

SCCR 2022-2023 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. We are grateful to Scottish Government for continued funding under the CYPFEIF & ALEC Fund.



NATIONAL YOUTH EVENT - NOVEMBER 2022

Our first national in-person youth event was held at Glasgow Science Centre in November 2022. We welcomed over **100 young people** and **support staff** to explore the science behind conflict, why we act and react the way we do and how to maintain the best balance to keep ourselves mentally, physically and emotionally healthy. We were delighted to be joined by **Kevin Stewart MSP, Minister for Mental Wellbeing and Social Care** plus young musicians from **Sound Lab** and **TikTok**.

93% of young people had increased understanding of the **emotional and physical impact of conflict** on development

"As a nurture, mental health & wellbeing teacher I have a greater set of resources to explain to young people and families why there is conflict and how to work together to help regulate and de-escalate."

NATIONAL SURVEY 2022

In Autumn 2022 we distributed national surveys to our target groups across Scotland regarding their views on family conflict, support services, the pandemic and their needs in order to improve family relationships. The results provide an updated snapshot of issues facing families and those supporting them, as well as the type of support needed. We received **378 responses** from **31 Local Authorities**, **236 young people**, **63 parents/carers** and **79 professionals/practitioners** – this included 17 professionals/practitioners who completed an additional section from a parent/carer perspective. The results will shape and inform our work and a full report is available on our website.

62% of parents informed us conflict at home happens at least weekly

54% of young people felt that their mental health had been negatively affected by the COVID-19 pandemic

97% of professionals/practitioners said conflict was a regular occurrence for families they work with

THE THREE BRAINS

Continuing to build upon our series of innovative digital psychoeducational developments, '**The Three Brains**' launched in the summer of 2022. Working with neuroscientist **Professor Judith Pratt, University of Strathclyde**, this development explores the **mind-body connection** and its role in strengthening family relationships. The Three Brains launched at SCVO's The Gathering and was our first in-person event since the pandemic. We engaged with **47 individuals** from **39 different organisations** including **Fife Young Carers, One Parent Families Scotland, NHS24** and **Youth 1st**.

"I am delighted to participate in the Three Brains project. This is a hugely important topic, particularly in the current era of increasing mental health conditions. As a neuroscientist, I am delighted to provide guidance on the science elements of this project. Understanding how our brains engage with our bodies is empowering and will enable young people to take more control of their lives."

Professor Judith Pratt
University of Strathclyde, June 2022

689
VIDEO PLAYS

3,776
WEBSITE PAGE VIEWS

"Fantastic, thought-provoking resource. Really simplified the science. Think will resonate with young people"

The Gathering Attendee
June 2022



HYBRID APPROACH

As we moved out of lockdowns, we were delighted to get back to in-person events. Since June 2022 we developed a hybrid model of delivering our work with bite-size 'Conflict Resolution' series continuing online to allow our target groups to join without geographical barriers but responding to in-person opportunities for public engagement events including **Pride Youth Space**, **Scottish Young Carers Festival** and **Children in Scotland Conference**.

CONFLICT RESOLUTION SERIES

We delivered **63 online conflict resolution sessions** and **in-person training** engaging with over **100 organisations**. Of the **760** beneficiaries, **354** were **professionals/practitioners**, **245** were **young people** and **161** **parents/carers**. We welcomed being invited back to deliver in-person training sessions with our target groups to organisations such as: **Ellon Academy**, **Edinburgh Council**, **Dunbar Grammar** and **PKVAS**.

92% of **professionals/practitioners** will apply their learning to change the negative impact conflict

94% of **young people** have increased their understanding of actions that drive family conflict and affect relationships

92% of **parents/carers** are more aware of the negative impact of conflict and links to youth homelessness

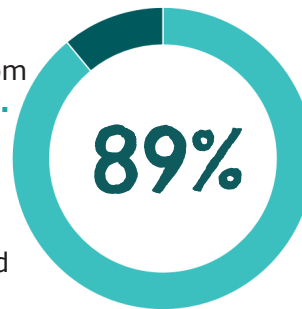
"I enjoyed the anger session, I found it really interesting. The different stages of anger were relatable to how I deal with family life. I will now try to step back and engage my thinking brain, I am guilty of exploding! I have taken part in the quiz on your website and I came out as 'Lion Tamer', I 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

UNTANGLING THE KNOTS COURSE

4 online courses were delivered to **82 participants** from **35 unique organisations** across **18 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 **two** online '**Reconnect and Impact**' events with speakers from **SWAN Scotland** and **Cyrenians Mediation and Support Service**.



Agreed they will use the SCCR online resources to positively change the negative impact conflict has on relationships, mental health and emotional wellbeing

SEMINARS AND WORKSHOPS

Across the year we delivered **10 online and in person events** to **276 beneficiaries**. We were invited to showcase our work and deliver a workshop as part of **Children in Scotland Conference** and we also supported '**Our Minds Matter**' **Re-connect: Young Person's Mental Health Fife Event**.

SCCR & GSC 'MINI EXHIBITION'

Since March 2023, visitors to Glasgow Science Centre (GSC) have been able to check out a new visually **engaging mini-exhibition** bringing together all four of our '**Brainy Stuff**' resources. In the first month we've had **59 QR code scans** taking users to our website to learn more. This collaboration with GSC marks the latest round in our ongoing campaign to find **fresh ways to connect** with the young people and families who would benefit from using our resources.



MEDIATION TRAINING PILOT

In February we piloted the first round of an SCCR five day '**Mediator Skills**' training. This training is the only Mediator Skills training focusing on **young people** and **families** and was attended by **11 Cyrenians staff** across various services working with young people.

MEDIA REACH AND PUBLIC AWARENESS

The importance of our work has resulted in **185,355** opportunities for the public to hear or read about our work in local, specialist and national mediums including print, online and radio broadcasts including:

Glasgow Herald

Image and caption featured from our National Youth Event 2022

Voice of Islam FM

Interview about how SCCR resources can calm family tensions over young people's internet and social media use

Third Force News

Article featured by Cyrenians CEO Ewan Aitken about the work of SCCR

¹Highlight impact results from SCCR evaluations between April 2022 - March 2023

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