



# Reachout

WITH ARTS IN MIND



## 2016 Report

24 years as an innovative and award winning expressive arts and mental health self-help organisation





**“Art helps us access and express parts of ourselves that are often unavailable to other forms of human interaction. It flies below the radar, delivering nourishment for our soul and returning with stories from the unconscious.**

**A world without art is an inhumane world. Making and consuming art lifts our spirits and keeps us sane. Art, like science and religion, helps us make meaning from our lives, and to make meaning is to make us feel better.”**

**Grayson Perry Artist**



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## **Reachout's Vision**

Reachout is an organisation mobilising arts and creativity for the cultural, social and economic regeneration of Clackmannanshire. In addition to delivering community based creative arts and wellbeing activities for adults experiencing mental ill health, we also provide resource and know-how to others through educational youth workshops, events, volunteering opportunities and during 2016 employability training delivered by our trading arm.

## **Our Values and Goals**

Reachout & trading arm Art'n'Mind utilises the creative arts as a means of improving confidence, self-esteem, motivation and aspirations for adults experiencing mental ill health and barriers to employment as a route to recovery and eventual return to the work place; through delivering services focused on education and progression, with sustainable employment as the ultimate goal.

## The Organisation

Reachout is an innovative award winning expressive arts and mental health self-help organisation based in Alloa, celebrating it's 24<sup>th</sup> year delivering activities and support that improve lives.

We are known locally, nationally and internationally as a model of good practice, and have received awards for artistic collaboration and learning from H.M.I.E, Scottish Learning Partnership, Clackmannanshire Council & Engage Scotland.

“It's a self-help group, self-managed by members, giving members a sense of ownership and commitment is a significant factor in Reachout's success”

Using expressive arts & performance as the vehicle; the service delivery model promotes informed wellbeing choices and mental health awareness to maintain wellbeing and prevent relapse.



## The Service

### Our Participants

Reachout is open to adults experiencing mental ill health, disability, carers and those disadvantaged experiencing barriers to mainstream services aged 16+.

### What we do

Reachout has continued to develop and revise service developments. Our service delivery has evolved due to increased referrals and increased needs of the membership. Reachout is an empowering community led project, led by the local Clackmannanshire community.

- **Self-help drop-in five days per week**
- **Access to expressive and creative arts, crafts & music workshops led by professional artists and musicians**
- **Confidence building training programmes**
- **Mutual aid and peer support from members**
- **Access to practical and emotional support**
- **A member-led model, which provides a safe space for members to explore their creative needs**
- **Reachout supports members to develop links with wider community activities**
- **Educate the local community to gain a better understanding of mental health issues**
- **Engage students in mutual learning sessions**

“Reachout is a life line for me!”

## The Organisation focuses on the following priorities:

### Creativity

Improving health and wellbeing through informed choices

Identifying & engaging with those most vulnerable in society

Anti-stigma campaigning

Education, Progression & Employability

Enterprise in the creative industries

## Reachout works within National Mental Health Outcomes

Increasing social connectedness, relationships & trust in families & communities

Increasing social inclusion and decreasing inequality & discrimination

### Referrer quote:

*“Reachout has been around for over 24years. I have been taking people to visit for a number of years. The people I have taken found that Reachout is a place where they feel relaxed and are able to work on their own projects and can be part of workshops that are arranged at Reachout. They enjoy the friendly atmosphere and freedom to express themselves in their art...”*

*...The social group enjoyed their visits and participating in activities. Everyone participated in the activities even though they said “I won’t be able to do that”, and did it with a lot of enjoyment”. Garry Jackson Community Access Team*

## During 2016 we worked with:

- **86** members aged **16-75**yrs
- **13** volunteers from across Forth Valley
- **9** mutual learning students
- **4,436** attendances were made in Reachout studio
- Worked in partnership with **33** external referrers



## Members Feedback Reports Oct 2016

**88%** of members reported **“Reachout helps me feel more connected to other people, less isolated, more involved”**

**88%** of members reported **“Reachout helps keep me occupied and gives me structure”**

**81%** of members reported **“Reachout makes me think more creatively”**

**77%** of members reported **“Reachout helps me manage my condition better”**

**77%** of members reported **“Reachout helps me develop more practical skills”**



### CEO REPORT Lesley Arthur

This undoubtedly has to be known as a year of celebration and success for our beneficiaries within our 2 companies Reachout With Arts In Mind and social enterprise Art’n’Mind - The Makers Gallery & Bistro.

Reachout established Art’n’Mind - The Makers Gallery & Bistro in 2011 to provide education, progression and employability for local adults experiencing mental ill health and barriers to employment.

The 5 year 5 stage Employability Programme was funded by Coalfields Regeneration Trust, Big Lottery Life Transitions Programme, People & Communities Fund, The Robertson Trust and a cocktail of smaller grant giving bodies.

During 2016 Reachout has undertaken a business and service review with staff, members and stakeholders with a view to improving service delivery and increasing beneficiary outcomes. The review was supported by Community Enterprise who undertook a review of similar Employability Projects looking at business models and challenges. Following the review Reachout board of directors agreed to revise Reachout service to better meet the increasing needs of current membership and close The Makers Gallery & Bistro at the end of the 5 year Big Lottery project funding June 2017.

Although outcomes from The Makers Gallery& Bistro were successful for beneficiaries it operated with the goal of becoming self-sustaining gifting any profits to the parent charity Reachout however due to large delivery costs it continued to be reliant on a large element of grant funding.



During the **5** year programme **155** local adults engaged on the Employability Pipeline. **1** in **3** gained employment, **6** of those trainees were employed by the parent company Reachout and The Makers Gallery & Bistro.

Our training programme worked in partnership and collaboration with Forth Valley agencies including Integrated Mental Health Service, Job Centre Plus, St Modans High School & Learn Direct to identify and engage with local adults experiencing challenging circumstances.

The passion and commitment from our staff team explored creative ways of improving health and wellbeing whilst delivering a range of transferable skills and training.

The project delivered a diverse portfolio of creative activities including creative arts workshops, a cultural and creative events programme, themed dinner events, accredited REHIS training to the local community, and outside catering.

The bistro gained a Certificate of Excellence on Trip Advisor, runner up at Learn Direct Inspiration Business Awards 2015, runner up at Clacks Hospitality and Business Award 2016 and nominated to Visit Scotland Scottish Thistle Awards Best Informal Eating experience 2016.

The gallery supported by Gallery Patron International local artist Lys Hansen worked with 120 local, national and international artists and makers providing a platform for their brands and products. Beyond the studio Art'n'Mind Creative Industries trainee programme nurtured inspiring artists and makers through collaboration and guidance from professional artists and designers to gain hands on creative learning, and personal and professional tools required to develop and launch successful businesses within the creative industries.

A warm thank you to all our loyal customers for supporting our social enterprise, through buying products and services, provided opportunities for local adults experiencing barriers to employment.

Exciting times lie ahead for Reachout to lay the building blocks to the future all of which couldn't have been possible without the support from our members, volunteers and staff; for embracing organisational change and a vision for the long term future.

Thank you for continuing supporting our journey”.





## Chairperson Report Sheenagh Simpson



When I'm not being Chair of Reachout, my "day job" is in public policy. I get numerous emails every day that aim to point me in the direction of new research, government initiatives, best practice and many other things that generally get a cursory glance before I hit the delete button.

However, one of these messages caught my eye recently: it directed me to a report on an English all-party parliamentary inquiry into arts, health and wellbeing. Three headline findings of the report were:-

The arts can keep us well, aid our recovery and support longer lives better lived.

The arts can help meet major challenges facing health and social care, ageing, long term conditions, loneliness and mental health.

The arts can help save money in the health service and social care.

Reading this, it struck me that this was a validation of everything Reachout has been seeking to achieve since its inception nearly 25 years ago. It was especially heartening to read at the end of a year where we have seen the closure of a very important chapter in the history of the organisation.

The Makers Gallery and Bistro, the trading arm of Reachout, had to close in March 2017 as it could no longer operate without a significant amount of revenue funding. It was a tough decision to make, and not one that was arrived at lightly, but it also gave us the chance to reflect on all that had been achieved during the five years that the Makers Gallery and Bistro served the community with great food and products, and functioned as a respected social enterprise.

The trainees that went through our structured employability programme were provided with the confidence and skills to re-enter the labour markets and many have since gone onto new careers, further education or have established their own businesses.

I was only around for part of the Makers Gallery and Bistro journey but am proud to have been one of its directors. I think everyone involved can celebrate its achievements and I would personally like to thank all the staff who gave their time and commitment to the organisation over those five years.



Now, turning the spotlight onto to Reachout, there is much to celebrate here as well. We have recently secured a significant sum from the Big Lottery which in addition to our existing funding that will allow us to continue to offer the services that our members value. We are also in the early stages of developing structured programmes that will allow members, both old and new, to truly realise their potential as artists. We will continue to work with our extended family of professional artists who have provided inspirational sessions during the year. Whilst I'm not in the studio as much as I'd like to be, I follow it on Facebook and have seen many examples of high quality work – keep going guys!

Finally, I'd like to thank all Reachout staff, fellow Board members and volunteers who have remained positive and constructive through what has been a challenging 12 months. But I believe we have exciting times ahead as we continue to fulfil the ambitions outlined at the start of this report. I hope to carry on playing my part in the leadership for the organisation over the coming year so, to coin a phrase, onwards and upwards!



## Members Report Comments

“ I like meeting new friends in Reachout as it helps me to cope with life. Learning new skills here has been a pleasure. This is a lifeline. I am able to motivate my day with Reachout’s support”.

“I love Reachout because everyone is cheery, I meet new people and learn arts and crafts”.

“Encouraging the social aspect, “banter with the boys”, “connecting with people” and the opportunities for peer support”

“Opportunities to be creative, expressive and improve skills”

“Listening: the staff are empathetic, understanding, and helpful”

“It’s simply a chance to get out of the house to build self- esteem and confidence and to be challenged”.

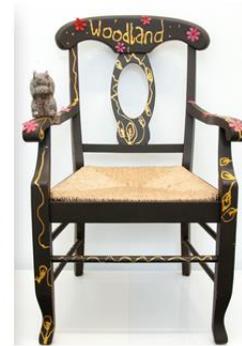
“If I didn’t come here I wouldn’t leave the house”

“I feel that Reachout is a sanctuary for people with mental health conditions. I feel I can have a laugh with others on my wave length without being judged and it's so much fun ”





**Sit  
With  
Me**



## Why I come to Reachout With Arts In Mind

by **David Watt**

*“I was diagnosed with schizophrenia in my teenage years, this was before I had the right to vote and at that time I had no legal or policy representation within life. Before developing schizophrenia I was employed locally in Dollar. As well as making a great success at martial arts wrestling and contributing much of my employment I developed schizophrenia at the age of about 17 years of age. My parents were a great and loving and loyal support through difficult times.*

*My goal in life after I left school was to be a professional sportsman and businessman. On coming to Reachout with Arts In Mind I have developed skills within art that I can apply to my business education and lifestyle. This helps me to be more confident in my business life as well as handling cash and life negotiations. My thanks go to the present staff, management and the previous Admin Secretary.*

*Reachout With Arts In Mind is a great place where I can explore new ideas that I intend to develop and help me achieve future goals.*

*Many thanks, well wishes and hopes for the future life that I have filled with promise, prospect and ambition”.*

## Volunteers Report

Reachout take great pride in the valuable contribution made by our dedicated team of volunteers who have supported both our membership and organisation.

### Board of Directors

#### Appointment and Termination of Directors January 2016 – December 2016

**Sheenagh Simpson** Chairperson/Art'n'Mind Director

**Dr Ian MacDonald** Vice Chairperson

**Emma Scott-Smith** Secretary

**Fraser Kennedy** Treasurer

**Craig Machan** Director

**Jennifer Rutherford** Appointed Director 28<sup>th</sup> May 2014  
termination of appointment 28 March 16

### Volunteers

**Becky Wood** (Craft Workshops, member support)

**David Farquhar** (Stained Glass Workshops)

**Jennifer McGuire** (Studio, member support)

**Fiona Penman** (MGB Trainee, Abstract Art Workshops)

**Scott Simpson** (Drawing Workshops)

**Collette O'Sullivan** (Drawing & Painting Workshops)

**Tracy Waddell** (Craft Workshops)

## Volunteer Stories

### Dr Ian MacDonald Reachout Director

*“I found out about Reachout in 2015 whilst working for another charity providing support to mental health carers in Clacks and Stirling.*

*Some of the people I worked with were also members who used Reachout and it was clear it played a critical role in helping to maintain their own mental health and wellbeing. In 2016 I was delighted to be invited to join the board by Lesley, and it is proving a thoroughly enjoyable volunteering experience. I am learning much about the tireless work that goes on behind the scenes to make this charity keep ticking along, and the challenges in governance faced by a small charity.*

*Reachout has become a fundamentally important resource in the mental health network in Clacks, particularly for those looking for longer term support for their wellbeing. It is a privilege to be volunteering with the charity and its staff, volunteers and members. My contribution is small compared to others, but it is a pleasure in giving something back to the community”.*





## Studio Workshop Volunteer & Member

### David Farquhar

*“In 2000/2001 I was in Clackmannan County Hospital where I discovered I was Bipolar.*

*I only then found support with Garry Jackson, Community Access Worker who introduced me to Reachout and Paul McShane Community Psychiatric Nurse.*

*I started looking for interests to occupy myself. I spent 5 years on a Tuesday night doing upholstery then on a Monday night I found stained glass workshops. This started my interest in the subject.*

*The mask represents this interest. It is not for wearing due to the heavy weight. It is really only for show and to show what can be done with glass.*

*I am not only a member in Reachout I am also a Stained Glass Workshop Volunteer delivering classes to fellow members and support the day to day running of the studio”.*

## Reachout Activities and Events Review 2016

Reachout works with both professional and volunteer artists, crafts workers, writers and musicians to deliver creative 4 – 6 week programmes

**Members 'Passion & Light' Exhibition The Smith Art Gallery, Stirling led by Artist Iona Leishman**

**Reachout Volunteer David Farquhar Stained Glass Workshop**

**Reachout Volunteer Becky Wood Monday supported learning disability group**

**Reachout Volunteer Becky Wood Tuesday & Thursday supported learning Craft & Laugh Group**

**Youth Services Creative Activity Agreement March – Dec 2016 Artist Jamie Glenday, Hannah Ford**

**Artist John Cowan Willow Workshops**

**Iona Leishman Artist Drawing & Painting Workshops**

**Community Volunteer Artist Tracy Waddell Papier Mache Mask Making Workshops**

**Volunteer Artist Scott Simpson Drawing Workshops**

**Members research trip to Scottish Parliament Edinburgh**

**MGB Trainee Fiona Penman Abstract Art Workshops**

**Reachout members participated in Tullibody Healthy Living annual 'Big Fit Walk' & lunch**

**Reachout Klacksun Creative Workshops**

**Reachout Annual General Meeting held in Reachout Studio**

**Iona Leishman Artist 'Still Life' Mixed Media Workshops**

**Jamie Glenday Artist Photography Workshops**

**Volunteer Artist Collette O'Sullivan Watercolour Workshops**

**Young People Outreach Project with Clackmannanshire Young Carers 'Sit with Me' upcycling & short film workshops with Hannah Ford & Jamie Glenday**

**Donna McLean Citizen Advice Bureau money/energy saving workshop**

**Reachout launch of 'Time' exhibition at Stirling University**

**Pathfoot Building in partnership with SMHAFF collaborating with FDAMH and Artlink Central**

**Maddy Wood Book Trust Workshops**

Laura Fyfe Artist Creative Writing Workshops in partnership with Book Trust

Reachout Halloween party in studio

Volunteer Artist Scott Simpson Charcoal Workshops

Artist Tracy Waddell Snowmen Workshops

Reachout Members Development Day

Reachout Partners & Stakeholders Development Day

Reachout members Scottish Book Trust Exhibition of Artworks and Creative writings showcased in Atrium, The Makers Village

Member Led Pumpkin Carving Workshops

Reachout members Christmas trip 'Weans in the Woods' pantomime MacRobert Stirling

The Makers Gallery & Bistro Events Review 2016

- MGB Upcycling Furniture Workshops led by Hannah Ford
- MGB REHIS accredited Cooking Skills course
- MGB REHIS accredited Food Hygiene Training

## Reachout Staff

Lesley Arthur – *Chief Executive Officer*



Lynda Smith – *Company Secretary*

Claire McLaughlin – *Financial Officer*



Polly Welch – *Book keeper*

Maddy Wood – *Arts Resource Worker*





# the makers

GALLERY & BISTRO

Art Works & Delicious Food



“A hidden treasure”

“Great venue to meet friends”

“Delightful, Artistic Atmosphere and Good Food”

## Art'n'Mind Staff

**Lesley Arthur** – Chief Executive Officer

**Claire McLaughlin** – Financial Officer

**Joanna Majerowska** – Head Chef

**Susan Alcock** – Front of House Supervisor

**Rosa MacPherson** – Trainee Coordinator

**Adrienne Maclean** – Enterprise Coordinator

**Hannah Ford** – Artistic Curator/Enterprise Coordinator

**Hayley O'Gara** – Gallery Coordinator

**Katie Ryan** – Relief Chef

**Sally Cameron** – Relief Chef

**Kay Dennet** – Relief Front of House

**Jacqueline Simpson** – Relief Front of House

Reachout Social Enterprise trading  
Art'n'Mind – The Makers Gallery & Bistro

Our ethos and values include:

**Education & Progression**

**Employability**

**Helping people into work**

**Improving Health &**

**Wellbeing to sustain**

**employment**

**Access to Culture & Creativity**

**Enterprise in the Creative**

**Industries**



### Catering as a Bistro Trainee. This programme offered:

Accredited qualifications in Elementary: Food & Health, Cooking skills and Food Hygiene.

Work under the guidance of a professional chef

Learn everything from improved knife skills to producing quality dishes and cake baking and decoration.

Work as part of the kitchen team in a commercial bistro environment, on outside catering and on the development of enterprise projects.

### Hospitality as a Front of House Trainee. This programme offers:

Accredited qualifications in Elementary: Food & Health, Cooking skills and Food Hygiene.

Work under the guidance of an experienced Front of House Supervisor.

Learn everything from improved table service to presentation and customer service skills. This will include cash handling, operating a computerised till system and operation and maintenance of a coffee machine.

Work as part of the Front of House team in a commercial bistro environment.

### Catering as a Bistro Trainee. This programme offers:

Creative, Retail & Business Skills as a Gallery & Enterprise Trainee. This training offers;

Retail skills in stock management, product sourcing and merchandising in a commercial gallery environment.

Business skills in marketing, administration and branding.

Work under the guidance of practising artists and designers.

Learn everything from product photography and Photoshop skills, to setting up and exhibiting art work and how to conduct market research.

Work as part of the Enterprise on income generating ideas and projects.

Identify and develop your own creative potential.



## Beneficiary achievements to date

**155** trainees have actively engaged (with the programme employability pipeline)

**11** trainees established their own enterprising initiatives (both from catering skills & creative enterprise)

**37** trainees gained employment (with 2 entering into external social firms)

Reachout and The Makers Gallery & Bistro employed **6** of those trainees (1 in Charity and 5 in Social Enterprise)

**28** trainees accessed positive destinations (9 Further Education,

20 entered into volunteering and 6 commencing training)

**12** trainees delivered peer support to others

**61** trainees gained accredited qualifications

**21** trainees undertook non accredited training

**11** trainees completed a short term work placement across Clackmannanshire & Stirling



## Rosa Macpherson Trainee Coordinator

*“I am very proud to add The Makers Gallery & Bistro Trainee Coordinator to my CV following the four years I have spent helping to develop this very valuable piece of work.*

*It was never really a job to me, not when I was working on a daily basis with such dedicated colleagues, trainees and partners. The courage, determination and perseverance I witnessed on a daily basis from people who needed a nurturing yet structured training environment to help them overcome barriers to employment was a constant inspiration to me both professionally and personally. To play a part in someone’s rediscovery of themselves, to witness them identify and develop their own talents and skills was indeed soulful work. This undoubtedly has been a true privilege to have worked with you all”*

## Kevin Harrison Director Artlink Central

*“Congratulations on a significant and impressive social enterprise programme, the experience and dedication of those involved will continue long into the future with Reachout”.*

## Lesley Kettles Teacher St. Modans High School

*“My pupils benefited from confidence building in a very nurturing and supportive environment for work experience”*

## TRAINEE STORIES

### Maddy Wood

Trainee to Arts Resource Worker & Professional Illustrator



*"I came along to Reachout to become a member and access Reachout studio and was introduced to The Makers Gallery & Bistro. I started this journey as a gallery trainee with The Makers Gallery and Bistro because I wanted to improve my confidence and learn new skills in Sept 2013."*

As a Gallery trainee Maddy learned about stock control, exhibition and events management and hosted workshops for children as part of Easter play schemes.

Maddy was given more and more responsibility until she felt confident enough to apply for the position of Arts Resource Worker for parent charity Reachout with Arts in Mind initially via Community Jobs Scotland Sept 2014, this post was extended by Reachout beyond the short term CJS contract.

She has been working on re-invigorating the Studio and inspiring the members to get involved. She also developed an exciting calendar of creative workshops and kept their social media and website up-to-date.

***"My time on the Gallery training programme really prepared me for this job. I learned how to talk to people from all walks of life. I now feel comfortable interacting with Reachout member's every day and using my own experience as a Gallery trainee to help them develop and grow. "***

Maddy is also a Manga Illustrator, a skill she developed into a business during her time as a gallery trainee. Spending time curating other artists and designers gave her the knowledge to push her artwork to the next level with marketing and branding.

As well as exhibiting her work in The MacRobert Centre, Alloa Pop Up Show, 6 Foot Gallery in Glasgow and in The Makers Gallery and Bistro itself Maddy developed a business plan and website which helped her to secure a business loan.

***"Since becoming a trainee my confidence has grown a lot. I have reached goals and aims that I didn't think I could, which has made me feel a lot better about myself. I decided to become self-employed as an illustrator and I have now achieved this goal"***

Maddy aims to be able to work from home full time on her illustrations and graphic novel, and is using this experience as a stepping to commence Stirling University in August 2017.



## Kay Dennet

### Trainee to Relief Front of House Supervisor



Being one of the Maker's Bistro and Gallery's earliest trainees Kay has gone on to demonstrate to our new trainees how far they could go and how much they can achieve if they apply themselves with determination, motivation and hard work.

***"I began as a Front of House trainee in March 2013. On my first day, I was very nervous and a little scared after having been out of work for a while and I had no self-esteem or confidence. After only a few months of training I was told of a job opportunity as a catering assistant and that I should apply."***

It has now been four years since Kay finished her training at the Maker's Gallery and Bistro. During her employment here she was promoted to Relief Front of House Supervisor. As well as customer service she trained and supported project trainees.

Since August 2015 she has been enrolled at Forth Valley College and currently undertaking a Pathway to Social Care course.

***"Throughout my time at Maker's Gallery and Bistro I have become more confident. My self-esteem has improved and I feel more comfortable when I speak to customers. I feel at ease with new surroundings and new people and find that I am keen to help new and current trainees throughout their programme in any way I can."***

***The Makers Gallery and Bistro has had a large impact on me and in turn my home life. The support and encouragement from other staff members throughout my placement and employment has made me feel more valued as a person."***

***I feel confident taking on new challenges and feel proud with every new accomplishment I achieve. It was with this support and encouragement I felt brave enough to apply for college and hope to get the chance to work in a field that I support."***

Kay plans to continue with her college course and aims to progress to the HNC course in August 2017 leading onto an HND. She would like to become a mental health support worker to assist adults with mental health issues become independent and improve their quality of life.

## Elle Smith

### "Developing The Young Workforce" Trainee



Elle Smith began as a trainee as part of the Scottish Government initiative 'Developing the Young Workforce' which aims to better prepare children and young people for the world of work. Elle felt disengaged from school and felt that she would benefit from experience in a work environment.

Her work on the trainee programme over five months and the confidence gained here has helped her secure a place at college to study events management.

***"The most important part of this training programme for me was my improved confidence and the friends I have made. I wasn't a confident person at the start, but I have gradually come out of my shell - My Mum even noticed that I was much brighter at home.***

***I struggled at first with tasks, finding the work hard, but through the support I received I now sail through the tasks. These are skills that I will be able to use when I go to college and have a job. I've learned so much here, I feel prepared to begin my college course and I have become a happier person".***

## Darren

### Main Kitchen

### Trainee to Army Infantry



Darren was a participant in Reachout partnership programme with Wasps Community Club and Coalfields Regeneration Trust 'Sportworks'. Being unemployed for an extended amount of time had really impacted on his confidence and this was creating a barrier to achieving his goal.

Darren discovered the range of opportunities available in The Makers Gallery & Bistro and applied to work in the Bistro kitchen. He initially enjoyed being a responsible member of the team and the variety of tasks such as making scones, bread and chopping vegetables, and soon realised the positive impact the training programme was having on his life.

***"I am cooking more at home. I used to just make Pizza but now I make healthy soup for myself and my gran. Not only has my diet really improved, I also had to learn how to communicate with the team in the busy kitchen environment which made me feel more confident to put myself out there socially. Working in such a positive environment getting along with everyone I met gave me the self-esteem to increase my social circle."***

## Harmony Rose Smith

### Trainee to Self-employed Designer to Probationary Teacher



Whilst a student studying art & design at Forth Valley College Harmony approached Reachout to volunteer in the studio. Initially she thought she might be interested in teaching of some sort but wasn't sure if this was the career path she might follow.

She was also producing a successful range of art products and artworks under the pseudonym, Harry Roxford; everything from paintings, to greetings cards, jewellery and textiles.

Progressing to the Gallery & Enterprise Training Programme Oct 2014 Harmony developed her jewellery brand, led art discussions and portfolio workshops for Reachout members, and supported children with autism to participate in creative graffiti workshops through Reachout Outreach project funded by Cashback for Communities.

Now working full time as a probationary teacher in Struan School for those with Special Educational Needs, Harmony reflects that her training provided her the opportunity to change her life.



*"My training at the Makers Gallery & Bistro set me up for this. It allowed me to work with different groups of people, from Play Alloa to Reachout; being encouraged to plan and structure lessons; having to communicate appropriately with my trainers and my learners. I soon realised that teaching was for me. My confidence, social skills and communication with others outside of my family circle really benefitted me. I felt validated by this different environment and that was a big factor in my growing self-esteem and confidence."*

She now credits this tailored made programme of learning activities as helping her establish her future direction, giving her a level of freedom within clear negotiated boundaries within her self- development plan.

*" the activities and direction were well suited to my abilities and interests. It was very individualized and the additional focus on retail, excel, as transferable skills turned out to be very useful in the work I now enjoy."*

Harmony initiated and delivered a trainee evaluation workshop, where she encouraged fellow trainees to explore their feelings and opinions about their experiences of the training programme in both words and through different media. She later collated these findings and presented them as part of her personal development plan. She also completed a feasibility study for developing the garden area which required her to undertake questionnaires and report on findings.

## Alexx MacMillan

### Gallery & Enterprise Trainee

Alexx joined us as a trainee in 2016 after taking time out to raise her family. She had looked simply to gain relevant work experience, but soon came to realise that she needed to work on her self-confidence as well.

***"The programme offered me so many opportunities to gain new skills, build my confidence and learn how to work towards achieving my own goals. As well as the on the job training, I was given the chance to take part in a 'writing for the web' course and a mental health first aid course."***

Alexx feels a long term impact from her training is seen in her increased confidence and she has a more positive outlook when it comes to further training or employment.

***"I feel more confident than ever that I can find fulfilling employment in the future. The skills and experience I have gained make me feel more relaxed about overcoming obstacles and trying new things. I have made some new friends, and have even met someone special through taking part in this programme."***





## Financial Summary for Year ending 31 March 2016

### Incoming Resources

<u>Unrestricted Income</u>	£
Donations & Fundraising	653
<u>Grant Income (Restricted)</u>	
Big Lottery	107,282
People & Communities Fund	90,000
Clackmannanshire Council	47,200
Robertson Trust	15,000
Cash Back Scotland	8,500
Lloyds Bank	4,500
Sainsburys	490
<b>Total Income</b>	<b><u>273,625</u></b>

As the parent charity of social enterprise Art'n'Mind Ltd, Reachout with Arts in Mind receives grant funding on behalf of its trading arm. Of the £273,625 income received a total of £174,638 was transferred to Art'n'Mind Ltd during the financial year ending 31 March 2016; £107,282 Big Lottery grant and £67,356 People & Communities Fund. Therefore Reachout's actual income received during the year was £98,987.



24 Years empowering adults experiencing mental ill health



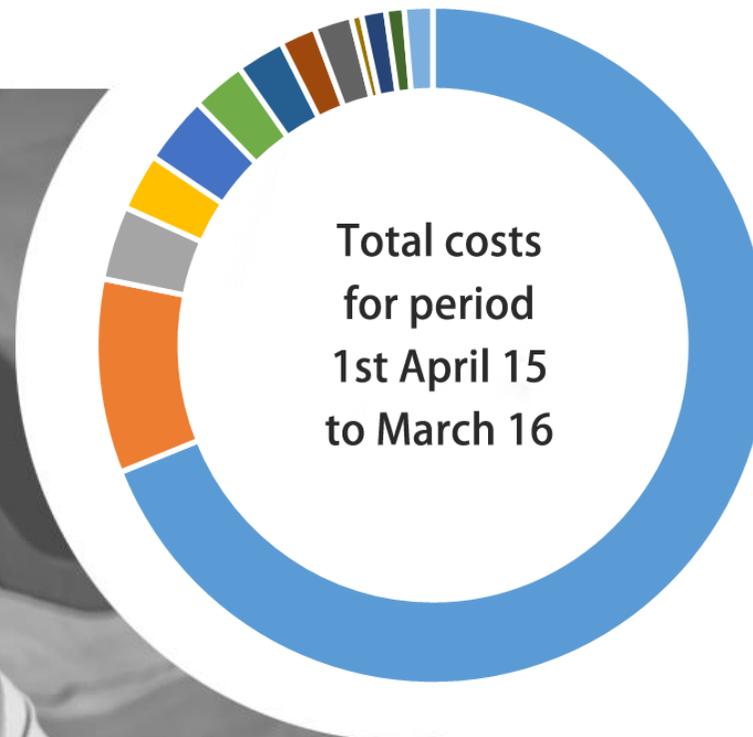
[reachoutwithartsinmind.org.uk](http://reachoutwithartsinmind.org.uk)



## Resources Expended

The total costs for the year for Reachout were **£90,033**. The main areas of expenditure include wages **£62,021**, Rent & rates **£8,347**, IT & Computer expenses **£3,167**, Light & heat **£2,456** and sessional artists fees **£2,960**.

The following chart shows a breakdown of all types of expenditure.



- Wages (69%)
- Rent, rates & water (9%)
- IT & Computer expenses (4%)
- Light & heat (3%)
- Sessional artists (3%)
- Legal & professional (3%)
- Art materials
- Postage & stationery
- Accountancy
- Training
- Volunteer expenses
- Depreciation
- Other (training, repairs, travel)

## Summary Balance Sheet as at 31 March 2016

	£
Fixed Assets	2,280
Current Assets:	
Debtors	
Investments	100
Cash at bank and in hand	<u>127,442</u>
	<u>127,542</u>
Creditors (short term)	(3,713)
<b>Net Current Assets</b>	<b><u>126,109</u></b>
Funds:	
Unrestricted funds	47,337
Restricted funds	<u>78,772</u>
	<b><u>126,109</u></b>



### Reserves Policy

Reachout has a general reserve at 31 March 2016 of **£47,337** and **£78,772** of restricted reserves. The Board of Directors maintain a level of reserves to ensure that sufficient resources are available should the organisation be faced with reduced funding support. Funding and reserves are monitored on an ongoing basis.

*Claire McLaughlin, Financial Officer*



With thanks and a promise to make the most of all we do



## Connections and Partners List

Action in Mind  
Addictions Recovery Service  
Adult Social Work  
Ark Housing  
Artlink Central  
Clackmannanshire Council  
Clackmannanshire Works  
Community Alcohol & Drugs Service  
Community Care Team  
Community Health Centre  
Community House

Community Rehab Team  
Criminal Justice Service  
Crossroads Care  
Enable Scotland  
Forth Valley Art Therapies  
FV Advocacy  
Heal The Whole of Me  
Integrated Mental Health Service  
Jobcentre Plus  
Key Housing  
Klacksun

Learning Disability Services  
MH Resource Centre  
Millbank Supported Accommodation  
NHS Forth Valley  
Raniach House  
Signpost Recovery  
Skills Development Scotland  
Social Services  
The Richmond Fellowship  
Venture Trust  
Whins Resource Centre

**“Art helps us access and express parts of ourselves that are often unavailable to other forms of human interaction. It flies below the radar, delivering nourishment for our soul and returning with stories from the unconscious. “**



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