

# ANNUAL REVIEW

## 2019/20

In the past year, the Relationships Scotland Network has provided face-to-face support for over 17,500 people across the country.

The Relationships Scotland Network is a unique Scotland-wide family and 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, we have provided over 97,000 hours of face-to-face 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.

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 savings that this work has for the public purse. When compared against the cost of delivery of such services, the average ratio of benefits to one pound of cost for relationship counselling is £11.20, family mediation £12.68 and Child Contact Centres £14.94.

The work of the Relationships Scotland Network supports the Scottish Government's vision for children, young people and their families.

We fully support the aspirations of the new *Children (Scotland) Act 2020* and *The Early Years Framework*. Our work operates within the guiding principles of *Getting it Right for Every Child* (GIRFEC) and also supports the National Outcomes, which underpin Single Outcome Agreements between the Scottish Government and every Local Authority in Scotland.

We are again grateful to the Scottish Government and the Corra Foundation for their ongoing funding of the Relationships Scotland Network.

In March this year the COVID-19 crisis had a significant impact on our work across 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 the lockdown. Special thanks go to the 21 Member Services who showed tremendous creativity and resilience to provide such a high level of care and support under very difficult circumstances. We would also like to pay particular thanks to the staff team at the Relationships Scotland National Office for all of the excellent work that they do and how they responded to the crisis, and also to the trustees who serve on the Relationships Scotland National Board.

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



**STUART VALENTINE**  
Chief Executive



**DR KIRSTY DARWENT**  
Chair

# 2019/20 IN NUMBERS

