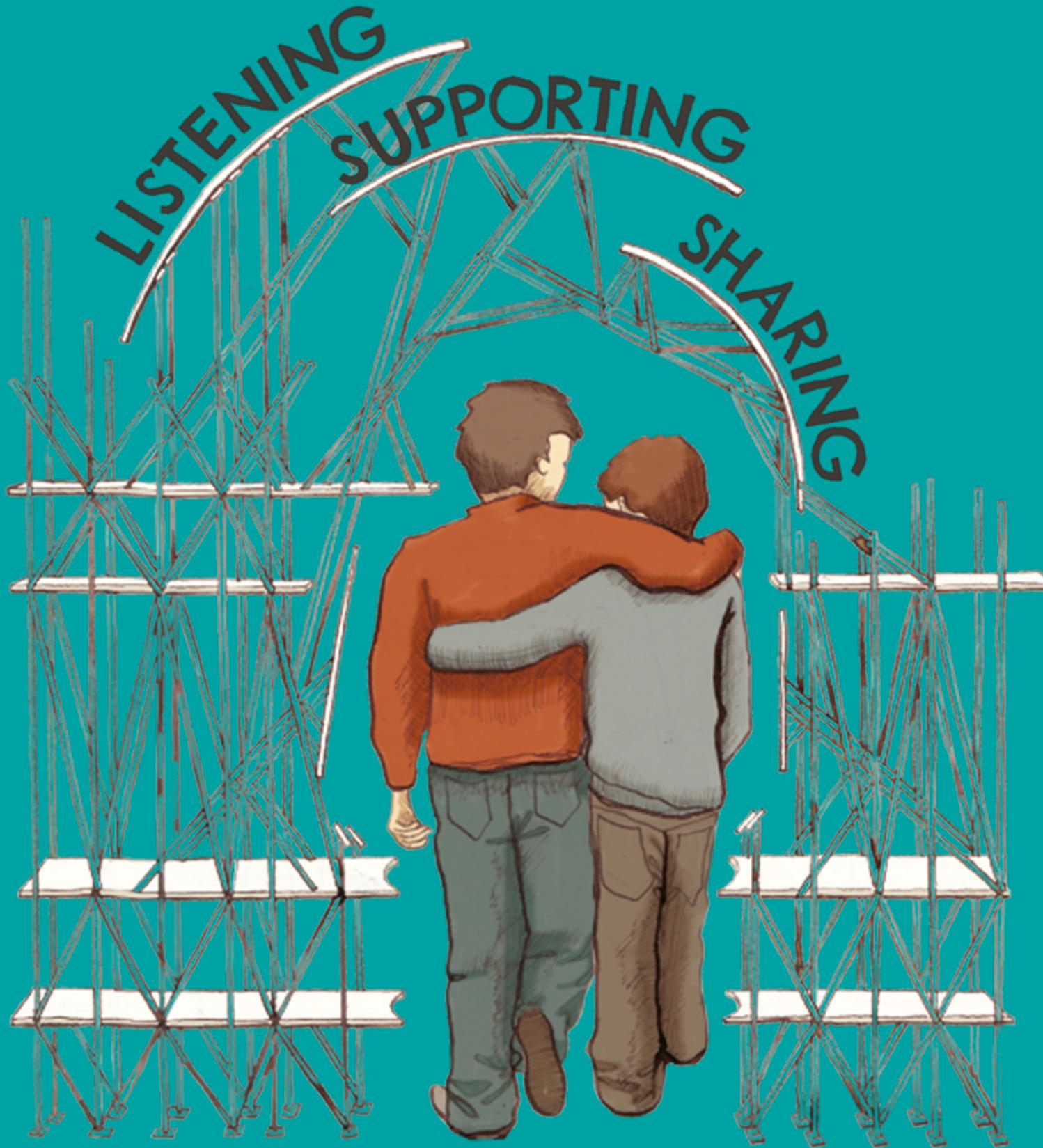


SC Scottish Centre for
CR Conflict Resolution

cyrenians



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incorporated (SCIO), registered charity SC011052. Illustration by
Hannah Foley.



CYRENIANS

At Cyrenians we take a public health approach to homelessness prevention. We tackle the causes and consequences of homelessness through learning from lived experience; by delivering targeted services which focus on prevention, early intervention and support into a home; and by influencing changes in legislation and policy. Our way of working is based upon building trusted relationships and guided by our four core values: compassion, respect, integrity and innovation. Please visit www.cyrenians.scot for more information.

SCCR

Launched in April 2014, Cyrenians Scottish Centre for Conflict Resolution (SCCR) continues to play a key strategic role in developing a progressive model of earlier intervention across Scotland and beyond. Through award-winning digital resources and free events, we deliver and establish a continuing legacy. This enables young people, families and those supporting them to address conflict and access knowledge, understanding and life skills, to create healthy, safe and loving relationships and a more resilient and flourishing society.

POLICY LANDSCAPE & OUR FIT

Our strategic vision and purpose aligns with the ambitions and policies of Scottish Government, the National Performance Framework and a broad range of associated outcomes including *Curriculum for Excellence*, *GIRFEC*, *SHANARRI*, *Mental Health Strategy*, *National Parenting Strategy*, *UNCRC*, *Prevention of Homelessness*, *Adverse Childhood Experiences* and a *Digital Strategy for Scotland*. We are fully committed to tackling deep-rooted and often hidden social challenges and disadvantages. We know from Scottish Government statistics that over 5,000 young people presented as homeless in 2022-2023, due to family relationship breakdown. This figure equates to 63% of all young people who presented as homeless in Scotland that year (Scottish Government Youth Homelessness Statistics 2022-23).

FIND OUT MORE ABOUT OUR WORK



sccr@cyrenians.scot



www.scottishconflictresolution.org.uk

SCCR have hosted a total of **972 events** to **17,218 direct beneficiaries** across **32 local authorities** and **23 countries** since our launch in April 2014 including national conferences, exhibitions, training, seminars and workshops, annual receptions, presentations and public engagement events.

- **10,064** Professionals and Practitioners
- **4324** Young People
- **2830** Parents and Carers

Over **1500 unique organisations** have attended our SCCR events, including:

Adoption UK, Barnardo's, Carolina House Trust, Children in Scotland, Crieff High School, Dad's Rock, Families Outside, Falkirk & Clackmannanshire Young Carers Project, LGBT Youth Scotland, Parenting Across Scotland, Renfrewshire Council, Rock Trust, Scottish Youth Parliament, Scottish Government, University of Dundee, University of Strathclyde and Scottish Violence Reduction Unit.

94% Professionals/Practitioners

agreed/strongly agreed they'll apply what they have learnt, to **positively change** the negative impact conflict has on **relationships**, **mental health** and **emotional wellbeing**

88% Parents/Carers

agreed/strongly agreed they are better informed and able to **access support** required to **resolve conflict** and **nurture relationships** with their young people

84% Young People

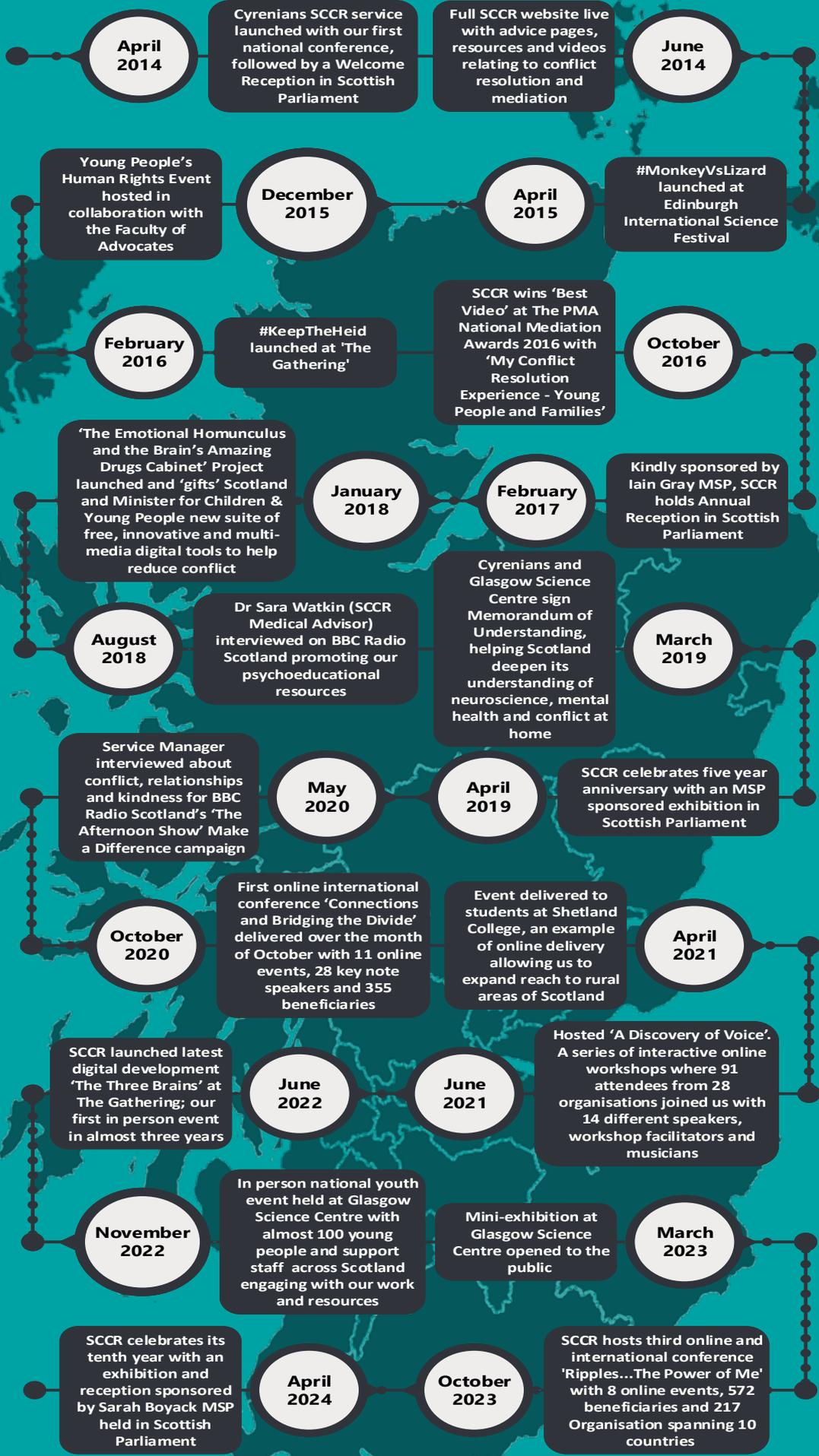
agreed/strongly agreed they have **increased their skills** to develop **positive relationships**

"I enjoyed the session and found it really interesting. The different stages of anger were relatable to me and how I deal with family life. I will now try to step back and engage my thinking brain, I am guilty of exploding! I have taken part in the quiz on your website and I came out as 'Lion Tamer', I think the interactive quizzes are great. I would recommend this site as I do feel that it does help with many issues that show themselves in daily lives."

**Parent/Carer
April 2022**

3,350,000 SOCIAL MEDIA IMPRESSIONS	7,410,200 MEDIA REACH
1,811,092 WEB PAGE VIEWS	104,363 UNIQUE WEBSITE VISITORS

Highlight impact results from SCCR evaluations between April 2014- March 2024



Cyrenians SCCR's events, including conferences, training, seminars and workshops, are **free** at the point of use and provide a combination of **open events** and **bespoke training** to meet individual and organisations needs. We deliver online and in-person events across Scotland in fully accessible community settings as well as **in-house sessions** (e.g. to schools, parenting groups and staff teams).

Conflict Resolution Series
Online - each module est. 40mins
Target Group - All

Based on life skills, beneficiaries can relate and reflect on short modules to refresh, build on or enhance knowledge and skills to manage conflict situations and improve relationships with their self and others.

Modules include: understanding emotions, feeling connected, difficult conversations, family conflict triggers, growing up is never easy, understanding anger, mind and body connection, conflict response styles and resilience: bouncing back

Understand Communicate & Resolve
(Online/In Person - full or half day)
Target Group - Prof/Pract/Vol

This training identifies generic core elements individuals, irrespective of their role, will benefit from and will allow participants the opportunity to reflect on and understand some of the dynamics of conflict within relationships.

Topics include: the meaning and value of relationships, the stages and influences of growing up, perspectives on anger and conflict, conflict response styles, conflict triggers and resolution resources

Recognise, Reflect, Resolve
Online/In Person - half day
Target Group - Parents/Carers

Families can be complicated, loving, difficult complex and conflicting. This short training is based in life skills, informative, interactive and delivered in a safe space to allow parents/carers to share experiences and learn from discussions.

Topics include: What is conflict?, understanding relationships, reflecting on everyday potential triggers, growing up in today's world, self-reflecting on how we respond to prevent or manage conflict

Stop, Think & be Cool
In Person - timings flexible
Target Group - Young People

Sometimes family life feels designed to make us mad or sad. This short session demonstrates how to lower the temperature during arguments and how to bounce back after upsets. The skills learned will not only make home life better, but can be used in different life situations.

Learning Outcomes: be able to define conflict better, demonstrate an understanding of some of the dynamics of conflict, have a better awareness to sources of support

Untangling the Knots
Online - 8.5 hours /In Person - 3 days
Target Group - Prof/Pract/Vol

All relationships get in a tangle, sometimes we need a bit of help with the knots. This practitioner course supports participants to develop skills in conflict resolution nurturing a creative and dynamic space to share and reflect on their own learning, and build connections for the future

Topics include: conflict response styles, dynamics of conflict, effective communications, reactive or reflective, brain and body connection, encouraging a better understanding, anger and the brain, the anger cycle, conflict resolution

Emotions and the Brain Education Series
In Person - 4 x 50 mins PSE classes
Target Group - Young People

Understanding our emotions and what's going on in the brain can empower us to take control of our own wellbeing and foster healthy relationships.

This series looks at conflict from an emotional health and wellbeing perspective and provides practical skills for emotional regulation, coping, communication and conflict resolution.

Lessons include: My Brain, My Emotions, My Wellbeing, and Our Relationships

Psychoeducational Resources
Monkey vs Lizard, Keep The Heid, Meet your Emotional Homunculus and the Brains Amazing Drugs Cabinet; and The Three Brains

Explore our series of digital multi-media psychoeducational resources, quizzes and animations readily accessible and freely available via the SCCR website.

These resources are designed to be used with young people and families and provide exciting opportunities to explore mental health and wellbeing, conflict, family and social relationships combining as it does the science of brain chemistry and evolution

The Learning Zone
Online
Target Group - All

A new section of SCCR's website enabling users to work through a series of self-directed modules covering 'My Brain', 'My Emotions', 'My Wellbeing' and 'Our Relationships'.

'The Learning Zone' empowers young people to find positive ways of improving their emotional health; helps parents/carers to understand young people's behaviour isn't 'bad' but influenced by changes in the teenage brain; and, provides those supporting families with free digital resources to be used with families to reduce conflict