

# SCCR 2023-2024 ANNUAL IMPACT REPORT

Cyrenians

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. Within this reporting period **2289 beneficiaries** (**1515 professionals/practitioners, 165 parents/carers and 609 young people**) from **339 unique organisations** across **32 local authorities** and **14 countries** have participated in our events. We are grateful to Scottish Government for continued funding under the CYPFEIF & ALEC Fund.

## ONLINE INTERNATIONAL CONFERENCE 2023 - RIPPLES...THE POWER OF YOU

Following the success of our previous two online international festival events, we once again invited speakers, collaborators, professionals and families from across the globe to join us for SCCR'S International FREE Online Conference in October 2023. **Ripples...The Power of 'You'** covered a series of talks, discussions and workshops that explored how the acts of individuals can 'ripple' outwards, causing others to make decisions whose consequences then ripple out further.

*"Thank you so much for putting on your interesting and inspiring webinars. They are really informative for both my professional and personal life."*

*"I often feel that it is easy to feel deskilled in this line of work and the session today renewed my motivation and love for this role. Thank you."*

**94%** **professionals/practitioners** will apply their learning to **positively change** the impact conflict has on **relationships, mental health and emotional wellbeing**

**100%** **parents/carers** are now aware of the **negative impact of conflict** and links to **youth homelessness**

**82%** **young people** have **increased understanding** of the emotional and physical impact conflict has on their development

8 ONLINE EVENTS WITH 572 BENEFICIARIES FROM 217 ORGANISATION SPANNING 10 COUNTRIES

9 KEYNOTE SPEAKERS, WORKSHOP FACILITATORS INCLUDING: SFAD, AIDE&ABET, RENFREW HIGH SCHOOL & SRVU

OVER 125,000 ENGAGEMENTS & IMPRESSIONS TO OUR SOCIAL MEDIA CHANNELS



## ANNUAL RECEPTION - JUNE 2023

SCCR were delighted to be in **Edinburgh City Chambers** to celebrate and reflect on work delivered over the last year as well as launching our new report '**Transforming Conflict, Improving Lives: 7 Year Impact Report and 2022 National Survey**'. Before an invited audience of **politicians, funders and supporters**, our reception recapped the work completed over the past seven years with CYPFEIF and ALEC funding and looked to our future. We discussed activities we plan to undertake as well as sharing results of our recent national survey. We were honoured to welcome **Paul McLennan MSP, Minister for Housing**, **Cllr. Jane Meagher** and **Sarah Boyack MSP** as our speakers with over 50 guests representing organisations including **Scottish Mediation, Youthlink Scotland, Dad's Rock, Dundee University, Forces Children Scotland**.

## WEBSITE REACH AND DIGITAL IMPACT

In March, SCCR continued to explore conflict resolution through a new psychoeducational section of the website that provides training for families, and those supporting them. **The Learning Zone** looks at how adolescent brain development can lead to family conflict and shares techniques that resolve tensions. The launch of The Learning Zone, plus our social media, website and communications strategy continues to grow the number and nature of our interactions with online communities.

**10,551** UNIQUE VISITORS **48,924** PAGE VIEWS **278,057** SOCIAL MEDIA IMPRESSIONS **4847** MEDIA PLAYS

## EMOTIONAL HEALTH AND WELLBEING SCHOOL RESOURCES LAUNCH

In May 2023, we designed and launched the first trial of our new emotional health and wellbeing education series developed by our Emotional Health and Wellbeing Lead. The education series is made up of four topics: My Brain, My Emotions, My Coping Skills and Our Relationships. The pilot was delivered to three third-year classes at Inveralmond Community High School in West Lothian. We received positive feedback from pupils and teachers and gathered views and ideas through a focus group with pupils. Based on their experience of the sessions and feedback, we delivered to another three schools during their winter term as part of the PSE curriculum, with the end goal of making the resource publicly available for all teachers.

*"I think the booklets were great. And the kids really liked that."*

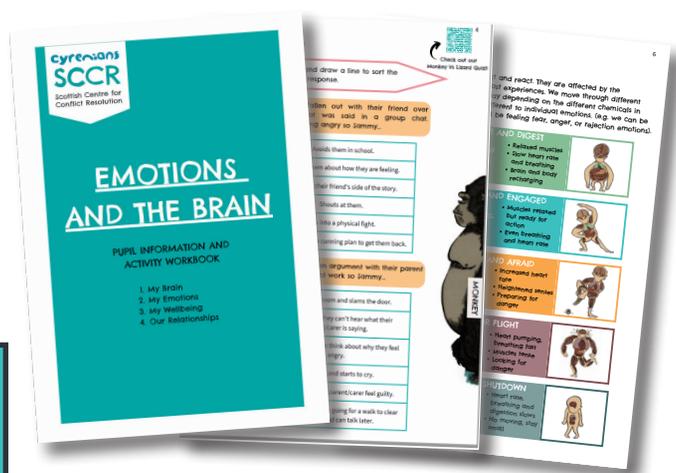
*"When I'm going through something I now think 'is that my lizard brain or my monkey brain?'"*

*"I thought it was good to learn how to deal with things [when I feel overwhelmed]. All the information in the book was good."*

**Teacher and Pupils  
Creiff High School**

**OVER 70%**  
Enjoyed the lesson

**OVER 80%**  
Understood the  
informations



## CONFLICT RESOLUTION SERIES & TRAINING

We delivered **61 online and in person sessions** across Scotland for young people, parents/carers and those working to support families. Attendees' skills, knowledge, confidence and understanding of the negative impact family conflict has increased as a result.



*"Very simple put forward information and easy to understand. I feel more confident speaking to young people about their emotions, and will use SCCR resources when doing so. My highlight would be learning the difference between anxiety and stress, and feeling more confident about explaining this to young people and adults I support."*

**Professional Attendee**  
November 2023

## UNTANGLING THE KNOTS COURSE

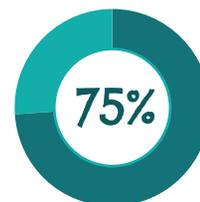
**Four online courses** were delivered to **93 participants** from **49 unique organisations** across **23 local Authorities**. Practitioners working with young people and families further developed knowledge and skills in conflict resolution focusing on how to manage difficult relationships. We delivered an online **'Reconnect and Impact'** event for past UTK attendees relating to **Honour-Based Violence**.



**Increased confidence** in their ability to support families to positively transform conflict



**Apply learning** to change the negative impact conflict has on mental health and emotional wellbeing



**Increased knowledge** of policy and practice related to working with families experiencing conflict

## SEMINARS AND WORKSHOPS

By working collaboratively with a range of partner organisations we delivered **16 online and in person events** to **378 beneficiaries**. We delivered workshops to organisations including **George Watson's College, Shakti, FrontLine Network** and **Dundee University**.

<sup>1</sup>Highlight impact results from SCCR evaluations between April 2023 - March 2024  
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