

# ANNUAL REVIEW 2023-24

In 2023-24 over 22,000 people benefited from services provided by the Relationships Scotland Network.

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 felt and a cost of living crisis ensued, we provided over 96,000 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 help avoid them getting worse. Through our highly trained counsellors, mediators and other practitioners, we provide high-quality, 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 our 21 Member Services as they continued to provide a very high level of care and support across the country for children, young people and their families.

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 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.



Dianne Millen  
Chair

Stuart Valentine  
Chief Executive



# 2023-24 IN NUMBERS

RELATIONSHIPS  
SCOTLAND  
NETWORK

21  
MEMBER  
SERVICES

41  
CHILD CONTACT  
CENTRES

376  
COUNSELLORS,  
MEDIATORS, THERAPISTS  
& CHILD CONTACT  
CENTRE WORKERS

123,500

PEOPLE ACCESSED  
ONLINE INFORMATION  
ABOUT OUR WORK

22,000+  
PEOPLE

BENEFITED FROM  
SERVICES PROVIDED  
BY THE RELATIONSHIPS  
SCOTLAND NETWORK

We delivered  
**96,000+ HOURS**  
of  
**FACE TO FACE SUPPORT**

including:  
relationship counselling,  
family mediation,  
Child Contact Centres,  
Parenting Apart sessions,  
sexual relationship therapy  
and children and young  
people's counselling.

59

PRACTITIONERS  
BENEFITTED  
FROM OUR  
PROFESSIONAL  
COURSES

345

PEOPLE ATTENDED  
CPD NETWORK  
TRAINING  
EVENTS

59

QUALIFIED  
COUNSELLING  
& MEDIATION  
SUPERVISORS ARE  
NOW WORKING  
ACROSS SCOTLAND

98% of clients  
said their family  
situation improved  
after counselling

96% of parents said  
that Child Contact Centres  
had helped improve their  
family situation

72% of clients said  
their ability to deal with  
relationship conflict had  
improved as a result  
of mediation

99% of clients  
would recommend our  
services to others

  
**RELATIONSHIPS  
SCOTLAND**  
counselling, mediation  
& family support across

[www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk)  
Company registered in Scotland SC297368.  
Scottish charity number SC038683.  
Annual accounts available on request.

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