



There are times that we all can feel lost, vulnerable and needing someone to turn to for advice. Catalyst provides tailored mentored support to adults that find themselves in a helpless state, seeking direction and focus, helping shape their journey to more positive outcomes.

Catalyst activity works in collaboration with HMP Kilmarnock, delivering a relationship throughcare service within the prison, continuing post liberation and providing wider family support within the prison Family & Friends Hub. The overarching objective is to facilitate purposeful, positive re-integration into the wider community. This is often a daunting prospect but by ensuring that all immediate needs are met, we can then develop a tailored plan, working alongside our wider partners to support them to set and attain positive goals, including securing permanent accommodation, gaining new skills that lead to employment, entering education and breaking the cycle of reoffending.

Addiction, food poverty, isolation, unemployment and homelessness are key areas where support is required and people are often stuck in a cycle of worry, distress and hopelessness. Our experience has taught us that by introducing more “fun” activities alongside the work that stabilises the chaos, far greater positive outcomes are achieved, with participants building new positive social networks, developing a happier mindset, experiencing improved mental health and building personal resilience. With the arts at the heart of Catalyst, we actively encourage engagement in the wide selection of activities on offer from the Catalyst Voices, Art, Creative Writing, Guitar and drum tuition, Mindfulness, Walking , Cycling and Enterprise activities.

Crucially, the top support provided in Catalyst is Food.

Catalyst has been recognised at both the 2017 and 2018 Scottish Mentoring Networks Awards, winning Justice Project of the Year, Highly Commended Mentors and Highly Commended Volunteers accolades. If you or someone you know is in need of advice or support, please contact melanie.mclean@centrestagemt.org.uk

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Centrestage Catalyst | *my choice, my future*

#artsattheheart #funfoodfolk

