

SCCR 2025-2026 ANNUAL IMPACT REPORT

Cyrenians

Cyrenians' **Scottish Centre for Conflict Resolution** (SCCR) continues to play a pivotal role in supporting young people, families, and professionals across Scotland to navigate and resolve conflict. By providing resources, training, and events, SCCR equips individuals with the skills needed to foster healthier relationships and resilient communities. We are grateful to Scottish Government for continued funding under the CYPFEIF & ALEC Fund. Within this reporting period (April 2025 - March 2026) **2536 beneficiaries** (**1590 professionals/practitioners**, **593 parents/carers** and **353 young people**) from **283 unique organisations** across **32 local authorities** have participated in our events.



YOUNG PERSONS CONFERENCE

In November, we welcomed young people and accompanying adults to our latest interactive conference held at **Glasgow Science Centre**. By exploring SCCR's psychoeducational resources attendees discovered the science behind conflict and the brain, why we act and react the way we do and how to maintain the best balance to keep ourselves emotionally healthy. **66 young people** and **23 individuals working to support young people** from **8 schools and youth organisations** engaged with the day. We were delighted to be joined by **Tom Arthur MSP, Minister for Social Care, Mental Wellbeing and Sport** plus a young musician from **Sound Lab**.

100% of all attendees rated the event as 'good' or 'excellent'

HOUSE OF HORMONES

We were delighted to take part in the creation of 'House of Hormones'. In partnership with **Parenting Across Scotland** and **Workplace Menopause Support**, this event explores the science behind teenage hormones and perimenopause, and what happens when these two life stages occur in the same house, at the same time. In August we launched 'House of Hormones' at the **Edinburgh Festival Fringe** to over 120 attendees, bringing our resources to new and diverse audiences. Following the first event's success, we held an online version tying in with **Menopause Awareness Month** in October, reaching over 250 attendees from Orkney Islands to the Scottish Borders, plus another in-person session at **SCVO's The Gathering** in February.

Feedback from parents attending the event included:

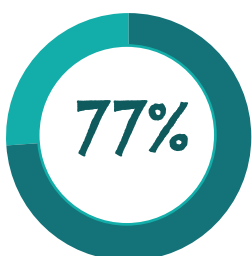
"I am not alone, it is normal what I am going through with my hormones, and I took some tips away to help with teenagers in the household."

"Similarities between adolescence and menopause – it makes so much sense, but I never would have thought about it! And the possibilities for conflict resolution."



EMOTIONS AND THE BRAIN

We continued to embed our educational resource 'Emotions and the Brain' (EATB) across Scotland, delivering in schools across **Edinburgh**, **West Lothian** and **Angus**, supporting pupils to develop a deeper understanding of their emotional health and wellbeing. To reach a greater number of young people through a cascading effect, we delivered EATB teacher training to all schools within Angus' local authority, as well as schools across Edinburgh and teachers in the Isle of Lewis. Our EATB sessions place a **strong focus upstream on emotional health**, breaking down what happens in the brain during conflict, stress or other uncomfortable situations. By understanding what happens in the brain during stress and conflict, **young people develop greater empathy for others – and themselves**. This helps them to recognise emotional reactions and associated behaviours as forms of communication which often come from a place of overwhelm.



Of young people who attended SCCR **Emotions and the Brain** sessions reported they had increased their understanding of the **emotional** and **physical impact** of conflict on their **development**.



WEBSITE REMAP

In November, we refreshed and remapped our website. This wasn't just a new look, it was about making our resources clearer and easier to find, so that young people, families, and professionals can get the right support when they need it most. The refreshed website helps us do that more effectively by:

- Making resources **easier to find and use**
- Offering **clearer pathways** for young people, parents and carers, and professionals
- Keeping our focus sharp: **every relationship matters, and preventing youth homelessness starts with supporting families**



SEMINARS AND WORKSHOPS

Across the year we delivered **16 online and in person events** to **866 beneficiaries**. We were invited to be part of events run by **Dundee and Angus College, Lenzie Academy, Dundee University** and **Children in Scotland**. In February, we were invited to deliver a workshop for **Scottish Government**, giving them a hands-on experience of the work we do every day with young people, families, and professionals. We looked at the **evidence of need** and explored SCCR resources designed for young people, plus inputs on our digital platform and SCCR resources for practitioners and parents. Discussions illustrated the continued **relevance** and **adaptability** of SCCR's work to Scottish Government's national priorities.

TRAINING

We delivered a combination of **53 online conflict resolution sessions** and **in-person training**. Of the **1028** beneficiaries, **636** were **professionals/practitioners**, **168** were **young people** and **224** **parents/carers**. A sample of the organisations who attended our training include **Open Door Scotland, North Ayrshire Council, Quarriers, Action for Children, Columba 1400, Youth Scotland, Eastbank Academy, Elgin Counselling, Move On** and **Police Scotland**. Our sessions continue to promote peer support and trusted and supported relationships with organisations and groups at a local and national level.

**99% OF PROFESSIONAL ATTENDEES REPORTED
SCCR TRAINING WAS RELEVANT TO THEIR FIELD
OF WORK**

"I have made use of SCCR resources to support a young person following incidents where they hadn't coped. Using two of the videos allowed the young person to open-up and have the language to talk about their feelings in terms of Lizard and Monkey brain. It was the first time the young person has been able to talk about a situation and reflect on what happened."

Teacher
March 2026



MEDIA REACH, PUBLIC AWARENESS AND DIGITAL IMPACT

The importance of our work has resulted in **383,070** opportunities for the public to hear or read about our work in local, specialist and national mediums including print, online and radio broadcasts.

Evening News

Article previewing 'House of Hormones' appeared in the 'Your World' section of the Evening News website

Scotsman

Two columns appeared in the Scotsman's opinion section, the first about 'House of Hormones', the second about conflict at Christmas.

Scottish Housing News

An article promoting the launch of SCCR's website's Learning Zone for Parents and Carers.

29,148 TOTAL VISITORS **74,745** PAGE VIEWS **25,214** SOCIAL MEDIA IMPRESSIONS **3,884** MEDIA PLAYS

¹Highlight impact results from SCCR evaluations between April 2025 - March 2026

Contact us for more information:

Website: www.scottishconflictresolution.org.uk

Email: sccr@cyrenians.scot

Socials: @sccrcentre



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