

# SCCR 2021-2022 ANNUAL IMPACT REPORT

Cyrenians

We are delighted to present our 2021-22 highlight impact report.<sup>1</sup> 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, free training and events, we deliver and establish a continuing legacy. This enables young people, families and the professionals who support 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. We are grateful to Scottish Government for continued funding under the CYPFEIF & ALEC Fund.

## A DISCOVERY OF VOICE

In June, we delivered an interactive series of online workshops which incorporated the discovery of emotions through music and used music as a platform to explore conflict, help boost confidence in individuals and to better understand music and your own voice as a way of communicating. **91** attendees from **28** organisations joined us with **14** speakers, workshop facilitators and musicians including: **Heavy Sound, Nordoff Robbins, Music Action International, Heal & Harrow, Sistema Scotland** and **Kinnaris Quintet**.

*"I enjoyed listening to the panel, especially their personal experiences, insights, thoughts, and feelings on the subject of music and music therapy. It was very helpful for me and I will be adapting and applying some of these ideas in my work."*

Professional

*"Just a quickie to say how much my young person LOVED the session on Friday with Music Action International. He was buzzing when he came back downstairs and had checked out all the tutors' music pages!"*

Parent/Carer



## ONLINE INTERNATIONAL CONFERENCE 2021 - THE POWER OF RECONNECTION

Following the success of the previous year, and with COVID-19 restrictions and lockdowns still in place, in October 2021 we delivered our **second international online conference; 'The Power of Reconnection'**. Reconnection may mean many things to different people – reconnecting with loved ones, reconnecting with causes, or simply reconnecting with oneself. Our programme brought together speakers and collaborators who shared their wealth of experience and examined how we grow strong positive relationships and reconnect with family, friends, ourselves, and the wider society through interactive workshops, discussions and the arts.

*"[The SCCR's Conference] has showcased what we can achieve together to provide support, kindness and compassion to young people and families across Scotland. And that's why I'm very passionate and committed to ensure the family support services we have in Scotland are supported."*

Clare Haughey MSP  
Minister for Children & Young People  
October 2021

**95%** professionals/practitioners will apply their learning to change the impact conflict has on **relationships, mental health** and **wellbeing**

**91%** parents/carers have an **increased understanding** of how **teenagers** and the **brain** develops

**99%** young people have **increased** in **confidence** to seek help when needed

8 ONLINE EVENTS WITH 298 BENEFICIARIES FROM 141 ORGANISATION SPANNING 14 COUNTRIES

19 KEY NOTE SPEAKERS, WORKSHOP FACILITATORS INCLUDING: FOCUS IRELAND, HEY SIGMUND & THE HEALTH FOUNDATION

OVER 65,000 ENGAGEMENTS & IMPRESSIONS TO OUR SOCIAL MEDIA CHANNELS

## WEBSITE REACH AND DIGITAL IMPACT

Our social media, website and communications strategy is growing the number and nature of our interactions with online communities. In the last year we have had engagement with:

**12,126** UNIQUE VISITORS **76,301** PAGE VIEWS **331,400** SOCIAL MEDIA IMPRESSIONS **4,065** MEDIA PLAYS

## CONFLICT RESOLUTION SERIES

We continued to engage with young people, parents/carers and those working to support them through our online and free bite-sized conflict resolution series. Whilst continuing with our core topics outlined in 2020-2021 we added new sessions based on group needs which included: '**Building Resilience**'; '**Feeling Connected**' and '**How to have Difficult Conversations**'. We delivered **80 online conflict resolution sessions** engaging with **136 organisations**. Of the **1086** beneficiaries, **460** were **professionals/practitioners**, **323** were **young people** and **303** **parents/carers**.



**of parents/carers** know where to access the support they need before the point of crisis



**of young people** have a better understanding of conflict



**of professionals/practitioners** will use SCCR resources to change the negative impact of conflict

*"The training Cyrenians SCCR provide supports our philosophy by exploring behaviour which challenges, self-regulation, understanding behaviour and hormonal changes. The basis of the training establishes a grounding to consider and wonder further about managing the challenges of behaviour in a loving and caring family home. During the pandemic this relationship [between SWIIS and SCCR] allowed our carers to access alternative virtual sessions which we firmly embedded within our learning and development calendar."*

**Learning and Development Manager, SWIIS Foster Care Scotland**  
October 2021

## SECONDARY IMPACT AND REACH

By delivering work online via a targeted approach, we've **reached greater numbers** than before of those living in **rural** and **geographically distanced localities**, **bringing people together** to share experiences. In November we were contacted by a school nurse in Aberdeen who previously attended SCCR training. They requested copies of our resource packs and upon receipt, shared them with colleagues and reported the packs were '*now all in the hands of those who need them more than me*'; demonstrating the community benefit our work has through secondary impact.

## UNTANGLING THE KNOTS COURSE

Our UTK skills course continued to be delivered online, allowing us to meet demand and welcome professionals and practitioners from across Scotland to learn and reflect. **Four courses** were delivered to **82 participants** from over **50** organisations. In addition, we delivered **two** new online '**Reconnect and Impact**' events where past UTK attendees could reconnect with others from previous courses, expand their network and evaluate the impact of their learning in practice. We invited guest speakers to deliver short presentations including professionals from education and family therapy.

*"Probably the most valuable 7/8 hours of training I have done related to the job I do. Something I will not only use myself but use to influence the practice of those I supervise."*

**UTK Attendee**  
January 2022

**92% increased knowledge & understanding**

**95% increased confidence in ability**

**99% will apply their learning**

**96% will use SCCR resources**

## SEMINARS AND WORKSHOPS

Across the year we delivered **13 online events** to **163 beneficiaries**. We were invited to showcase our work and deliver a workshop as part of **St Martin's in the Field Frontline Conference** and we also supported **Adoption UK's Kinship Care Service** during their kinship carer week. Thank you to all who assisted in the development and delivery of these events.

## VOLUNTEERING AND GIFTING OF TIME

Through our events and the ongoing development of the service, dedicated individuals have very kindly gifted us over **175.5 hours of their time**. We extend our sincere thanks to all.

<sup>1</sup>Highlight impact results from SCCR evaluations between April 2021 - March 2022

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