDMADE
GRATITUDE
JOURNALS
SENT OUT



By Robyn

10

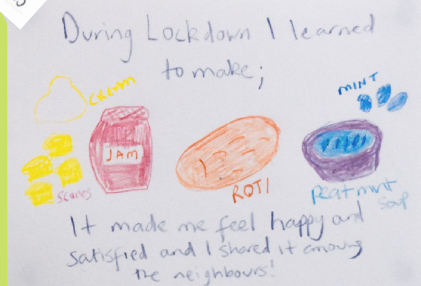
remote
photography
projects
undertaken



Elaine

20

'happy place'
postcards
received from
members



15

personalised
art packs
sent out





Agnes



Collette



Alice



Jane



Mary Helen



Katie



Lynne



Susan



Steven



John



Helen



PJ



Emily



Marina



Callum



Thomas



Evelyn



Freda



George



Scott R

Janette



Petra

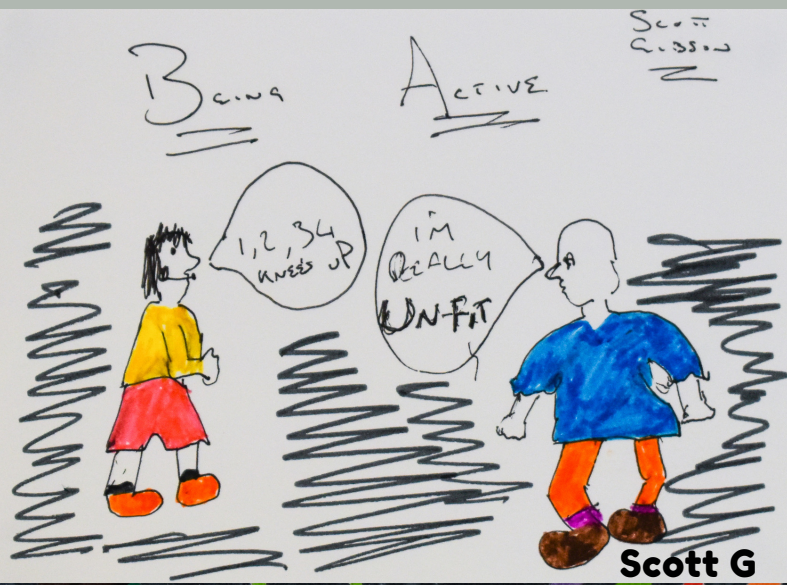


Sean



Susan





Scott G

PAPER

CUTTING

Janne



Scott R



John

I MISS OLD FRIENDS AND NEW FRIENDS

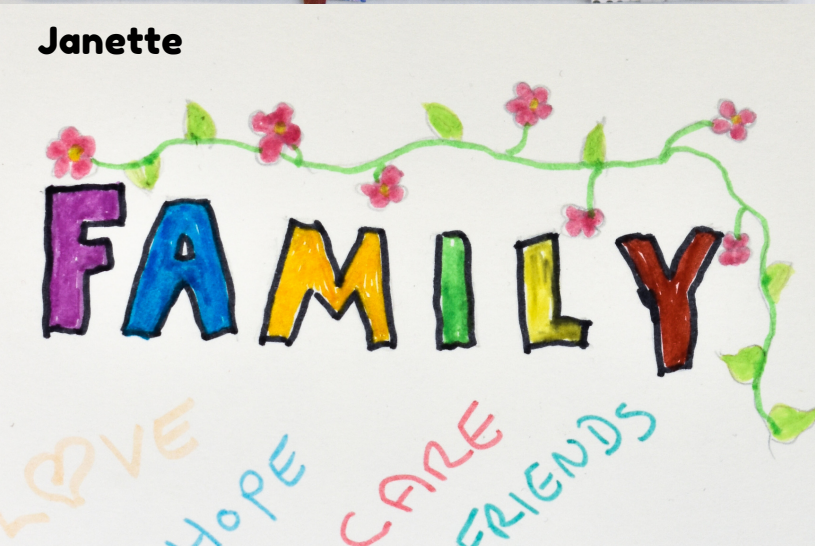
Katharine



George



Alice



Janette

IT'S OK TO CRY, IT'S OK NOT TO BE HAPPY

BILL BIXBY

LIVE LONG AND PROSPER

Q'PLA (GOOD LUCK)



BILL BIXBY

MAY THE FORCE BE WITH YOU

BE GOOD TO YOURSELF

Steven



Shannan

Yellow, Brick, Road?



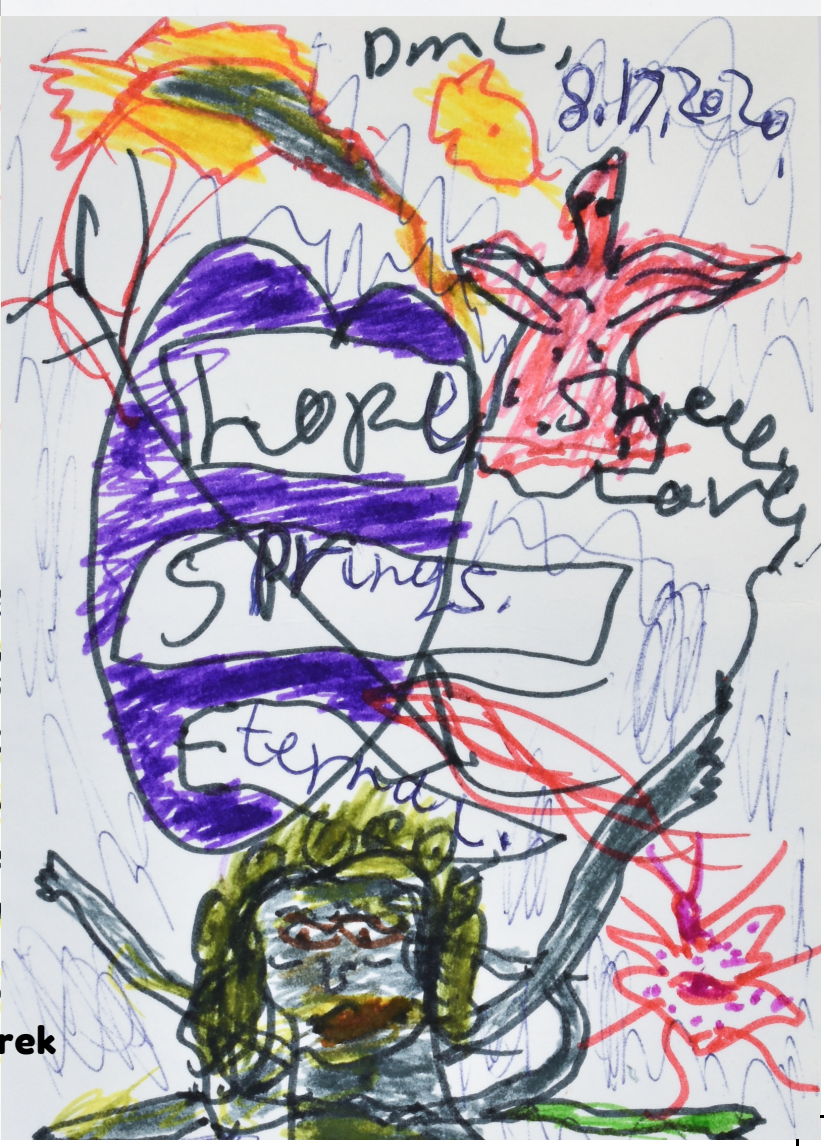
8.18.2020
Dml

Covid

Revelation



Derek



Dml, 8.17.2020

hope

Springs

Eterna

Re-opening the studio October 2020

We reopened to members in October after introducing the following measures:

- advance booking
- face masks
- extensive cleaning procedures
- strict handwashing procedures
- limited numbers in studio

Creative Spaces

With all of the above measures in place, our 'Drop-in' service was no longer safely viable so we introduced 'Creative Spaces'. This allowed members to book a 2 hour slot in the studio, giving them access to professional advice and materials to work on their own creative projects alongside other socially distanced members.

Oct-Dec 2020

42 x 2 hour

**Creative Spaces
were booked and
attended by**

11 members



Oct-Dec 2020

10 workshops took place over 29 sessions including:

- Plaster • Exploration - Drawing, Painting, Clay • Decopatch
- Papercraft • Collage • Wreath-making • Mixed Media - Pet Portraits
- Plasticine Stop Frame Animation • Sewing - Christmas Masks

booked and attended by

17 members



Partnership - Young Carers

Stop Frame Animation Workshops

We were delighted to host two groups of young people from The Clackmannanshire Young Carers project. Working with our Studio Assistant George they created short animated films starring plasticine models in their very own set!

Here's some feedback from the participants themselves:

What was the best part of the workshop?

I really liked the making of the models as it gave me lots of creative freedom.

What was the best part of the workshop?

Having fun

Making the characters and the props
Watching the finished product

Being able to see how you piece the animation together and learning how to do it.

Feedback from the staff:



"The Clackmannanshire Young Carers Project attended an Animation workshop hosted by Reachout With Arts In Mind in October 2020. Eleven of our Young Carers attended 2 workshops each and were shown how to build sets, design characters and create a stop motion animation film. The workshops were extremely well organised and held within strict Covid-19 guidelines.

This was a rare opportunity in 2020 for some of our Young Carers to get together face to face and they really enjoyed it.

There was lots of interaction and discussion between the young carers and artist as they came up with ideas and created their films. George the artist, provided a wealth of ideas to stimulate our young carers' minds and was on hand to help with tweaks and tips to develop their films.

This was also a great opportunity for our Young Carers to experience working in an art studio and using different art materials. All the Young Carers enjoyed the sessions and loved watching their films at the end.

It was great to see how creative they all were. Many of them took the sets and materials home and one of them went on to create more stop animation films when staying with their grandparents."

- Vanora Campbell (Young Carers Worker)



Some of the partners and referrers we have worked with are...



30
YEARS
of extraordinary art

Chamber
Music
Scotland

Clackmannan
Community
Health Care



Adult
Day
Services

Mental Health
Resource Centre (MHU)



Citizens Advice
Bureau Outreach
Programme

Senscot Cultural SEN

Plus Forth Valley



Central Advocacy Partners



Criminal Justice

Fare Share

Partner feedback gained from Reachout Impact Report Sept 2020...

"Reachout fills some of the local service provision gaps and allows people to gain new skills, improve confidence and self esteem and overall generally improves peoples health."

"I've regularly signposted unpaid carers to Reachout.. Carers tell me they've had a chance to try new activities, make new friends and feel that they have a life of their own away from caring."

"As a referrer I see the service as the first stepping stone to a participant having the opportunity to improve their health, wellbeing [and] knowledge."

"The service at Reachout has become an important part of the recovery process."

83%

of key referrers would consider referring clients to Reachout for online sessions, but all reported at least some clients face barriers in accessing online-only activities.

27

100%

of key referrers will continue to engage with Reachout once studio-based services resume

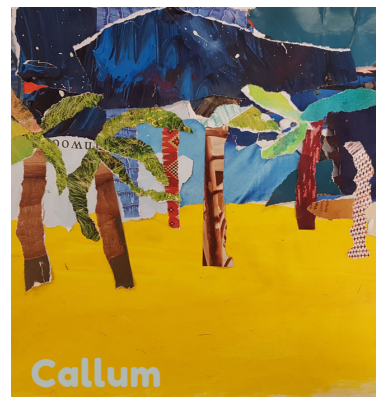
Happy Places Exhibition



30
YEARS
of extraordinary art

Reachout member's artwork proudly displayed in the corridors of Forth Valley Royal Hospital.

This exhibition includes collages produced early 2020, postcards received from members in lockdown whilst the studio was still closed and animations produced by both members and Young Carers once the studio re-opened in October - giving a snapshot of '2020 at Reachout'. Thanks to Artlink Central for their coordination.





Janne's Story

"My name is Janne, and I have been coming to Reachout for a year. In December of 2018 I was diagnosed with acute depression and anxiety, and was signed off from work for 6 weeks – this was the start of my journey.

I had suffered with depression before, but not on this scale, I felt engulfed by a total blackness, and could not do the simplest things for myself. I remember my daughter coming to my flat and physically dragging me out of bed on Christmas Eve. It was a very bleak time.

The months that followed were a blur, I coasted through my work in a haze of different drug cocktails, none of which were helping. By the summer of 2019 I was signed off work again. This time I knew I had to make a change to break the cycle.

It was around this time that the mental health authority sent me a letter confirming that I was added to a very long waiting list for talking therapy, but within the envelope was my lifeline – a leaflet naming various groups that may be able to help, including an Arts group called Reachout. Art had always been part of my life until a few years ago, when life got in the way, and as soon as I saw this information, I realised that this group may be able to help me.

I called the number immediately and spoke to a lovely lady who told me a bit more about the studio, and I arranged to go over that afternoon (this was very lucky, as it was a day where I felt I could leave the flat, so I grabbed the appointment with both hands!).



I remember the first time I came to the studio very clearly. I remember the smell of the studio when you walk in – that wonderful smell of the art rooms at school – paper and paint!. I think it was at that moment that something deep inside me woke. I chatted to Kirsten, and explained my situation, through tears, and she very kindly made me a cup of tea, and listened. Kirsten explained that I could come along at any time, and do anything I liked at the studio, I could join in with workshops and groups, or do my own thing. I could not believe my luck. This place was really something.



I don't think I spoke to anyone for the first few weeks that I came along. I rediscovered the joy of being creative, and found that whenever I was at the studio, everything else melted away – no anxiety, no depression, just the joy of being creative. As time went on, I began to speak to some of the other members, and staff, and found many stories in common. I joined the stained glass class, and learnt a new skill with the help of Petra, who was endlessly kind and supportive – just like everyone else at the group.



Time went on, and eventually I was able to return to work – using my saved holiday to come along to the workshop every Wednesday to keep up with my stained glass pals.

As 2019 drew to a close I began to think about how I could keep this sense of peace and wellbeing I feel whenever I create, and I started to wonder if I would be able to work with art...

I discussed the possibility of further education with some of the staff, and in October I decided to apply for a place at Forth Valley College to start working towards an Art Degree. With Lesley as one of my referees, and guide, I completed my application and portfolio and put my submission forward.

The coronavirus lockdown cancelled the college interviews, and I was told that places would be awarded based on the work already submitted, and a nervous wait started. In April I was thrilled to be offered a place, and look forward to starting at the end of August.

It took Reachout to help me remember what a joy being creative can be, and it is because of the group that I start this new chapter in my life. I am not sure where I would be now if I had not found Reachout, but I know it would be a very different place to where I am now. The group is one of those very rare places where every member of staff is patient and supportive, always ready to listen and help. Between my college course and part time work, I am now looking forward to school holidays so that I can return to the group, and in the future to give back some of the support I have received." - Janne Parkinson, Member

Janne is currently in her 1st year at Forth Valley College studying art and design and has been nominated to join Reachout Board of Directors 2021-2022.



Members quotes

"I feel like I am there for a purpose, and can justify learning, and doing something creative and productive in society at large."

"I FEEL LIKE REACHOUT IS A SECOND HOME."

"I went from lonely and isolated to having a place to go and was making friends."

"There is a sense of community. We inspire, encourage, and support each other. We celebrate each other's achievements. The environment and activities are therapeutic as in creativity there is life. Reachout gives me a reason to look forward to the day."

"Reachout has provided me with an amazing service (long may this continue) when I needed it most. I recently had had an episode of ill-health (mentally) and found Reachout to be the comfort I needed to recover and make new friends. Ever since, I've been able to cope with every day life and have made some really good friends.

I have also been to some inspirational workshops in the 6.5/7 years of being a member. All thoroughly enjoyable while learning new skills, meeting up with friends and distracting from all negative things in life. Thank you xx"

"Reachout is a vital service for me. Learning that I can 'do' art even though I failed an exam at school has been so good for my mental health."

"I FEEL THAT I AM HEARD, HAPPY, BUSY, LEARNING TO BE A TEAM MEMBER"

Volunteers...

Unfortunately, we have not been able to safely offer meaningful volunteer roles due to the ongoing pandemic. However in June of this year we celebrated everything our Volunteers had done for Reachout over the last previous 12 months

Volunteer Drivers



Thanks to CTSI and their volunteer drivers who delivered our art packs to members.

Directors

Craig Machan
Alice Matthews
Graeme Samson
Mary Herriot-Dunlop
- resigned Sept 2020



The contribution of Reachout volunteers over the last year



We are so grateful for the dedication and kindness of our wonderful volunteers!

THANK YOU

Staff Team...



George Farrow-Hawkins Studio Assistant

In August of 2020 I started working at Reachout, in the role of Studio Assistant. Previously I studied Fine Art at Glasgow School of Art. In my own artistic practice, I **sculpt, paint, draw and create animated films.**

It was wonderful to introduce the stop motion animation technique to members in November of 2020. Those that took part created some amazing films. The same enthusiasm was shown for this creative process, by participants from Clackmannanshire Young Carers, when they visited Reachout in October. The films from both groups were shown as part of Reachout's exhibition at Forth Valley Royal Infirmary.



By Janette



It's been so wonderful to get to know the members of Reachout. It's been really inspiring to see the particular way people approach using materials such as plaster, oil pastels and paint, in workshops I have delivered.

It's been fascinating to see the uniqueness of each member's personal artistic practice, in the Creative Space sessions. The individuality of member's creations, was wonderfully illustrated by the huge array of Gnomes which we received. Each one had a distinct personality. It was a great privilege to be able to showcase these gnomes in a film which saw them occupying two landscapes, on the beach and in a snow covered wintery landscape.



I have really enjoyed showing new methods and ways of working to groups throughout 2020. In 2021 I hope to keep presenting new materials and ways of working to members. I hope that members will find these ideas inspiring and enriching for their creative practices'. I'm very excited at the prospect of delivering projects to participants from partnership organisations throughout the coming year.



Anne Johnstone

Arts Resource Worker

Little did I know when I started working at Reachout in October 2019 we would be facing such a strange, difficult year within a few months.

Prior to the March lockdown my Tuesday and Thursday groups were completing a wide range of activities as well as building a friendly group community.

After being furloughed for several months I was glad to be back in the studio. Since August we have worked hard to deliver remote projects and studio workshops in an interesting and safe manner.

We have encouraged members to take part in activities but more importantly give us feedback in order to improve our practice. As a member led organisation please let us know any activity you would like to participate in as well as suggestions of how we could deliver these in order to meet your needs.



Agnes

Activities completed through workshops and remote sessions during the pandemic: - **Gratitude Journals - 12 Days of Art - Cardmaking - Wreath making - Decopatch - Advent calendar**

Remote craft sessions I have developed include: - Felt bird sewing - Rag weaving - Free flow needle felting - Clay houses - Scrapbooking



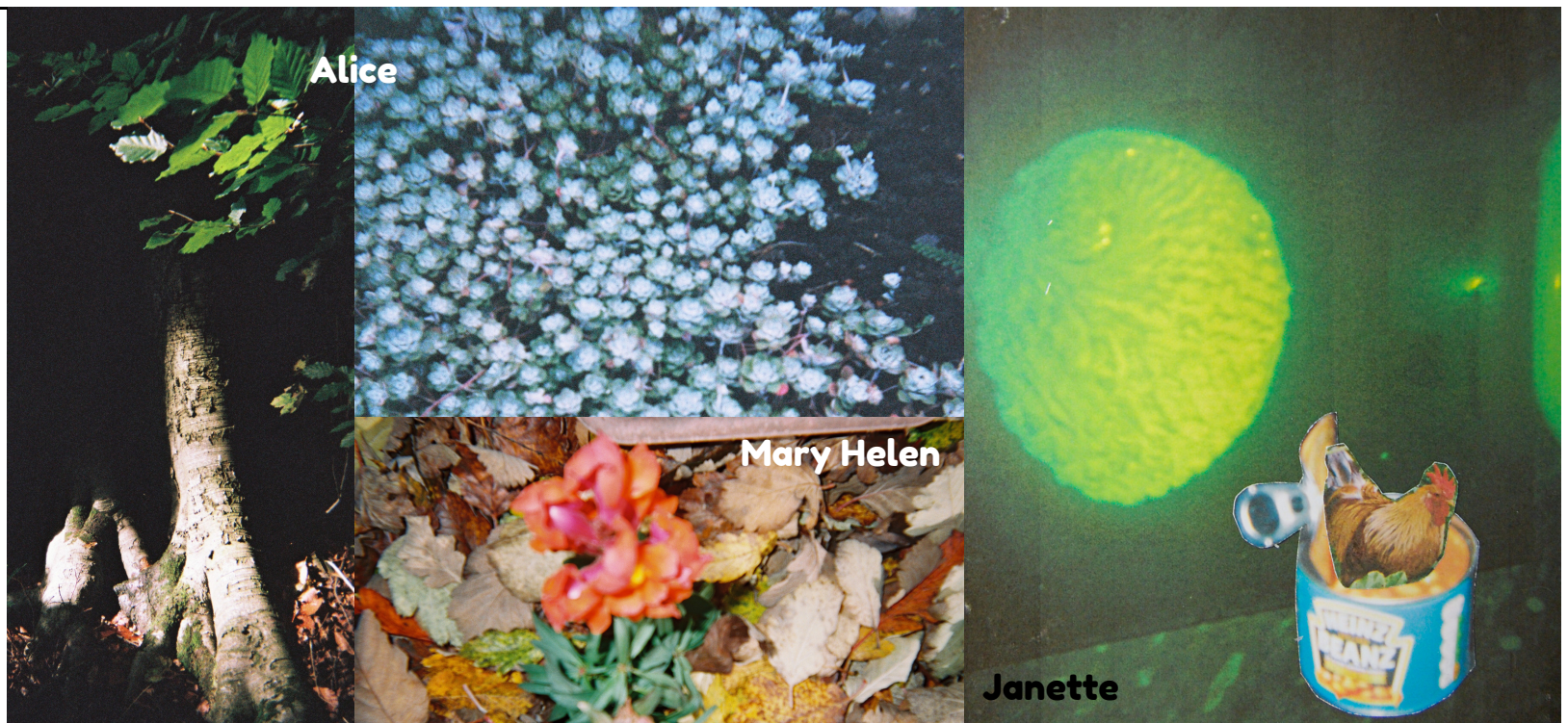
Jen Bradley

Creative Activities Project Worker

A key part of my role at Reachout is to share aspects of my artistic practice in response to the interests and needs of each participant I work with. Having worked professionally as both an artist and facilitator for over 7 years - in hospitals, schools, community settings and as artist in residence - I am experienced in creating calm, supportive and creative environments that centre on encouraging autonomy.

My aim is to inspire and empower our members – to support them in being creatively independent. Driven by feedback we receive from Reachout members, I plan a diverse range of creative workshops to be delivered within Reachout studio, and more recently, via online platforms.

During Covid-19 restrictions, I have been providing Reachout members with one-to-one remote creative guidance. In response to creative conversations with members, I have organised art packs based on the needs and interests of each individual.



I think the past year has highlighted how much Reachout community means to all of us. I developed 'Mindful Exploring' project as a way to help members find inspiration within their own surroundings. Participants were sent out a project pack which included a disposable camera, and were encouraged to explore and photograph their local environment, safely, noting any colours, textures and sounds over a number of weeks. Participants shared that the Mindful Exploring project helped them to feel more motivated to go outside when equipped with the camera, and the encouragement to slow down and note the things around them had helped enable a sense of purpose.

Visually documenting both individual artworks and projects to a high standard is an important aspect of the Project Worker role. Photography captures the magic of the process, and often informs reflection on how each project unfolded. Alongside member feedback, documentation and monitoring of each project forms an evaluation which helps me to note where there may be room for development and enable me to act upon this.

As a practitioner, the balance of making and facilitating is both a cyclical and vital process for me. I have directed my career as such, enabling the time to make and facilitate.

I graduated from Grays School of Art in 2013, having studied Painting BA (Hons). Although I specialised in painting, I use a variety of materials in my own artwork - drawing, painting, print, casting methods and clay. I believe it's essential in this role to have current, first-hand, experience of implementing creative processes within my own artwork, in order to creatively problem solve during a session and offer avenues for further consideration.

I developed the Exploration sessions to enable each participant to take the lead in developing their own creative practice, with ongoing support throughout. The sessions provide members with weekly opportunities to develop an awareness of what art materials they enjoy and those they are not so keen on. Importantly, members have time and space to play with a range of different art materials, discovering their own way to create, without the pressure of having to complete a "finished" piece of work. Feedback has been very positive. Participants who have joined sessions have shared that they feel free to explore at their own pace and that they often feel so relaxed and engrossed in their artwork that they don't want to leave.

Listening to the most recent feedback from our members, many are keen to work more with clay, collage, printmaking and painting. I'm excited to develop workshops based on this feedback.

I look forward to being further inspired by the Reachout members, their commitment to creating and, of course, their artwork.

Artwork
by Alice





Kirsten Mooney

Studio Manager

As Studio Manager I am responsible for ensuring the studio operates effectively with all the procedures and processes in place whilst achieving a welcoming, creative space for all visitors, partners, sessional artists, volunteers and of course members who access our charity.

Collating statistics, members 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 CEO.

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.

2020 started really positively for Reachout and looked like it was going to a record year as January and February saw a huge increase in studio attendances compared with the previous year.



Jan - Feb 2019



Jan - Feb 2020

However, as we all know, it was not to continue that way and the studio sadly closed in March for several months... I love working with our members as I follow their journey from first being referred, to flourishing in confidence and skills gained at Reachout. Or getting to know the members as they attend long term to maintain their wellbeing. I feel so privileged to see every day the benefit that Reachout brings to people's lives. This also meant I knew what a huge impact the closure of the studio would have on many of our members.

We did what we could to encourage members to stay creative and engaged with each other by sharing artwork produced at home on our Facebook, website and in our monthly newsletter hoping to inspire others to join in along the way. Coordinating delivery and collection of art packs and artwork such as the 'Paint your own Gnome' kit became the new norm.



Communication has always been a key part of my role however this took on a whole new meaning during 2020 as we had to find new ways of keeping our members inspired, up-to-date and informed whilst being unable to interact face to face in the studio.

In late summer as virus numbers decreased and lockdown restrictions eased, the preparation to safely reopen the studio began. Health & safety was paramount, whilst maintaining as much of Reachout studio's friendly, comfortable and vibrant atmosphere as possible.

Formal Covid studio procedures were adopted and masks became mandatory, strict handwashing procedures put in place, not to mention a full re-jig of the studio layout to adhere to 2 metre social distancing whilst still providing fun, creative opportunities and experiences for limited participant numbers.

I am pleased to say that the members we welcomed back took it all in their stride and were just so happy to be back in the studio that our new Covid-safety rules were a small price to pay!

For those who were still unable to attend, who have been shielding or who's support/care services were unable to offer assistance in attending, you were missed!

This year has been a rollercoaster for everyone, but we will recover!

Recovery will look different for everyone and we each have to take it at our own pace.

In the meantime I hope you will/have enjoy/ed our remote projects for a bit of creative inspiration at home and I look forward to seeing you in the studio again when the time is right.

Carly Speirs

Finance & Governance Manager



I have worked at Reachout for nearly 2 years after a career in investment banking and living overseas with my family.

As Finance & Governance Manager at Reachout, my responsibilities are many and varied. I ensure that all financial and statutory tasks are carried out in a timely manner – this also includes financial returns for HMRC, Companies House, OSCR and other governing bodies. I work with the Chief Executive on funding monitoring reports and applications for all new grants and projects, and I work alongside the Board to ensure an effective and efficient operation at Reachout.

Daily responsibilities include the preparation of monthly financial reporting for the Board, bank reconciliations, processing of payroll and all transactions in Sage so that annual accounts can be prepared in line with statutory regulations. I am also responsible for the governance of Reachout – onboarding of new staff, reviewing and updating policies and procedures, as well as the maintenance of the staff handbook, and other ad hoc tasks.

In addition to the financial and governance responsibilities, however, I love spending time in the studio getting to know our members and volunteers, and helping out where required. Sadly, visitors have been in short supply this year, and we have missed the Reachout community a great deal through the 2020 lockdown – the studio has been very quiet without the daily flow of members, but we were delighted to re-open the doors again in October. I hope we'll see even more of our community returning to the studio in 2021!



Financial Results for the Year Ending 31 March 2020

Artwork by Agnes

The financial statements of the charity for the year ending 31 March 2020 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.

During this year, overall income of the charity was £144k (2019: £125k) with a net surplus of £7k (2019: deficit £19k) made up of:

- **Income from grants was £134k:**

£12k more than in 2018/19 – the majority of grant income was from

Creative Scotland, PCF and Big Lottery

- **Expenses decreased in the year, from £145k in 2018/19 to £137k in year ending March 2020.**

This was driven by a £12k decrease in staff costs in 2019/20 as a result of a high turnover of staff during 2019, offset in part by higher rent as a result of the move to Lime Tree House.

RESERVES

Total reserves stand at £352k (2019: £345k) comprised of:

- £134k restricted and £218k unrestricted funds
- Balance of free reserves of £89k (unrestricted funds of £218k less fixed assets of £9k less designated fund of £120k)
- Designated fund of £120k to support Reachout staff costs and overheads for one year, if required

Reserves Policy:

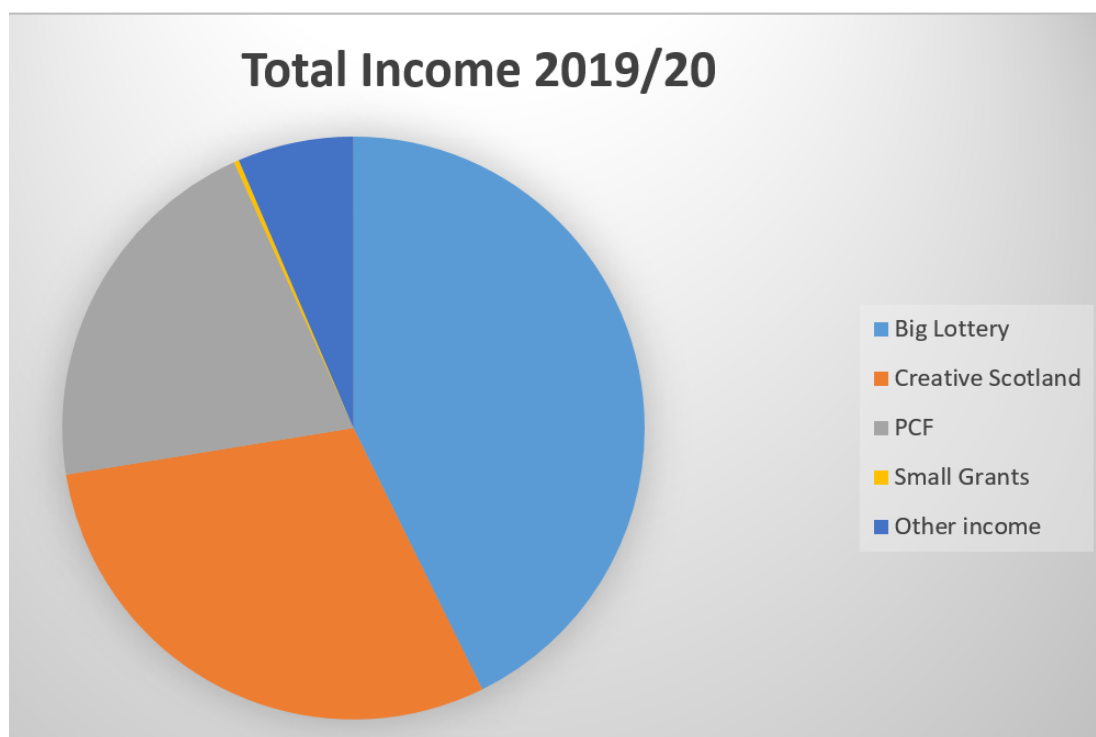
Based on projections for the financial year ahead, it was agreed during 2020 that funds would be realigned between the designated and general unrestricted funds, to allow for forward planning in the event of a closure of the organisation.

Reachout Reserves Policy is available on request.

INCOME

The charity's total income for the year was £144k (2018: £125k), an increase of £19k on the previous financial year. This was primarily due to a grant from Creative Scotland of £43k, and increased income generated in the year from workshops, venue hire and membership fees. These increases were offset in part by a PCF grant of £30k in 2019/20, compared to £61k in 2018/19.

Of the £144k income for 2019/20, 94% was generated by grants – other sources of income included workshop fees, membership subscriptions, venue hire and donations. £2,217 was received in donations through the year, including £155 from Clackmannanshire Business Awards, and £500 from Waitrose as part of the Community Matters initiative.



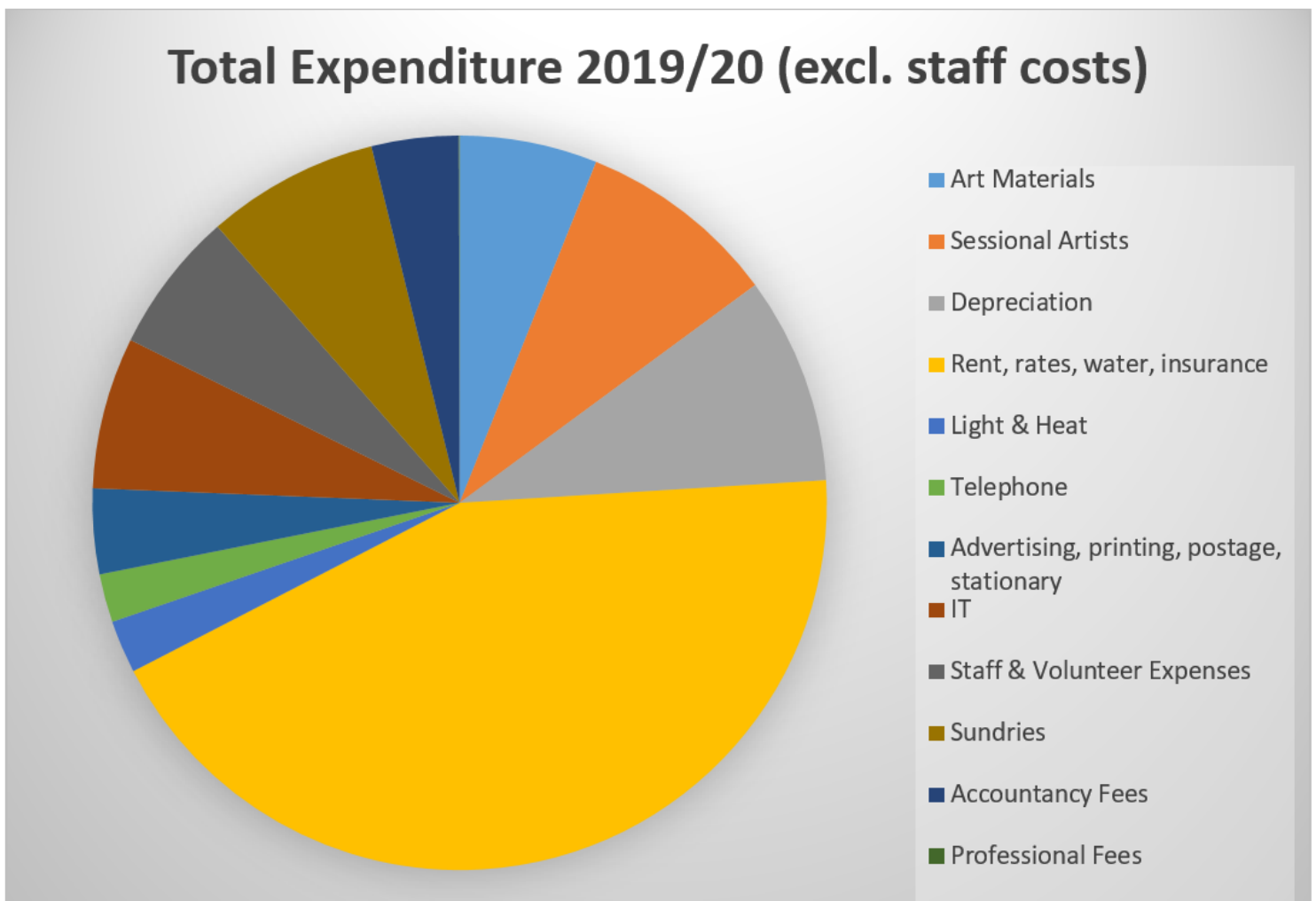
Income Received

| | Year Ending March 2020 | Year Ending March 2019 |
|-------------------------------|---------------------------|---------------------------|
| Big Lottery – Improving Lives | 61,487 | 58,293 |
| Creative Scotland | 42,823 | |
| People & Communities Fund | 30,000 | 61,000 |
| Various Small Grants | 400 | 3,396 |
| | 134,710 | 122,689 |
| Other Income | 9,280 | 3,021 |
| Total | 143,990 | 125,710 |

| | | |
|---|---------------------------------|-----------------|
| In the current financial year, 2020/21, grants have been awarded from the following – | Awards for All | £10,000 |
| | NHS Health Promotion | £500 |
| | <u>CTSi Restart</u> | £300 |
| | Community Jobs Scotland | £5,000 |
| | Clacks Business Support | £10,000 |
| | <u>William Syson Foundation</u> | £5,000 |
| | <u>Big Lottery</u> | <u>£215,179</u> |
| | TOTAL | £245,979 |

EXPENDITURE

Total resources spent was £137k (2019: £144k). This was a decrease of 5% (£7k) compared to the previous financial year. The majority of cost lines have remained at similar levels year on year, however salary costs decreased, reflecting the high staff turnover in 2019. This decrease was offset by an increase in rent as a result of the move to Lime Tree House. For a detailed expenditure breakdown, please refer to Reachout annual accounts.



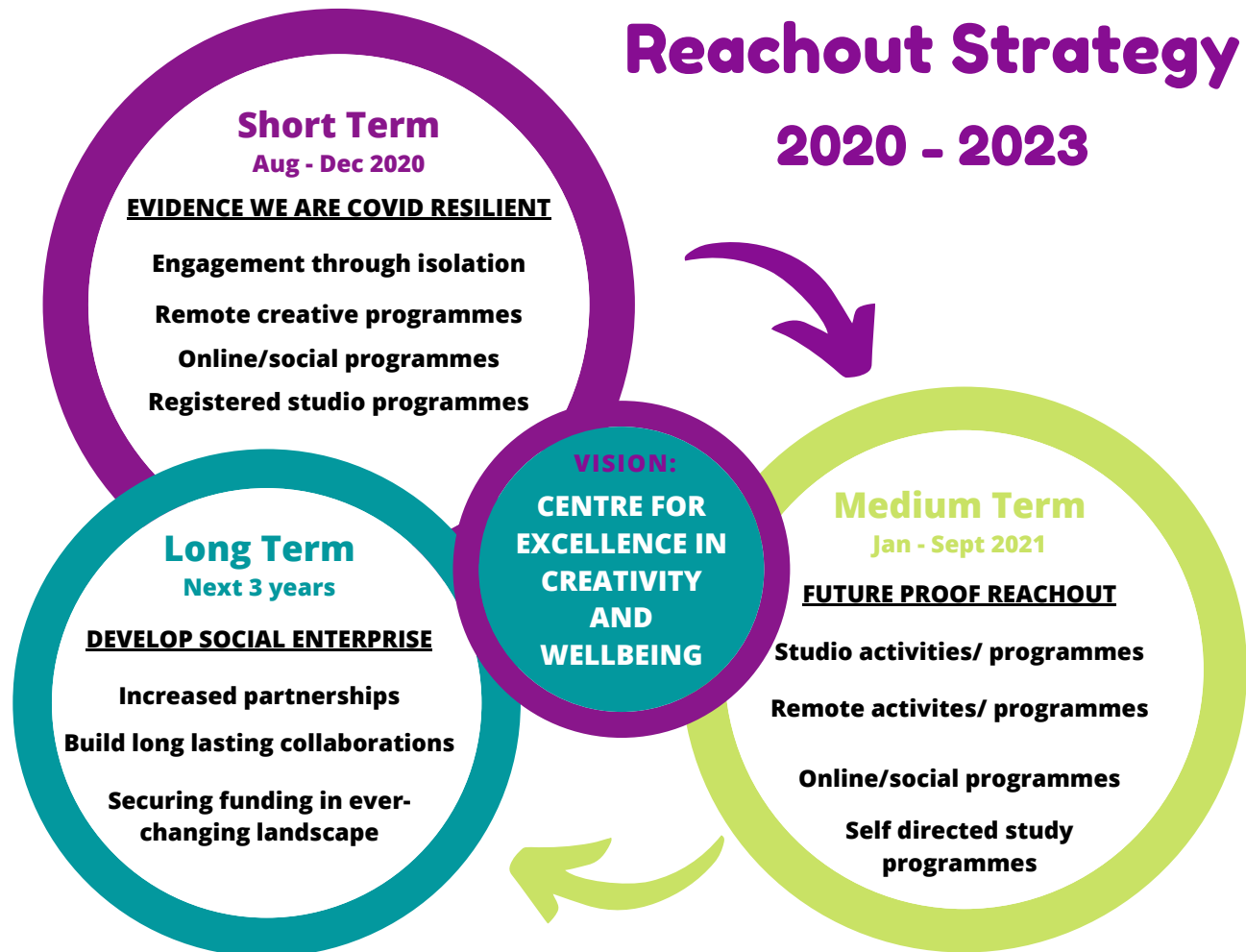
Financial Position at 31 March 2020

The balance sheet shows total funds of £352k.

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

Reachout Strategy

2020 - 2023



For further information on Reachout strategy please get in touch.

Reachout With Arts In Mind

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Supported by
The National Lottery[®]
through Creative Scotland



Annual report designed by Studio Manager Kirsten Mooney



