

8 new services

15 new people joining our teams

529 hours per week offered by core staff

23% increase in capacity to meet demand

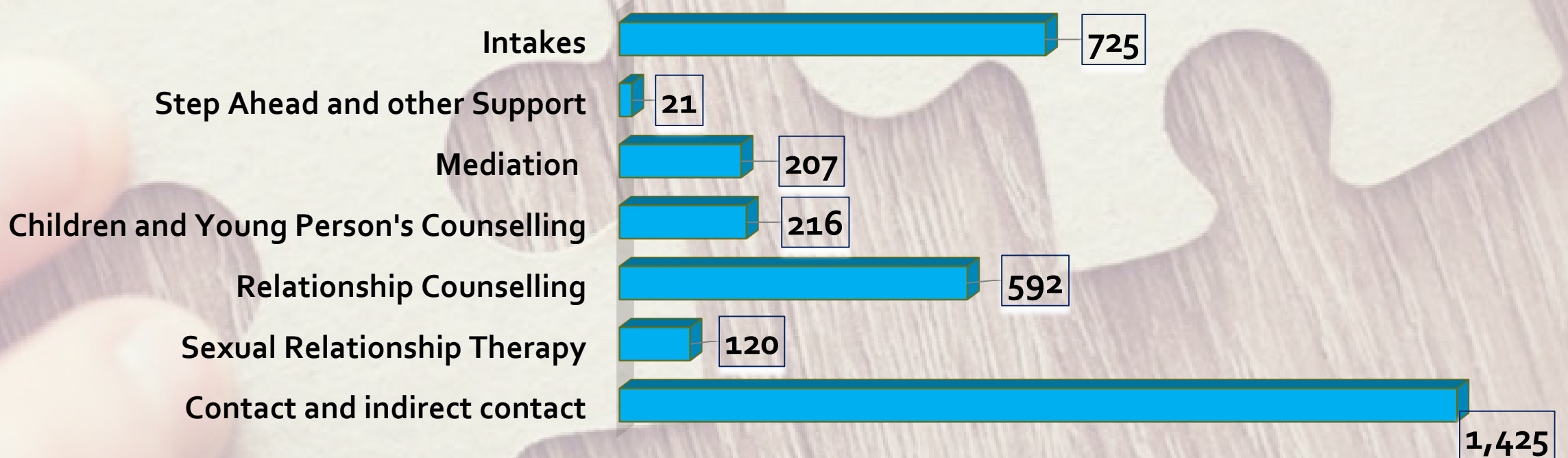


RELATIONSHIPS
counselling, mediation
& family support across **SCOTLAND**

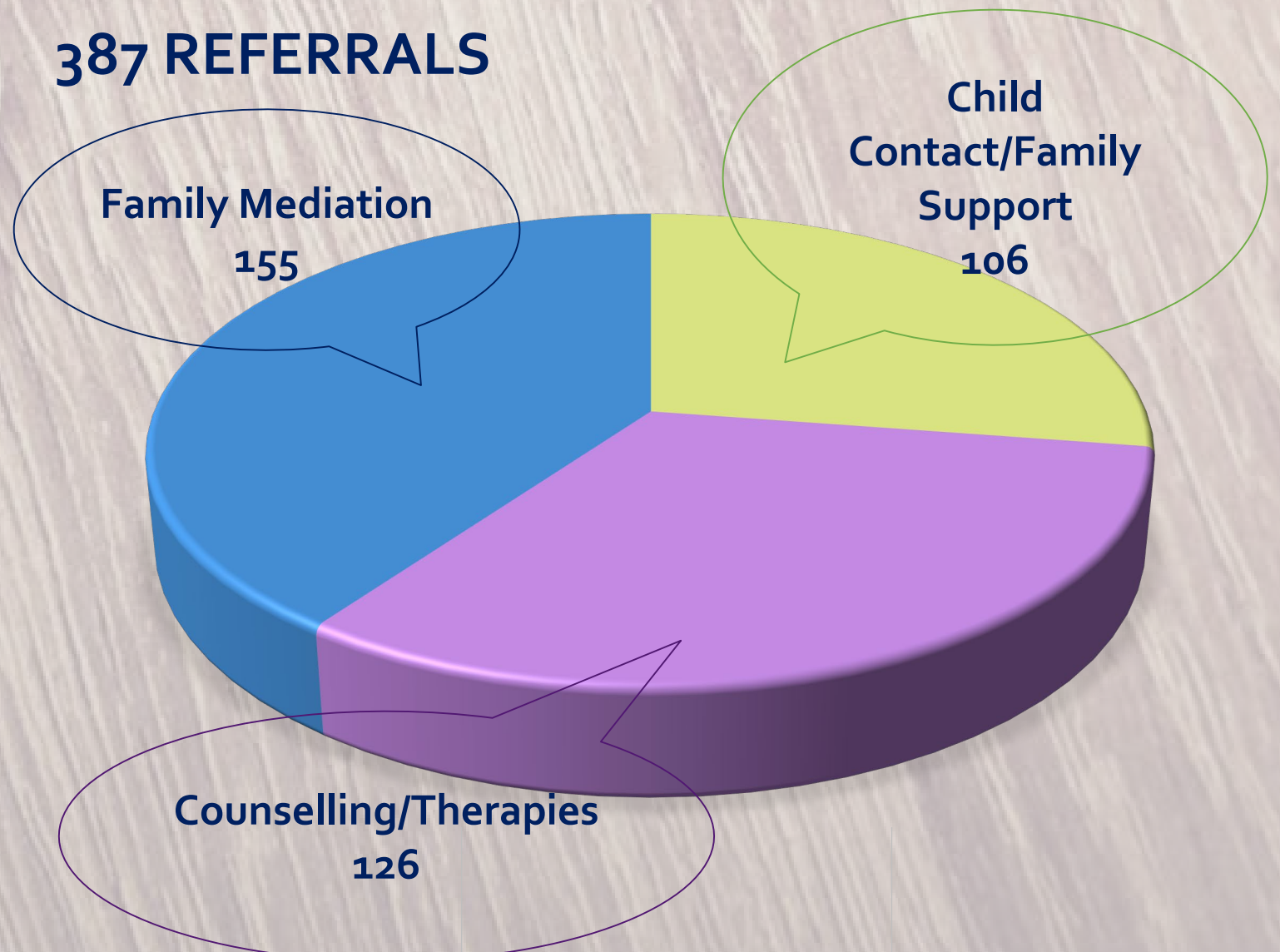
Member of Relationships Scotland

2020-21 Highlights

3,306 SESSIONS



387 REFERRALS



Values

- Professionalism
- Respect and empathy
- Impartiality
- Diversity
- Empowerment

Feedback

- Enabled honest and frank discussions with my ex husband over the care of our daughters. The support they gave and cues I was able to use if I felt threatened or uncomfortable were very reassuring. During a Covid pandemic the appointments were via Zoom [...] and I still felt very supported. I very much feel that the door has been left open which is reassuring for the future due to my ex husband's violent history. I feel empowered and supported in having a listening ear and an impartial neutral person to help us in the future.
- I was helped very much. The counsellor enabled me to talk through the challenges in my marriage, understand our difficulties and how to cope with them better each day. I no longer feel angry and depressed.
- Mediation helped me and my ex-partner to communicate with each other in a more friendly and constructive way. It helped us reach an understanding about custody issues.
- It has helped me build a relationship with my child and a more civil relationship with the other parent
- Helped son build relationship with his mother.
- The service was very important as it was a safe environment for my child. Without it there would have been no contact.
- Staff have been so supportive and always happy to help, they go above and beyond to make things possible and feel like there is never a problem. All sorry to say to goodbye!
- Would just like to thank the staff for everything that they did concerning my son. They have been great.
- I have never been able to open up to anyone before and my therapist felt more and more like a trusted friend I could speak to anything about and any worries. She helped me a lot through difficult situations and made me understand a lot about myself.

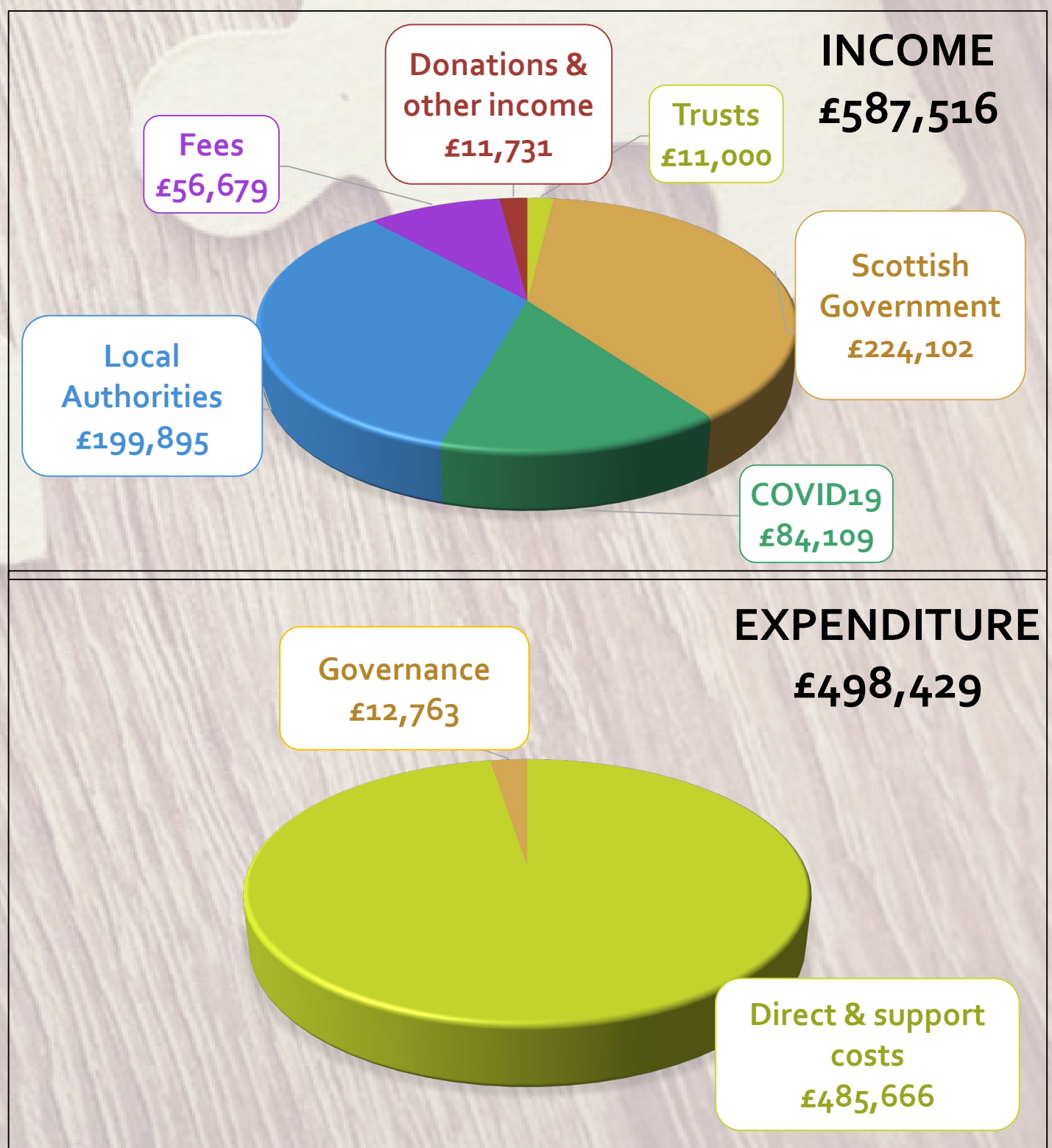
Our special thanks to Our funders

Adapt and Thrive Fund
Balgay Children's Society
Corra Foundation
Fife Council
Northwood Charitable Trust
Scottish Government

Angus Council
Communities Recovery Fund
Dundee City Council
Firstport
Perth and Kinross Council
Thomson Charitable Trust

and

**Our team of staff, workers, practitioners
and volunteers
who have dedicated their time and efforts
to helping others - and have done so with
unrivalled commitment, passion and grace
during the global pandemic.**



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