



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

# Annual Report 2024



@ReachoutWithArtsInMind



@Reachout\_Alloa

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***“My whole life I’ve been told I couldn’t do things because of my disability, but look at me in Reachout, doing everything people told me I couldn’t do.”***

*- Member quote*

***“Reachout has helped my wellbeing to no end and helped me get back into employment.”***

*- Member quote*





## The Organisation

Reachout With Arts In Mind is an innovative, inclusive and award winning charity with over 30 years' experience of facilitating creative experiences, opportunities, education and wellbeing to local communities of all ages. Using expressive arts as the vehicle, we help to support those experiencing life's challenges, mental ill health and disability to practice informed wellbeing choices and mental health awareness to maintain wellbeing and prevent relapse.



*"Art is making me feel alive right now."*

*- Member quote*

The background of the page is a collage of various hand-drawn artworks. At the top, several small cards are laid out on a light-colored surface. These cards feature different colors and designs, including a red card with a yellow shape, a green card with a yellow shape, a purple card, a blue card, and a red card with the word 'CLEVELAND' and the number '15'. Below these cards, a larger piece of artwork is visible, showing a white background with a yellow shape and the word 'NUGGETS' and the number '15'. At the bottom of the page, there is a large, abstract painting with many vertical blue and white strokes on a yellowish background.

## The Service

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

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

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

As a **member-led 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.

\*Reachout is not a regulated care provider.



# Our Vision

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



# Our Goals

**Creative Communities** provides access to **high quality creative programmes promoting great art and inclusive practices, knowledge and learning.**

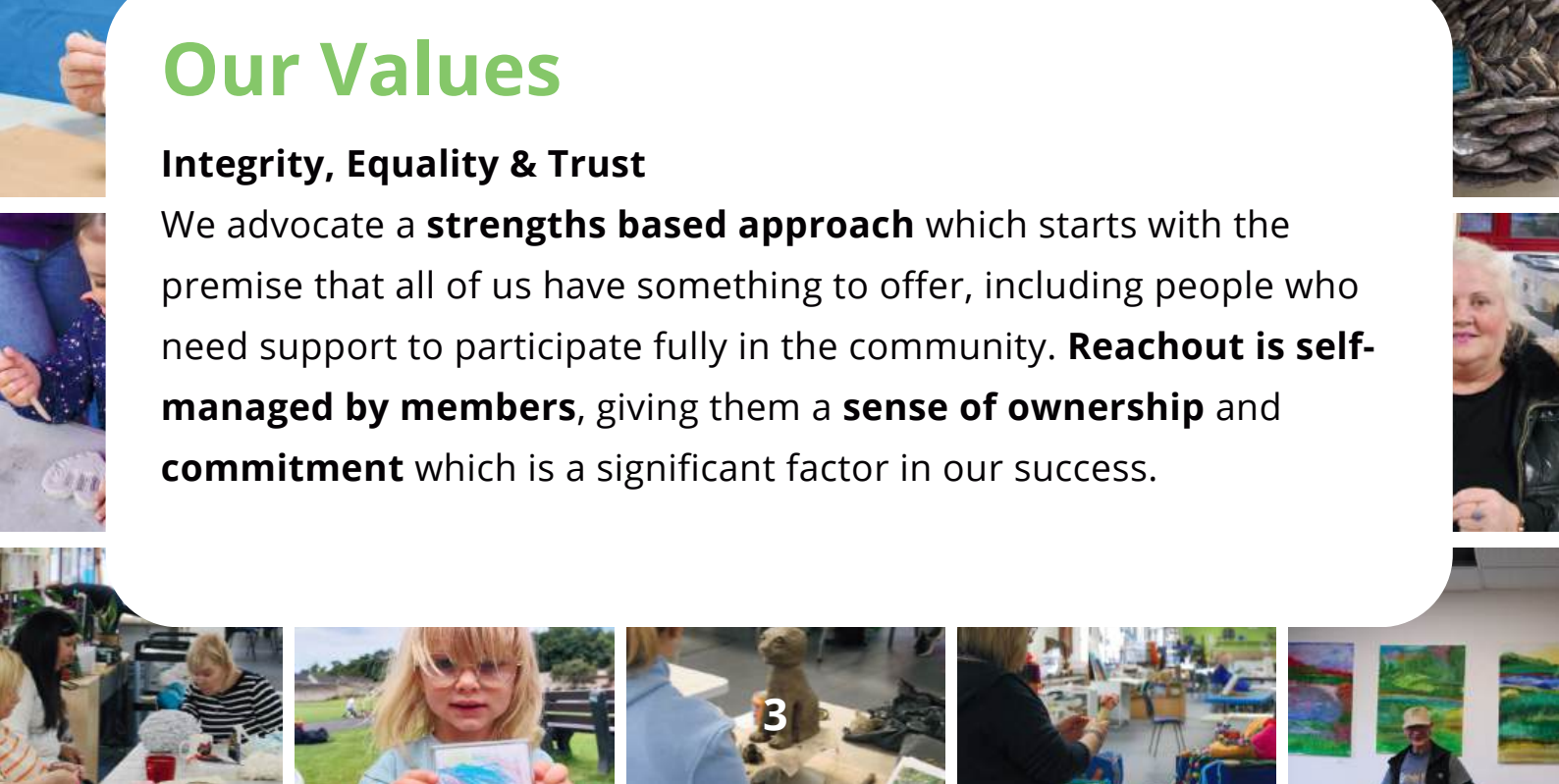
It ensures that **people experiencing mental ill health, learning and physical disabilities** have **active and influential experiences 'alongside others' to build resilience** as a route to recovery and maintain wellbeing.



# Our Values

## **Integrity, Equality & Trust**

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





# Chairperson

*Trustee of the Year CTSI Awards*

# Craig Machan

## **Journeys**

Recently one of my old managers wrote a reflection of his working career as a means of announcing his retirement. He talked about one journey after another, chemistry teacher, researcher, glass business owner, IT project manager, business transformation manager, etc. Each step of his career involved choices, some planned but others less so. Circumstances and change can become a positive move, even when not planned, as some of his were.

We all have journeys - my journey with Reachout started in 2009. That journey started with an uncertain future and some difficult decisions, but we steered our way through and came out the other side. We have developed projects, supported members on their personal journeys and have an excellent, well recognised, successful charity. This is made up of individual journeys and the collective makes the charity. That success belongs to everyone!



We can reflect personally on what the charity means to us but whether staff, director, volunteer or member it is a journey for us all. Journeys however do have a start and an end and mine personally comes to an end in 2025. I was first a director from 2011 to 2014, then again from 2017 until now, a total of 10 years.

In the interim I completed various Reachout projects and served as a director of Art'n'Mind Limited, the Makers Gallery and Bistro. 16 years and over 10 years as a director and within that 7 years as the chair. It's been a pleasure to serve on the board.

It's time for me to step away and for someone else to develop, steer and promote an exceptional organisation, working with some wonderful people. As my Reachout journey comes to an end, I am extremely proud of what we have achieved, as should all of you.

I titled the Chair's Update as 'Journeys' and from your personal Creative Journeys I have witnessed over the years, we got something very right in our approach by encouraging members to take ownership of their engagement with Reachout. We build confidence and maybe occasionally point or nudge them in a direction, but that journey is theirs. I take the greatest pleasure when members are referred to Reachout, and see them spread their wings with newfound confidence. They remain a friend of the charity, but their journey is a new one, possibly work, education, or their own creative projects.

In 2025 the charity will be moving forward, securing funding to deliver exciting projects, working with new partners and still supporting members on their journeys but also delivering on its strategic journey.

As a conclusion I would like to thank you all for making my journey so rewarding, it's been a pleasure to work with you, supporting and being witness to your journey.



# Executive Artistic Director

Lesley Arthur

## **Reachout's Vision for Excellence**

Reachout is a trusted, award-winning charity with 32 years of experience. Our inclusive and participant-focused approach eliminates barriers to progression, empowering participants to take control of their development and growth through innovative and creative methods of self-management. Our participants tell us that we don't just create art; we transform lives and make a lasting impact by unlocking dormant potential and promoting wellbeing through creative expression.

## **2024 Overview**

Reachout has continued to provide a crucial lifeline for 32 years, addressing a significant gap in mental wellbeing provision for local people facing mental health challenges, adverse life circumstances, poverty, disadvantage, and discrimination. The Reachout studio offers person-centred creative initiatives, artistic approaches, and innovative solutions through an inspiring programme of artist, volunteer, and member-led workshops, drop-in sessions, and outreach opportunities.

## **Self-Help Model**

Our member-led self-help model encourages active participation in planning, facilitation, and management. This approach nurtures personal development whilst addressing community needs and improving employability. Our supportive environment drives meaningful change and builds a resilient community.

## **The extended Reachout team**

Each year, countless individuals contribute to the numerous successes of the Reachout Creative Communities programmes and outreach partnership projects, advocating for our strength-based approach and providing opportunities for progression and growth. Fostering a collaborative and supportive team environment not only allows us to explore fresh new approaches and embrace diversity, but also provides Reachout with the opportunity to mentor and share knowledge. We are dedicated to offering supported placements that remove barriers to employment with thanks to Fair Work Incentive, Clackmannanshire Council Job Creation Scheme, Glasgow University Intern Programme and Stirling Council Job Creation Scheme. These opportunities serve as stepping stones to improving life chances and nurturing new beginnings.

I extend a heartfelt thank you to each and every one of you.

To our vibrant and inquisitive multidisciplinary artists, George and Leanne, for their relentless pursuit of artistic development. To Anne, for her nurturing craft programmes and growing member-led groups. To Carly, for her attention to policies, procedures, and governance. We said fond farewells to Aileen Admin & Studio Support Worker, Jen, Artist Facilitator and Stacy, Admin Work Placement. And welcomed Grace, Glasgow University Intern, and Rowan, Studio Admin Support Assistant Placement.

## **Core Service Programmes and Impact**

Each year, we see increased referrals to our core service programmes - Make, Change & Inspire - and witness emotive personal testaments from participants and partners of self-discovery, healing, recovery, joy, and enrichment gained through our efforts. Art offers us a voice, values creators, and allows individuals to challenge their self-perceptions as well as the perceptions held by others.

By being and becoming artists, people can and do recover. Our high quality creative projects collaborate with education, employability, and health partners to promote inclusion and foster

community connections. These initiatives result in bespoke, participant-led creative outcomes that reflect the unique, diverse identities, visions, and contributions of the children, young people, and communities of Clackmannanshire. Partners tell us we are **“high quality, professional, innovative, and vital.”**

During 22 years of leadership with Reachout I am forever grateful for the generosity of our knowledgeable and experienced loyal volunteers and directors, and especially our funders for their trust and support. Your contributions have been instrumental in creating numerous opportunities for everyone to engage in the arts, fostering improved well-being and enriching lives.

We say a fond and heartfelt farewell to our chairperson after many years of his invaluable support, profound knowledge, and boundless wisdom! Thank you for your contributions and leadership.

However, each year the financial landscape becomes increasingly more competitive and challenging due to the cost of living crisis, funding cuts, short term funding cycles, and the scarcity of multi year funding opportunities. We find ourselves relying on an accumulation of small funding pots, whilst facing more financial challenges due to rising costs. With this in mind, we will focus on our core aims and welcome 2025 with the pursuit of our strategic plan exploring income generation through our community outreach programmes in partnership with health, education and employability partners.

### **Strategic Plan 2025-2030 Vision**

The Reachout Strategic Plan 2025-2030 vision strives for excellence, offering an inclusive service where children, young people, and communities are supported to create work of exceptional quality and ambition that enriches their lives and the lives of others. Using expressive arts, we aim to address inequalities, discrimination, and diversity through creative opportunities that foster understanding, appreciation, and respect.



# 2024: Summary

281 beneficiaries



141

Members



53

Non-members  
[16+]



87

Children and  
Young People

# 6,011 Creative Opportunities

2,038 artist led opportunities



1,221 member led opportunities



580 volunteer led opportunities

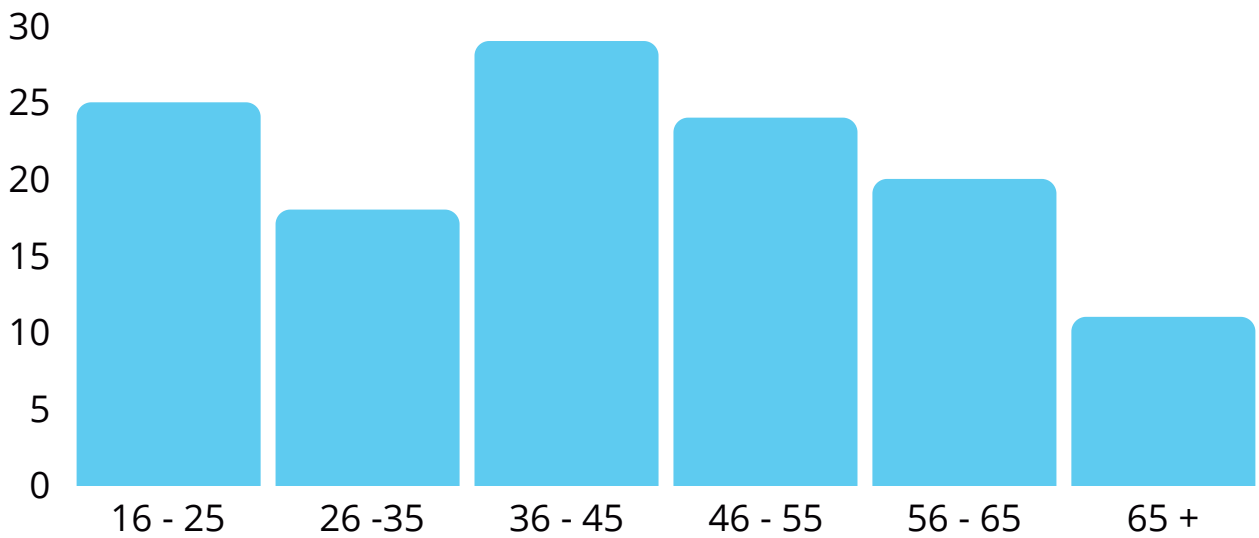


1,654 staff and volunteer led sessions



572 outreach opportunities

# 141 Members 2024



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

*- Member quote*



## Reachout Member

Andrea

***“Before I became a member, I struggled with my confidence, I felt isolated in my experiences and trapped with my mental health recovery.”***

Joining Reachout With Arts in Mind was a life-changing decision for me. Before I became a member, I struggled with my confidence, I felt isolated in my experiences and trapped with my mental health recovery. I was sitting at home drawing from a perspective of fear and really I had no idea how to begin expressing myself creatively or how to positively process what I was going through.



***“The kindness and mentorship provided by the community helped me slowly build my confidence and feel more like myself.”***



From the moment I walked through the doors, I found a safe, nurturing space where I could let go of my fears. The kindness and mentorship provided by the community helped me slowly build my confidence and feel more like myself. Through art, I was able to explore my thoughts and emotions, giving them a voice in ways I hadn't imagined before.

The resources and support available at Reachout were invaluable. I had access to materials that allowed me to experiment with new mediums, which really helped me grow as an artist. More than that, though, it was the guidance and encouragement from the volunteers,

## ***“Since joining Reachout, I've seen a significant change in myself.”***

artists and other members that truly made a difference.

There was a real sense of community and care within the group—people shared their skills and insights openly, without judgement. It was incredibly motivating to be surrounded by such a wide range of people who were genuinely curious about expressing themselves in artistic ways and who have fantastic and beautifully different ways of doing this.

Since joining Reachout, I've seen a significant change in myself. The confidence I've gained through this supportive community has even allowed me to return to work, something I felt was out of reach to me only a few months ago. The programme gave me the tools, both artistic and emotional, to rebuild myself, and I'm forever grateful for that.

I've managed a little recognition for the art I've done there and two of my paintings are going to be exhibited later in the year, which I can hardly believe! I'm so emotional even thinking about this!

Being part of Reachout not only helped me through a difficult time but also provided me with a sense of purpose and belonging, which this beautiful group has given me, that I will continue to carry with me.

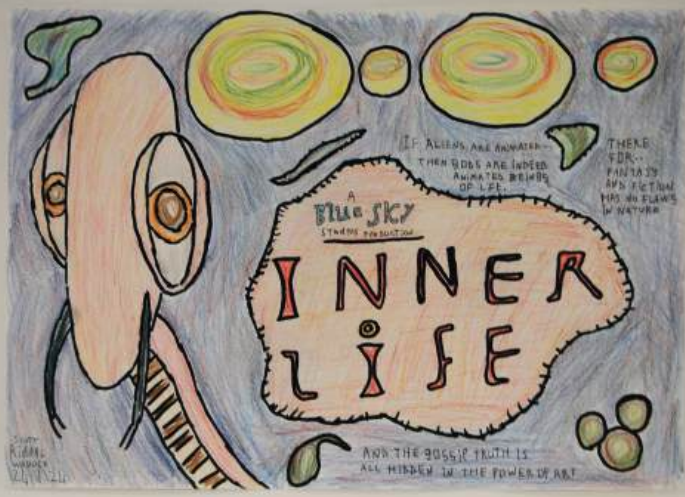


## Reachout Member

Scott

***Scott feels he has become kinder when interacting with others and has gained the confidence to share his work in this supportive environment.***

Scott has been attending Reachout since early 2019, but he feels his involvement has increased since 2021. During this time, he has particularly enjoyed developing his own projects, including character profiles, clay modelling, and learning basic animation techniques. These activities have allowed Scott to focus on the type of work that truly interests him.

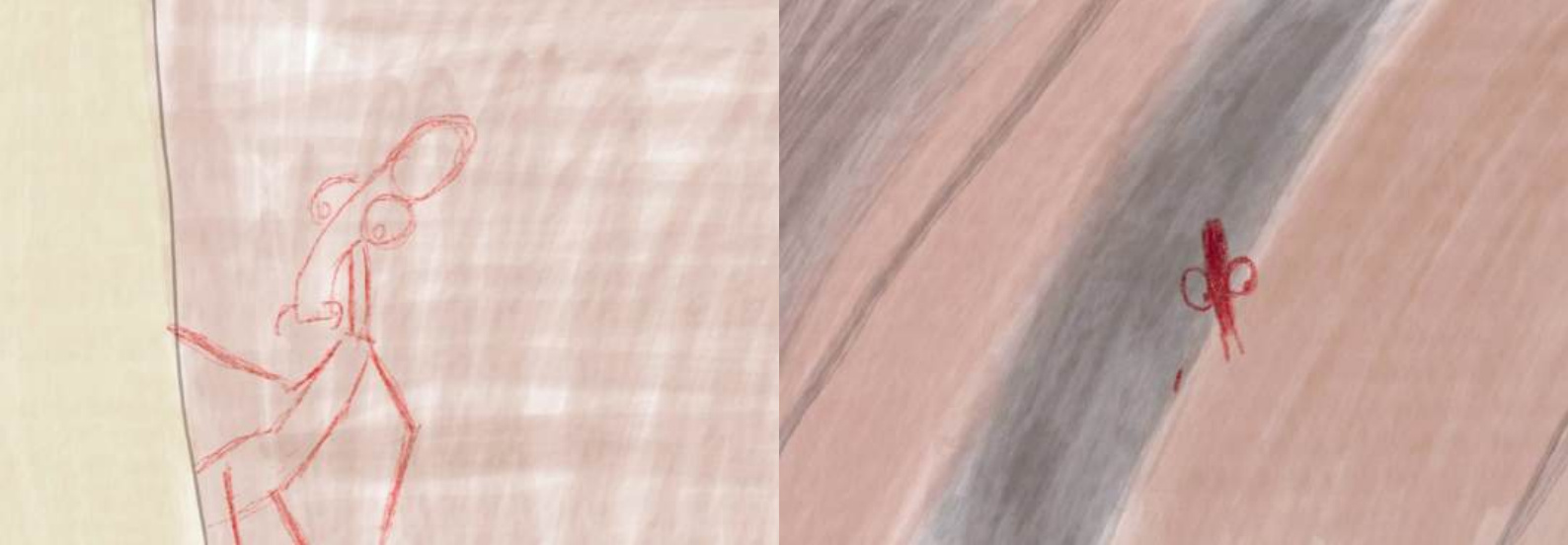


## *These activities have allowed Scott to focus on the type of work that truly interests him.*

Currently, Scott's art practice revolves around a project he calls IALFEC, more scientifically referred to as Genes. This is the working title for his animated franchise. He draws inspiration from major animated franchises, particularly Disney, admiring the expertise, skill, and mature cartoon-like characters in their productions. Scott aspires to achieve a similar level of sophistication in his own character concepts and visual designs.

Access to a creative space and the right tools at Reachout has been instrumental in helping Scott pursue his artistic goals. He has been able to explore new techniques he might not have discovered on his own. For example, working with George, Reachout Artist Facilitator, introduced Scott to early animation methods like stop motion and cut-out animation.





These experiences not only enhanced his creative skills but also built his trust in the Reachout programme.

Recently, Scott has taken his animation practice to the next level, teaching himself how to use Adobe Procreate. By utilising Animation Assist, he is bringing his illustrations to life digitally. He hopes to continue improving his skills and has recently connected with FlyCheese Studio through Reachout to explore new opportunities for growth.

For Scott, animation is more than a creative medium—it's a vehicle to explore life's experiences and a "higher power" that breathes life into unique characters and environments that wouldn't exist otherwise. He views the animation process as transformative and deeply meaningful.

Scott has also shared that Reachout has helped him grow personally. He feels he has become kinder when interacting with others and has gained the confidence to share his work in this supportive environment.





## Reachout Member

Christina K

I started attending Reachout about 2 and a half years ago. At the time I was looking after my mum who was increasingly requiring more care, and although I enjoyed caring for her, Reachout was something for me.

My husband Geoff encouraged me to start painting at home when my daughter moved out. Coming to Reachout was something different and was a new direction for my painting. Sharing my work with others, seeing what other people are working on, on top of lots of learning and new knowledge has been great! And that's all thanks to the staff, volunteers and members at Reachout.

***“Since attending sessions at Reachout I have a sense of wellbeing and a sense of belonging.”***



***“It was Reachout that taught me its okay not to be okay, which is quite a big thing, to make yourself comfortable with it.”***

I've particularly enjoyed painting, clay and sewing crafts, but to be honest I would like to try everything. Since attending sessions at Reachout I have a sense of wellbeing and a sense of belonging. It has increased my confidence, and I have found the social aspect beneficial. For a few years I hadn't really interacted with many people outside of my family. I've met lots of new people and made friends, you can talk to anyone at Reachout. Everyone is unique with their own experiences and that's the lovely thing. It's good to share. Although it can be difficult, it's good to feel you're being listened to, and in turn know you're giving that feeling to someone else, it helps. It's not about people trying to fix it, it's about knowing people are there.

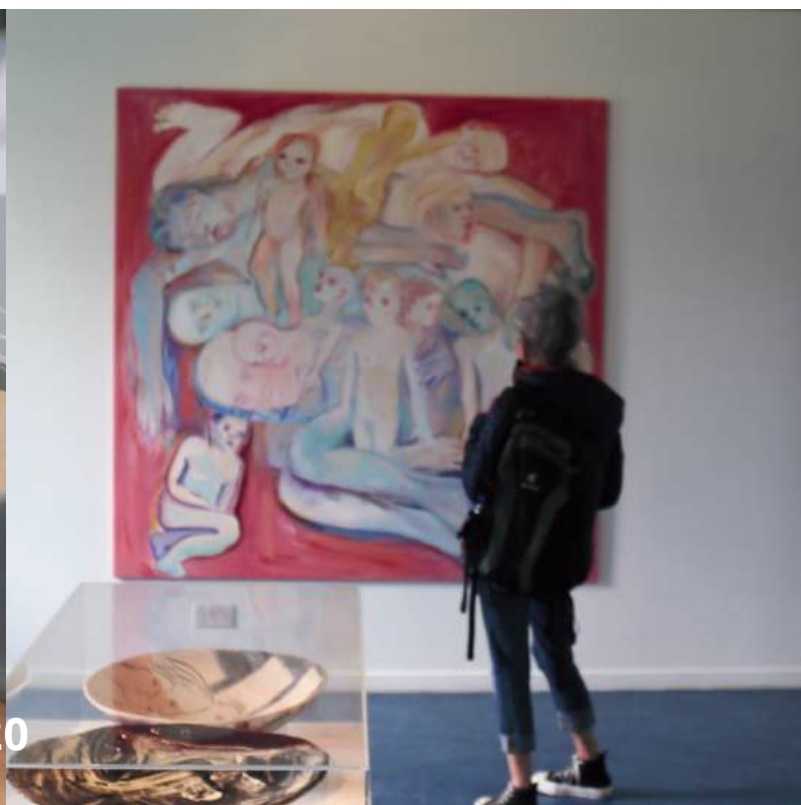
You can come to Reachout if you're having a good day or a bad day. It was Reachout that taught me its okay not to be okay, which is quite a big thing, to make yourself comfortable with it. Although it is getting better, I think there is still a lot of stigma around mental health. People used to not understand my diagnosis, it is complex.

***“It’s great to create for your mental health, as it’s relaxing and absorbing while it taps into your imagination, giving you so many ideas and that’s exciting.”***

Outside can feel like you need to put a mask on but in Reachout its safe to talk about it.

I loved the World Mental Health Open Day, seeing everyone’s work on display, including my own. I also loved the quotations that were on display on the tables as they were all quite profound – it was lovely. Plus, I could bring Geoff, my husband along and he got to meet everyone.

It’s great to create for your mental health, as it’s relaxing and absorbing while it taps into your imagination, giving you so many ideas and that’s exciting. Reachout is a safe environment that’s welcoming, calming and provides space for all.







## Reachout Member

Michelle

Reachout has profoundly impacted my life and mental wellbeing. Their innovative art programmes help me discover my creative voice, fostering confidence, self-expression, and emotional resilience. The supportive community and dedicated team of knowledgeable, kind and friendly staff and volunteers, provide a safe space for growth, empowerment, and healing. I've experienced tangible improvements in my mental health and overall outlook. I owe a great debt to Reachout, for transforming my life through the power of art.

***“Their innovative art programmes help me discover my creative voice, fostering confidence, self-expression, and emotional resilience.”***



Reachout has been instrumental in my remarkable journey towards mental wellness. I have discovered a transformative outlet for self-expression, emotional regulation and empowerment.

Since engaging with Reachout I have experienced a significant reduction in mental health service appointments, successful discontinuation of antipsychotic medication, under medical supervision and a substantial decrease in hospital admissions. These remarkable improvements attest to the organisation's impactful and holistic approach. Their programmes have equipped me with coping strategies, enhanced my mental health literacy and promoted overall wellbeing. I'm grateful for the opportunity to thrive, thanks to Reachout.

Here are the positives of 'art therapy' for my, and many others, mental health:

- Expressive outlet: Reachout provides a healthy channel for emotions, reducing stress and anxiety, which also allows me an opportunity to no longer focus on masking my symptoms of autism.
- Significant symptom reduction: My complex trauma, and psychosis symptoms have decreased substantially.
- Fewer hospital admissions: 'Art therapy' has reduced my hospitalisations, which were regular occurrences.

***“Their programmes have equipped me with coping strategies, enhanced my mental health literacy and promoted overall wellbeing.”***

- Improved relationships: Relationships, within my personal life and within Reachout have improved significantly. At Reachout I have the privilege of being friends with like-minded individuals.
- Improved sleep quality: Due to many of the complex mental health challenges I face, I was having extreme difficulties with sleep. But, due to having a purpose to leave the house and getting outdoors and walking to Reachout's studio, I find my sleep regulation has improved significantly, which in itself, has contributed to a general positive wellbeing.

Reachout has given me a sense of purpose, helping me discover my creative voice and passion. I am intensely grateful for Reachout and its role in my recovery, which remains ongoing. Rather than identifying myself with the many mental health labels I have been diagnosed with, I now identify as; Michelle Briggs, the Artist.





## Reachout Volunteers

In 2024, we expanded volunteering opportunities and are excited to see this momentum continue into the coming year.

Volunteers have played a pivotal role in supporting, delivering, and organising workshops. This invaluable contribution has directly enabled us to increase studio capacities and reach more people through our services.

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

**Eta**

Workshop Support &  
Secretary

**Bobby**

Workshop Support &  
Delivery

**Kim**

Studio Support

**Jane**

Workshop Support &  
Delivery

**Karen**

Workshop Support &  
Delivery

**Hayley**

Workshop Support &  
Delivery

**Janine**

Vice Chairperson

**Graeme**

Treasurer

**Craig**

Chairperson

**Liz**

Workshop Delivery

**Agnes**

Workshop Delivery

**Jennifer**

Creative Support

**Clare**

Workshop Support &  
Delivery

**Stephanie**

Workshop Support



# Reachout Volunteer

Jane

***“Reachout provides a warm friendly environment with caring and approachable staff offering a unique and creative space in Clacks.”***

I've been volunteering with Reachout for about a year now. I volunteer for the creative space session on a Monday morning. I view Reachout as an essential meeting place for members, allowing them to express themselves creatively in such a wide variety of mediums; painting, ceramics, animation, sculpture and printing. Reachout provides a warm friendly environment with caring and approachable staff offering a unique and creative space in Clacks.

As a volunteer I get so much out of learning new things from members, especially Rodney teaching me origami and Donna showing me macrame knots. Reachout has also provided me with great opportunities running classes on Tetrapak and Cyanotype printing. I thoroughly enjoy volunteering here.

# 50 Non Member Adults 2024



*In partnership with:*



**Clackmannanshire  
Council**

**Sauchie  
Community  
Group**



**Town Break**  
Dementia Support Services

**GRACE  
CHOCOLATES**  
CHANGING LIVES





# Reachout Partner

## Home-Start



We have worked closely and partnered with Reachout with Arts in Mind for many years. We are a family support charity, working with local families who have at least one child under the age of 12. We aim to provide early intervention, whole family support, working alongside families to make a real and lasting change. Much of what we do is focused on wellbeing, community engagement, lowering isolation and loneliness, and empowering families to make positive decisions in their lives. There is a natural alignment for us with Reachout with Arts in Mind, given their focus on creative experiences to improve wellbeing.

***“It’s a joy working with the Reachout team.”***

It has been a joy working with the Reachout team. They have delivered family friendly sessions at our Fun Days and Play in the Park events - focusing on being in nature and using the natural world around us for crafts such as twigs, leaves etc. but also bringing air dry clay, and more arty activities for children and grown ups alike to enjoy. Our parent wellbeing groups have also greatly enjoyed being in the Reachout space, discovering their creative side, and sparking an interest in attending wider sessions available.

We hope to continue to work with Reachout for a long time to come, strengthening our partnership to ensure access to creative activities for all our supported families.

***“Our parent wellbeing groups have also greatly enjoyed being in the Reachout space, discovering their creative side, and sparking an interest in attending wider sessions available.”***





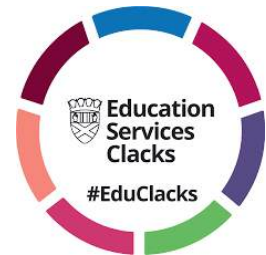
# 87 Children & Young People 2024



*In partnership with:*

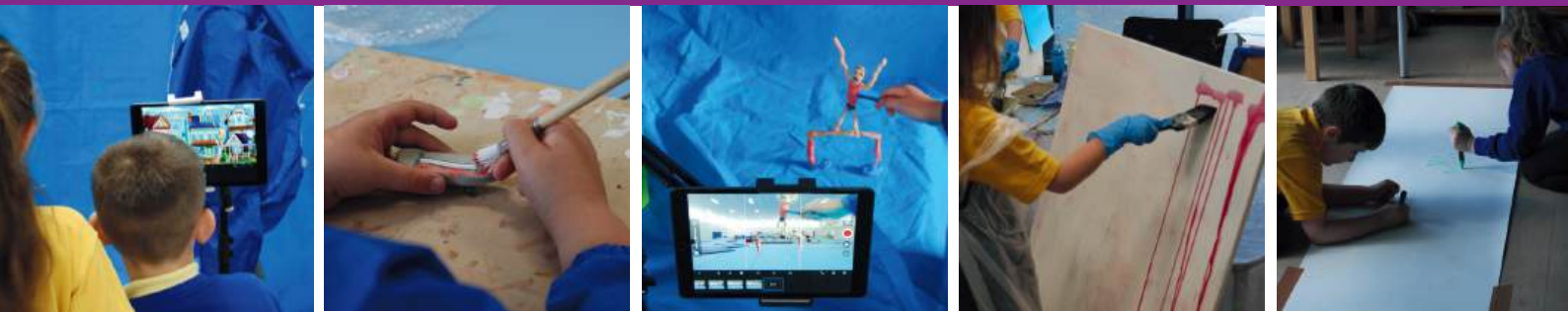


**CLACKS**  
Mental Health  
+ WELLBEING



**Clackmannanshire  
Council**

# 351 Creative Opportunities for Children & Young People



48 sessions in 8 local primary schools



6 after school sessions with 12 participants



4 family sessions with 54 participants





## Clacks Educational and Psychological Services Creative Therapeutic Interventions For Children

At the start of 2024 we re-entered local primary schools to facilitate blocks of 6 creative sessions in each school. These sessions help grow participant's confidence and allow them to experiment with their creativity in conjunction with the Curriculum for Excellence. Please see a summary of schools and outcomes below:

Lochies Primary    St Berdnadettes Primary    Deerpark Primary  
Clackmannanshire Schools Support Service  
Redwell Primary    Tillicoultry Primary    Clackmannan Primary  
Alva Primary [Additional Support Department]

Positive outcomes include **increased focus and engagement, confidence and attainment.** Also **emotional regulation for bereavement, resilience building** and **increased written and verbal communication.**

"I loved using the clay. It has made me feel so calm."

"Thank you for coming and doing this with us today."

"I've been saying all week how much I can't wait to go back to art therapy!"

"When I grow up, I'm going to be such a good artist."

"This is so calming doing this."

"Can I go show my teacher?"

# Other Organisations engaged with in 2024



Stirlingshire Voluntary Enterprise





# Finance & Governance Manager

Carly

The New Year is a time to look forward to the year ahead, but I always take a moment to reflect on the past 12 months too – our successes and challenges, what can be improved upon, and what our goals are for the coming year. 2024 brought significant staff changes - we said goodbye to Jen, Stacey and Aileen in the spring, welcomed Grace to the Reachout community for two months over the summer, and welcomed Rowan to the studio this winter. While staff changes can sometimes be challenging and unsettling, they also provide an opportunity to reflect on our job responsibilities and best practices within the organisation, which we can learn from and improve upon.

As always, the Reachout studio never fails to amaze me, and it's been fantastic to see the growth and creative development of our members. I'm always in awe of the work produced in the studio and love seeing the collaboration between our dedicated staff and members across different mediums. We have welcomed more members than ever into our studio in 2024, and it has been fantastic to see new and regular members working together on collaborations or exploring new artforms. Our volunteers have also been invaluable in encouraging the creativity within the studio, and it has been lovely to see new workshops such as the sewing and music groups be so well attended.

While my role is divided between the finances and governance of the organisation, this year has seen a slight change in focus as the governance and administrative processes involved in running a charity becomes more time consuming and complex. While third sector funding continues to be incredibly challenging, and the cost of living crisis makes the day to day financial management very tough, the governance involved in running a charity is a significant part of my role. The change in government and consequent updates to employment legislation filters down to even the smallest of organisations, and there has been renewed focus on policies and governance to ensure we keep the best interests of everyone in the Reachout community to heart.

Additionally, I have been involved in several projects in 2024 including a monitoring report of our successful Creative Therapeutic Interventions work with Clackmannanshire Council's Educational Psychology Service, and working with Grace, a Glasgow University summer intern, to identify additional sources of funding. This year, I will revisit the social enterprise feasibility study from 2021 - we recognise that good governance and financial control are vital to running a successful third sector organisation in these challenging times, and this study will look at the possibility of different funding models to ensure that we continue to provide an invaluable, high quality service to the local community in the years to come. Now, more than ever, we are working incredibly hard to strike the balance between stringent financial control and ensuring the quality of our service is not compromised.

With several funding applications in the pipeline for 2025, this year will be exciting and challenging in equal measure – I look forward to continuing the work we do at Reachout, to promote the organisation and the invaluable work we do to engage with and support members and partners from the local community.



# Senior Artist Facilitator & Engagement Manager

## Leanne

2024 marked a significant milestone for Reachout, with membership numbers reaching their highest in over 8 years, doubling since 2017. We've also seen a noticeable increase in young people accessing our services, which is a positive step towards engaging a wider demographic and providing early support.

Collaboration among members has thrived this year, leading to exciting new projects. For example, a fundraising group worked together to handmade items and sell them at local fairs. A new, member-led knitting and crochet group began and continues to grow, while a collaborative project between Artlink and Reachout members resulted in a shared film project titled 'Our Street'. I highlight these examples as a quick snapshot to symbolise the connectedness in our studio this year, but there's been too many to squeeze into 500 words.

Throughout 2024 many of our members have taken on greater responsibility within the organisation, contributing in varied and impactful ways. From supporting studio cleaning and organising, to



to using their creative skills to support partnership work, their contributions are invaluable. Members have been distributing Reachout leaflets around the local community, organising litter-picking events, making every single individual in the studio a hot drink and even selling their work to fund the purchase of a new sewing machine. They've also been instrumental in supporting new members as they familiarise themselves with our service and some have progressed into volunteer roles. So I'd like to take this moment to thank Reachout members of 2024!

Our dedicated team of volunteers continues to bring fresh skills and ideas to the studio, including tetra printing, rag dolls, weaving and supporting members through reading sewing patterns. Additionally, the increase in staff and volunteer-supported opportunities has been crucial in helping Reachout meet the growing demand for our services without compromising quality. Thank you for your continue support and generosity.

As part of my role as Engagement Manager, I've focused on maintaining consistency and routine for our members. By scheduling workshops on the same day and at the same time each week, we've upheld a structure that aligns with members' requests for workshop themes. Alongside this, I've worked on rebranding our website, transitioning to a content management system that makes it easier to update with fresh content. Recent updates include the Change, Make, and Inspire pages, showcasing members' work and feedback. I'd like to extend my gratitude to every member who allows us to share their





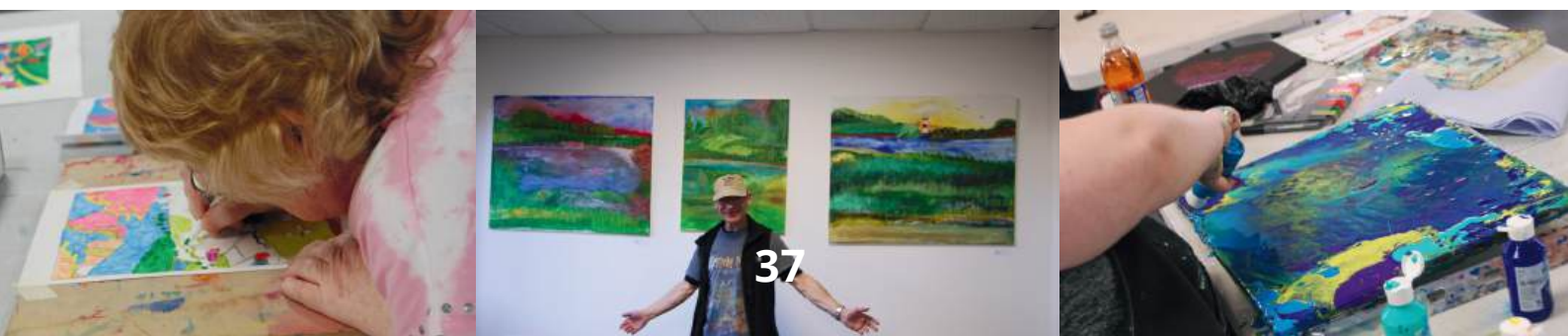


work online and to everyone who engages with our digital community. It's heart warming to see the same care and support in our digital space as we have in the studio.

In October, we were thrilled to welcome Rowan to the team as part of a job creation scheme. Rowan has seamlessly adapted to their role as Studio and Admin Assistant, supporting studio operations, managing admin tasks, and being the first point of contact for our members. Their contributions have been greatly appreciated, and I'd like to personally thank Rowan for their dedication and hard work.

Within my facilitation responsibilities, I've observed a growing independence among members during painting sessions. Many are engaging in deeper conversations about their artwork, reflecting the supportive and open environment that Reachout creates. Art is such a personal journey, and it's wonderful to see members sharing and discussing their creations so freely.

I have continued to deliver outreach projects to extend our services beyond the studio, working with external organisations. For example, we collaborated with Home-Start, engaging families through the Play in the Park programme and working with the Mum's Wellbeing Group in our studio to create clay sculptures and vases. With Clacks Educational and Psychological Services, we engaged young people in local primary schools through Creative Interventions for Children, which involved activities like creating superhero costumes, meditation visual soundtracks, spray-painted abstract paintings, and more.





At the Wasps Community Club, we transported ourselves into imaginary worlds using blue-screen technology. Additionally, we supported people with dementia through watercolour painting sessions with Townbreak.

These external projects have allowed us to share the joy of creativity with diverse groups, showcasing the power of art to connect and inspire. As we reflect on a year filled with growth and achievement, I'm grateful to every member, volunteer, staff member and partner who has made it all possible. Together, we've created a community where people and creativity thrive, and I look forward to building on this success in the years to come.





## Artist Facilitator

George

One of the most rewarding aspects of the year has been witnessing members take on increasingly ambitious sculptural projects. In animation, members created plasticine models of figures such as Ed Sheeran and Blackpink for their ultimate festival lineup, as well as a stop-motion project recreating scenes from Pulp Fiction and Training Day.

In clay workshops, Hagrid's hut, built from clay slabs, a life-size boxing glove made from coiled clay, and a cat perched in an enormous cup of tea were among the pieces created by members. These pieces demonstrated incredible patience, an investment of time, and a deep understanding of the materials.

This year, I was especially struck by the sense of collaboration that arose within multiple projects. One standout example was our partnership with Artlink Central on the 'Our Street' project. Members worked alongside Artlink participants to create detailed cardboard structures, which were displayed as part of a communal street at the



Bellfield Centre in Stirling. It was wonderful to see Reachout members share the skills they had acquired over the years, particularly in animation and model-making, with new participants. The project culminated in a collaborative animation that brought together everyone's work, and it was a pleasure to see the pride and excitement of the members as they viewed the final installation. Another memorable moment came from our work with Cowden Japanese Garden. Members, alongside local community groups, engaged in an animation project that resulted in a film displayed in the stunning surroundings of the garden. Seeing members' enthusiasm and pride as they watched their work come to life in such a beautiful setting was truly a highlight of the year.

This year, I have continued to deliver creative therapeutic sessions to primary school children, which has been incredibly rewarding. It has been wonderful to see the positive impact that creative activities can have on young people, and I'm immensely grateful to be a part of it. In addition to these projects, I have been consistently impressed by the welcoming and supportive atmosphere that defines Reachout.

Members have shown a strong sense of community, not only by sharing their creative skills but also by encouraging and supporting one another. This was particularly evident at the Reachout Christmas party, where the music group's performance was full of joy, energy, and a real sense of inclusivity.





## Craft Facilitator

Anne

My last comment from my 2023 report was 'Anyone for copper wiring and mosaic?' and the answer was yes and yes. We held 9 copper wire sessions and 20 ... Yes, 20 sessions of mosaic! I can see more happening in 2025!

Over several years at Reachout I have introduced many crafts to members within our positive, creative environment and have always been surprised by how many consecutive sessions were attended. The mosaic workshops are a prime example where enthusiasm, independence and creative problem solving were observed in abundance. Through the extended workshop run, members became relaxed and confident, building a supportive network sharing ideas and providing support.

I always try to be approachable, and this enables participants to have the confidence to voice their opinions, and importantly feel their opinions are being valued. There are always creative problems to be solved and sharing ideas with others often helps.

We regularly observe members building skills as well as improving wellbeing and showing pride when their creative projects are displayed in the studio.

I always try to support members and volunteers to become confident enough to collaborate with others and eventually deliver workshops, at first with support and then independently. At times this determines the type of workshops I organise and deliver, building community and partnership.

The craft based community within Reachout has continued to build this year with our 'Good Cause' project. Several members made sensory fiddle items which were donated to Town Break, a dementia charity, in Stirling. These were very well received, and I was overwhelmed at the generosity displayed by our members through the number of items they made. I felt many of our members appreciated having a positive reason to craft and were delighted as bag upon bag were filled.





Robyn, our generous member, bought tote bags which she embroidered and sold enough to purchase a new sewing machine which is used in the studio.

Both these efforts ignited the idea of fundraising, so we collated views and soon had regular fundraising workshops on Monday afternoons where members met and made items to sell within the community. Collaboration was very obvious with members sharing skills to complete projects. We soon had 3 fayres organised to attend in the community as well as within the studio. This was an excellent venture on many levels. Firstly, promoting what we do at Reachout; secondly, empowering members to recognise the value of their work and witness why someone would spend their hard-earned money on it; thirdly, fostering a sense of community by building a support group that encourages members to take ownership of tasks, push themselves, and step into more responsible roles; and finally, raising funds to acquire more resources, while simultaneously developing and refining our processes.



We will soon meet to decide which resources to purchase as well as discussing what went well and how we can improve our fundraising in the future.

I'm sure more new crafts will be introduced in 2025 and I'm looking forward to attending more sessions where members and volunteers are delivering the workshops.







## Work Placement

Stacey

I was referred to Reachout through Clacks Works as part of the Tackling Child Poverty Job Creation Scheme. I had been volunteering for Marie Curie from home, as well as volunteering for Thrive once a week which involved delivering mental health training programmes to other participants and helping them to achieve deliverable goals. However, I hadn't worked for over 20 years so Clacks Works supported me through the application process to Reachout, including helping me prepare for the interview. I was delighted, but very nervous, when I was offered the opportunity to join Reachout on a work placement for 5 months.

***“I was delighted, but very nervous, when I was offered the opportunity to join Reachout on a work placement for 5 months.”***

To start with, I worked 8 hours a week, but that increased to 12 hours as I gained confidence in my role. The staff and members were all very friendly and welcoming, and I felt a part of the team very quickly. I supported the Finance & Governance Officer and the Senior Facilitator & Engagement Manager with basic administrative tasks in the studio, which helped improve my IT skills – updating policies on Word, creating financial spreadsheets on Excel, updating members' details on Access, creating and booking workshop attendance on Outlook etc. I also covered the reception desk on a regular basis, answering the phone, meeting and greeting members, and handling fees and petty cash. This was all great experience for me and helped improve my self-confidence. I even took part in some of the volunteer-led workshops, creating Christmas and other seasonal crafts which I was able to do with my daughter at home.

All this experience gave me the confidence to apply for a role at Citizens' Advice Bureau once my work placement at Reachout finished, and again, with some support from Clacks Works and the Reachout staff with the application process, I am delighted to now work part time at CAB. Without the experience and confidence I gained at Reachout, I don't think I'd be in employment now.

***“Without the experience and confidence I gained at Reachout, I don't think I'd be in employment now.”***



**Treasurer**  
**Graeme**



## **Financial Results for the Year Ending 31 March 2024**

The financial statements of the charity for the year ending 31 March 2024 were prepared in accordance with accounting policies and standards and have been independently examined by accountants Arm in Arm Accounting. Full financial statements can be accessed online.

### **Results in overview**

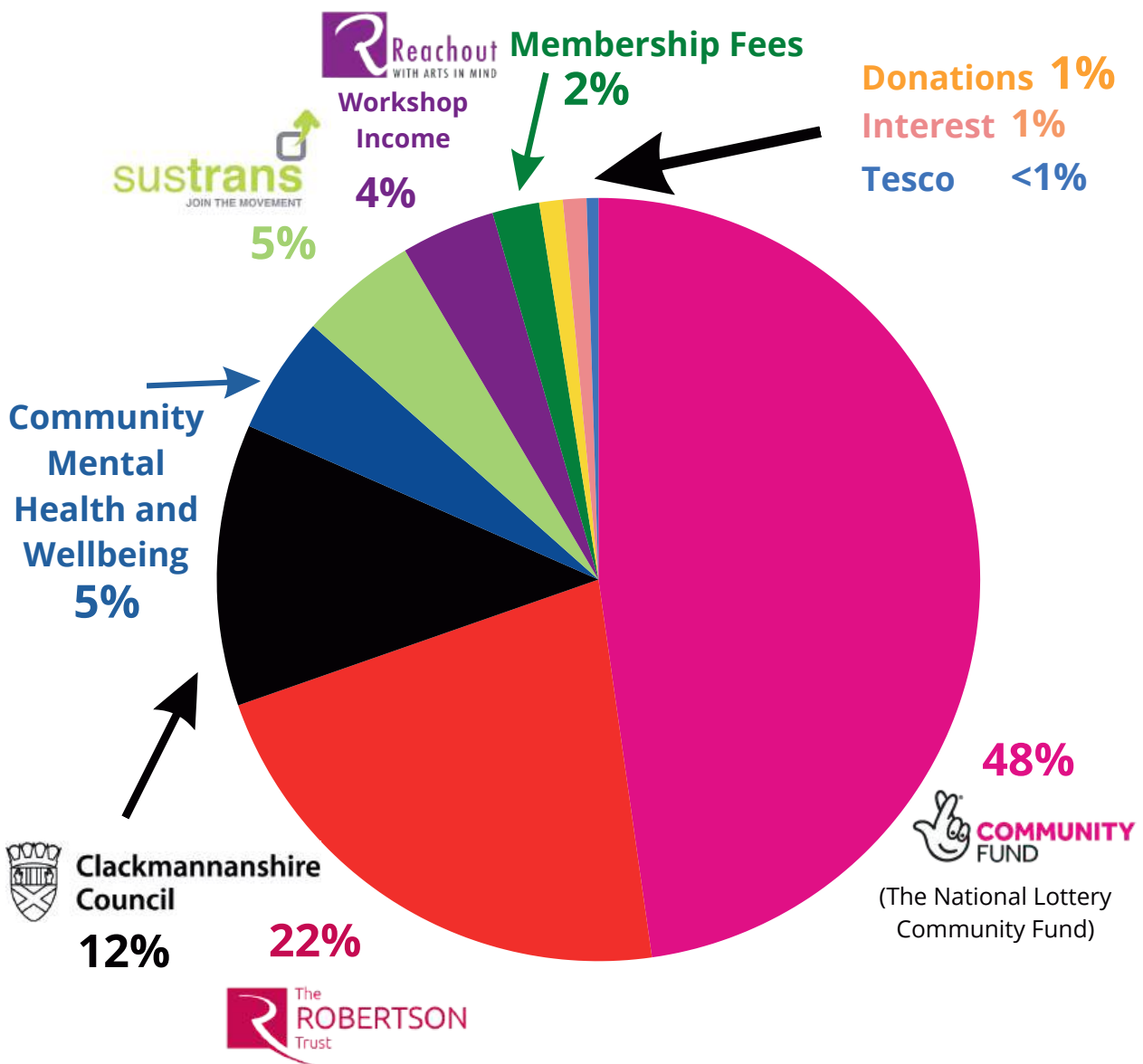
During this year, overall income of the charity was £218k (2023: £197k) with a net surplus of £19k (2023: deficit £2k) made up of:

- Income from grants was £201k, compared to £165k in the previous year. The increase is due to £48k grant from the Robertson Trust (£30k from a previous grant and paid in April 2023, and £18k for a current grant, paid in March 2024), and £20k from Clacks Council as part of the No One Left Behind programme.
- Expenses remained static at £199k in the current year. Despite continued increased costs of salaries, materials and utilities, we have exercised stringent financial controls to keep expenses at the same level.

# Income

- The charity's total income for the year was £218k (2023: £197k), an increase of £21k on the previous financial year. A decrease in the amount generated by workshop income was offset by an increase in grants.
- Of the £218k income for 2023/24, £201k was generated by grants – other sources of income included £14k from workshop income and membership fees, and £2k from donations.

## Total Income 2023 / 2024



# Income received

	Year Ending March 2024	Year Ending March 2023
National Lottery Community Fund	£105,000	£107,590
Clackmannanshire Council (incl NOLB)	£26,807	£11,438
Mental Health and Wellbeing	£10,000	£10,000
The Robertson Trust	£48,000	£34,500
The Yorkshire Building Society		£1,900
Sustrans	£10,000	
Tesco Groundworks	£1,000	
Subtotal	£200,807	£165,427
Other Income	£17,542	£31,409
Total	£218,349	£196,836

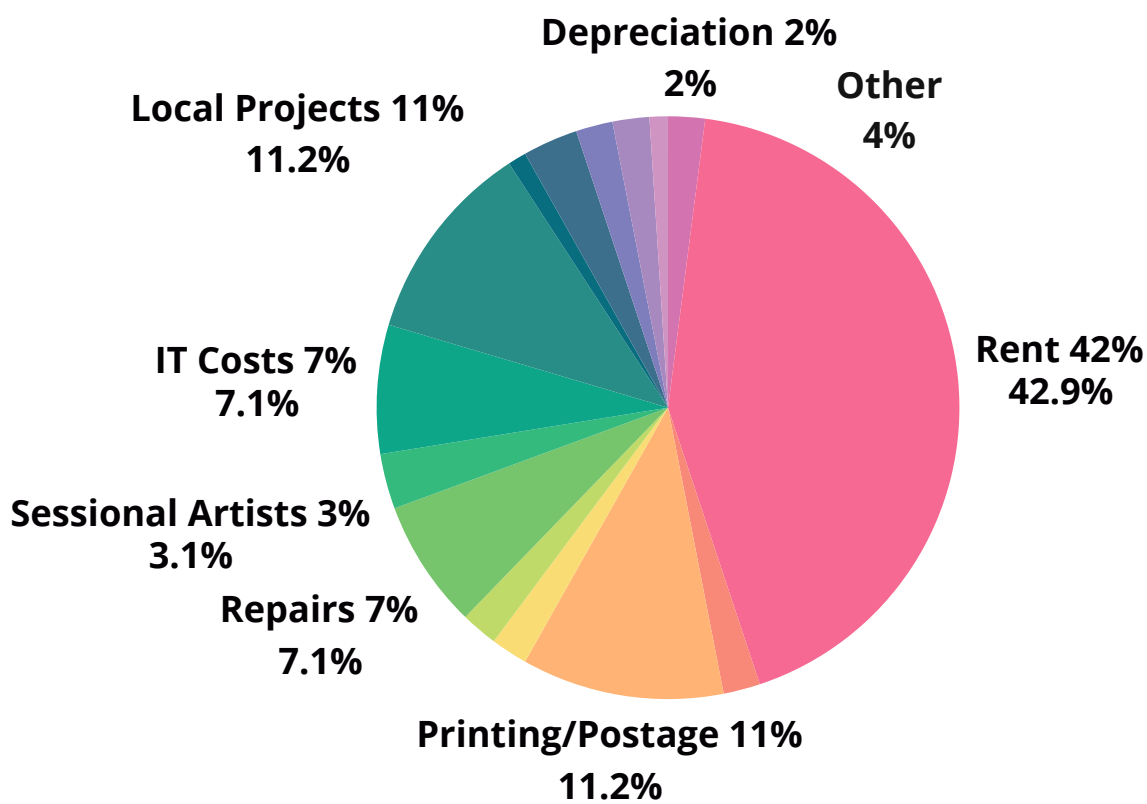
In the current financial year, **2024/25**, grants have been awarded from the following -

Postcode Lottery	£25,000
Stirling Employability	£7,800
Community Mental Health & Wellbeing	£10,000
Glasgow University Internship	£1,920
NOLB	£10,000
Garfield Weston	£25,000
The Robertson Trust	£18,000
National Lottery Fund	£100,000
Total	£197,720

# Expenditure

Total resources spent was £199k (2023: £199k). While staff costs decreased by £6k in the year, other costs such as materials, rent, postage, repairs and maintenance, and IT costs increased. For a detailed breakdown of expenses, please refer to the annual accounts.

## Total Expenditure 2023/2024 excluding staff costs



## Financial position as at 31st March 2024

The balance sheet shows total funds of £270k. 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.



***“I’m so glad I’m here. I’ve had such a hard couple of days but I love coming down here, knowing I’m around such kind people.”***

*- Member quote*

***“When I’m feeling anxious my hands feel like a spare part but focusing on something creative helps to calm me down and bring me back down to Earth. That’s why Reachout is so great.”***

*- Member quote*





Scan to visit our Youtube Channel



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Annual Report designed by Engagement Manager Leanne Dewar

*Reachout is a registered charity: SC023779*

*Company number: SC373771*