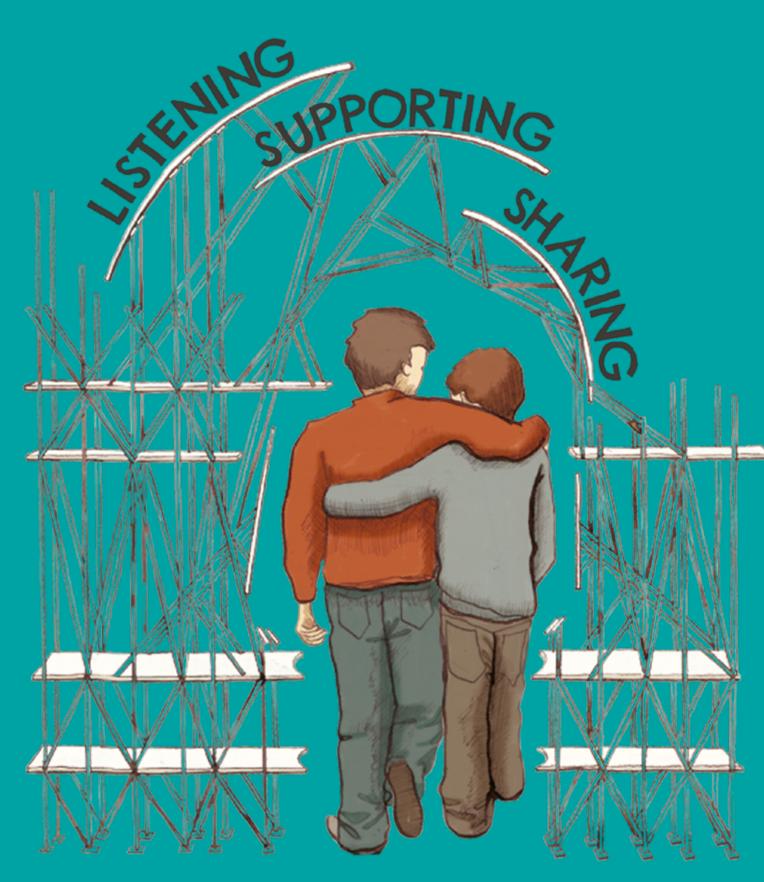
SC Scottish Centre for CR Conflict Resolution





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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.scott is hconflict resolution.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

April 2014

Cyrenians SCCR service launched with our first national conference, followed by a Welcome Reception in Scottish Parliament Full SCCR website live with advice pages, resources and videos relating to conflict resolution and mediation

June 2014

Young People's Human Rights Event hosted in collaboration with the Faculty of Advocates

December 2015 April 2015 #MonkeyVsLizard launched at Edinburgh International Science Festival

February 2016 #KeepTheHeid launched at 'The Gathering' SCCR wins 'Best Video' at The PMA National Mediation Awards 2016 with 'My Conflict Resolution Experience - Young People and Families'

October 2016

'The Emotional Homunculus and the Brain's Amazing Drugs Cabinet' Project launched and 'gifts' Scotland and Minister for Children & Young People new suite of free, innovative and multimedia digital tools to help reduce conflict

January 2018 February 2017 Kindly sponsored by lain Gray MSP, SCCR holds Annual Reception in Scottish Parliament

August 2018 Dr Sara Watkin (SCCR Medical Advisor) interviewed on BBC Radio Scotland promoting our psychoeducational resources Cyrenians and
Glasgow Science
Centre sign
Memorandum of
Understanding,
helping Scotland
deepen its
understanding of
neuroscience, mental
health and conflict at

home

March 2019

Service Manager interviewed about conflict, relationships and kindness for BBC Radio Scotland's 'The Afternoon Show' Make a Difference campaign

May 2020 April 2019 SCCR celebrates five year anniversary with an MSP sponsored exhibition in Scottish Parliament

October 2020 First online international conference 'Connections and Bridging the Divide' delivered over the month of October with 11 online events, 28 key note speakers and 355 beneficiaries

Event delivered to students at Shetland College, an example of online delivery allowing us to expand reach to rural areas of Scotland

April 2021

SCCR launched latest digital development 'The Three Brains' at The Gathering; our first in person event in almost three years

June 2022 June 2021 Hosted 'A Discovery of Voice'.

A series of interactive online workshops where 91 attendees from 28 organisations joined us with 14 different speakers, workshop facilitators and musicians

November 2022 In person national youth event held at Glasgow Science Centre with almost 100 young people and support staff across Scotland engaging with our work and resources

Mini-exhibition at Glasgow Science Centre opened to the public

March 2023

SCCR celebrates its tenth year with an exhibition and reception sponsored by Sarah Boyack MSP held in Scottish Parliament

April 2024 October 2023 SCCR hosts third online and international conference 'Ripples...The Power of Me' with 8 online events, 572 beneficiaries and 217 Organisation spanning 10 countries

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

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

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

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

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

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

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

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