

ANNUAL REVIEW

2022|23

As Scotland recovered from the pandemic and faced a cost-of-living crisis, the Relationships Scotland Network provided support for over 14,400 people across the country.

The Relationships Scotland Network is a unique, Scotland-wide relationship support service. Our 21 Member Services help people cope with relationship problems, separation and divorce. We work with individuals, couples, families and children to help reduce conflict, improve communication and ensure that people are supported to manage the impact of relationship crisis and family breakdown.

Our Network provides relationship counselling, family mediation, Child Contact Centres and many other forms of related family support, including sexual relationship therapy, Parenting Apart groups and children's counselling. Over the past year, as the after-effects of the Covid 19 pandemic were still being acutely felt and a cost of living crisis ensued, we provided over 86,000 hours of direct support for Scotland's families.

Our work has a strong focus on early intervention and prevention. We work with families as early as we can, supporting them to look at the issues they are facing and helping them avoid letting things get worse. Through our highly trained counsellors, mediators and other practitioners, we provide high-quality and professional support services. Our work is supported by around 900 people, including around 400 volunteers.

Stable relationships matter. It has been estimated that relationship breakdown costs the Scottish economy around £3.5bn each year (*Relationship Foundation, 2018*). There were 7,883 divorces in Scotland in 2019-20, with a higher number of couples who are not married splitting up each year.

A report by Inspiring Scotland (*Relationships Scotland, Cost Benefit Review, 2017*) has demonstrated the impact that our work has on the lives of children and families and the significant savings that this work has for the public purse.

The Relationships Scotland Network supports the Scottish Government's vision for a safer and stronger Scotland where communities can flourish. We support the principles and aspirations of *Getting it Right for Every Child (GIRFEC)*, *The Promise*, *The United Nations Convention on the Rights of the Child (UNCRC)* and the *Children (Scotland) Act 2020*. We also support the *National Outcomes* which underpin Single Outcome Agreements between the Scottish Government and every Local Authority in Scotland.

We would like to express our thanks to everyone who worked so hard to ensure that we were able to continue supporting families during this time. Special thanks go to our 21 Member Services who continued to provide a high level of care and support under very difficult circumstances.

We would also like to thank the staff team at the Relationships Scotland National Office for all of the excellent work that they have done and also to the trustees who served on the Relationships Scotland National Board.

We are also grateful to the Scottish Government and the Corra Foundation for their significant ongoing support of our work.

The Relationships Scotland Network will continue to work with many partner organisations and people across the country to make our vision a reality: Positive Relationships at the Heart of Scotland.

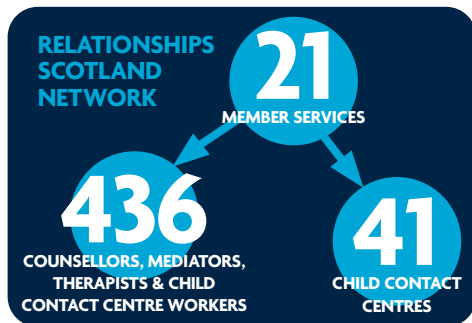


Stuart Valentine
Chief Executive



Isobel Bilsland
Interim Chair

2022/23 IN NUMBERS



MAKING A DIFFERENCE

98% of clients would recommend our services to others

96% of clients said their relationship or family situation had improved as a result of counselling

73% of clients said their ability to deal with relationship conflict had improved as a result of mediation

67% of parents said that attending a Child Contact Centre had helped improve their family situation

KEEPING STANDARDS HIGH

