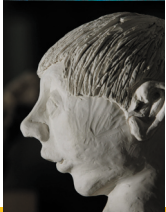
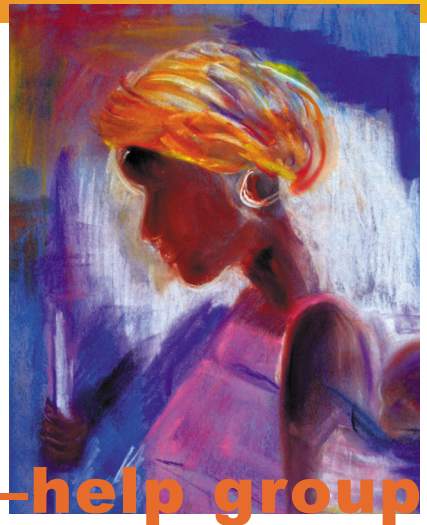


Reachout With Arts In Mind

Expressive Arts **self-help group**



Reachout With Arts In Mind, based in Alloa is known locally for campaigning to empower local people to develop a voice through raising awareness and challenging oppressive stereotypes of mental ill health and critically is known locally as a popular adult learning project, Using poetry, drama, animations, exhibitions and Outreach Events.

**1 in 4 people
will experience
mental ill health**

The group is self-managed by members, giving them a sense of ownership has been integral to the success of the project.

Reachout is unique within Forth Valley and over the years has developed an innovative model of support using creative arts as a route to recovery.

Local adults from ages 20 - 60 years some with chronic long term illness have used Reachout over the years, for others the workshops have served as a vital stepping stone, increasing self-confidence and enabling some members to find the road to recovery and eventual return to education, volunteering or part-time work.

Membership is FREE

**Open Monday - Friday
10am -3pm**

**To find out more about
Reachout:**

Reachout With Arts In Mind
4/8 Glasshouse Loan,
Alloa FK10 1PF

Tel: 01259 723666

Email: reach_out@tiscali.co.uk

website:
www.reachout.clacksweb.org.uk

Reachout is funded by Clackmannanshire Council, The Big Lottery, Lloyds TSB, The Robertson Trust and Coalfields Regeneration.