

SCCR IMPACT REPORT

THE BIG FAMILY EVENT

Cyrenians

In November 2024, Cyrenians' **Scottish Centre for Conflict Resolution** (SCCR) welcomed young people, their families and those who support them to our free and interactive **'the BIG family event'** at Dynamic Earth, Edinburgh. Throughout the day, families had the opportunity to connect and learn with other families and organisations through our workshops, marketplace and conversation cafe, with the aim that all involved to leave feeling positive, uplifted and supported. We were delighted to be joined by a range of organisations hosting workshops and stalls - including four furry friend therapy pets; plus **Maree Todd MSP, Minister for Social Care, Mental Wellbeing and Sport** who delivered a Ministerial Address online. **31 young people, 23 parents/carers** and **18 individuals working to support families** participated throughout the day.



"We want to ensure that every child and young person has the right support, in the right place, at the right time to look after and improve their mental health and wellbeing. Much of the support and services in this area is delivered through the third sector, and I know that the work Cyrenians have done to improve our children, young people and families' mental health and wellbeing is invaluable."

Maree Todd MSP, Minister for Social Care, Mental Wellbeing and Sport

HOPES FOR THE DAY

- To connect with families and services
- Peace and time
- Hoping to enjoy and make friends
- To have fun and learn something new!
- That we have some ideas to take away to help with big feelings

WHAT DOES 'FAMILY' MEAN TO YOU

- Being safe and loved
- Sharing thoughts and feelings
- Support and love
- Opportunity to do things I love and being supported to do them
- Belonging, love, happiness, time together, fun times

100% young people, parents/carers and those working to support families rated the event as **'REALLY GREAT'**

MARKETPLACE

At our marketplace attendees were able connect with stalls run by organisations dedicated to helping families find the best support and come together. Families left with great tips and new resources to create and build upon healthy relationships at home. Organisations included **Carers Trust Scotland, Kinship Care Advice Service for Scotland, Families Outside, Parent Club, Parenting Across Scotland, Children First, Fostering Compassion** and **Therapet** who attended with four therapy dogs for families to interact with.

"The families were really engaged with coming to talk to stallholders. The time to chat to other organisations was great and we had really insightful and useful conversations. Again, another great opportunity to raise awareness and look at how we can link in."

"[The marketplace provided] The opportunity to network, learn about other organisations and educate them about our service."



YOUNG PEOPLE FEEDBACK

- 78%** now know what support is available to them
- 78%** have learnt new information and skills
- 67%** have increased their confidence to seek help when they need to do so

PARENT AND CARER FEEDBACK

- 100%** have increased understanding of how teenagers and the brain develops
- 75%** are more aware of the negative impact of conflict on youth homelessness
- 83%** now have the ability and SCCR resources to manage conflict, anger and emotions in positive ways

"I liked the arrangement and workshops. It provided a lot of information about mental health. I like it as it is for whole family."

"The opportunity to do something as a family which is beneficial to our wellbeing"

"Lots of activities for the children learning new ideas on how to cope with feelings."

"[What I enjoyed most about the event was] I know more about my family"

WORKSHOPS

Families were invited to join workshops to learn new skills on how to strengthen their emotional health and so protect their family relationships - plus the chance to learn as a family.

WORKSHOP 1 - CYRENIANS COOK SCHOOL - FIND OUT HOW MAKING MEALS BRINGS FAMILIES TOGETHER

WORKSHOP 2 - BUTTERFLY MINDS - A FAMILY YOGA SESSION

WORKSHOP 3 - SCCR'S EMOTIONS AND THE BRAIN - TO GET US THINKING WHY WE FEEL THE WAY WE DO

WORKSHOP 4 - CONVERSATION CAFE - CHAT ABOUT FAMILY ISSUES WITH OTHER FAMILIES AND EXPERTS



"[The Yoga workshop] is useful. Emotions are very informative and the family yoga gives the children a chance to calm down."

Parent/Carer

"[At the Emotions and the Brain workshop] I learned that it is good to take the time to feel emotions and also about coping mechanisms."

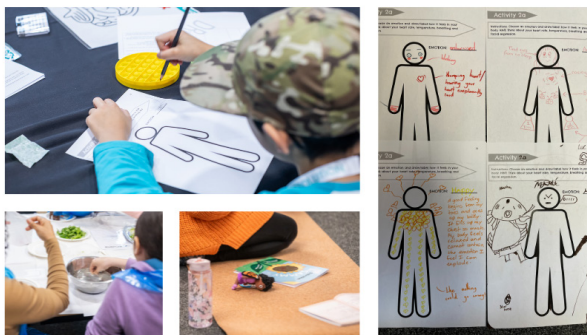
Parent/Carer

"[At the Healthy Fast Food workshop I learned] that you can make quick delicious healthy food."

Young Person

"[At the Emotions and the Brain workshop] I learned how to help stop anxiety."

Young Person



ACTIVITY ZONES

If the day started to feel overwhelming or if anyone needed to take a break, we set up a number of zones around the room with activities for families to do. These zones included the **quiet zone**, **play zone**, **creative zone** and **chill zone**. Families fed back that they enjoyed the opportunity to play games and spend time together.



I most enjoyed...

"the number and diversity of activities on offer for families."

"the family bonding sessions, sitting playing games, drawing pictures etc."

