

Cyrenians



IMPACT REPORT 2016

In journeying with people at the margins of society for nearly 50 years, our experience has given us a deep knowledge and understanding of the delicate and complex situations experienced by those excluded from family, home, work or community.

This year, we have reinforced our strong and positive reputation that stretches across 34 projects in Edinburgh, the Lothians, Borders, Falkirk and Stirling along with our national service: the Scottish Centre for Conflict Resolution.

Whether by interacting, working, volunteering, supporting, or offering time, expertise and financial support, we are profoundly grateful to all the people who have journeyed with us this year.

We believe that we all have a past, a present and a future and that everyone who comes to us brings with them their own unique experience.

We are humbled by the openness and trust placed in us by those who seek our support; we are immensely proud of the energy, enthusiasm, dedication, compassion and professionalism of our volunteers and staff; and we are forever grateful for the vision and faith of our funders. Our work will continue to be focused on our vision of an inclusive society in which we all have the opportunities to live valued and fulfilled lives.

Cyrenians passed some significant milestones in the last year:

3,352



people journeyed with us in their time of need

5,805



additional people participated in our services, events or training courses

1,005



wonderful volunteers gifted 88,703 hours of their time to us



FAMILY & PEOPLE

We believe in the importance of supporting individuals and families within their own communities to maintain happy and fulfilled lives and strong, nurturing relationships.

While it is inevitable that conflict arises, if managed correctly, it can be limited, or instead channelled in a positive manner.

Our **Conflict Resolution Service** works directly with young people and families, offering mediation, support, and workshops to help them improve their relationships and increase awareness of the impact conflict can have on families.

We closed 187 cases where families were struggling with conflict and 75% of those cases resulted in the young person staying at home, returning home, or moving out in a planned way

Years of experience in this area has resulted in the Scottish Centre for Conflict Resolution (SCCR), our national resource centre which, through its events and online resources, is helping to improve relationships and life chances for young people across Scotland.

We also work with Edinburgh landlords, tenants and agents who are experiencing challenges in their relationships and communication.

"Now we have a brilliant relationship that we can freely communicate feelings. I don't think I'd still be at home or doing as well if it wasn't for Cyrenians"

Young person



people attended the SCCR's accredited training, seminars and conferences across Scotland



young people attended conflict resolution workshops in schools

Relationships and family life can also be threatened or undermined by addiction even when seeking treatment, particularly if it involves being taken out of the community and away from family. At our **West Lothian Recovery Service** we have developed a community-based recovery programme which, by passing on knowledge and experience of 'graduates', helps those who are beginning their recovery journey feel secure in the knowledge they are being supported by those who fully understand their situation. Support is offered either through more formal mentoring, or less formally through our **Recovery Hub** at **Pre-Sync 27** or through our **Telephone Recovery Service**.

5,152 visits to our recovery hub

100% of the 198 people supported by our addiction recovery service maintained and progressed recovery

For the elderly in our communities, loneliness continues to rise and our **Befriending Service** brings a little light and hope into the lives of those who have become isolated within their own homes.



older people received support from a befriender

And for those who experience the greatest exclusion, who face severe and multiple disadvantage, our **Outreach Services** offer unfaltering support amid what can be a difficult navigation of the help and services available.

27 people were helped to tackle severe and multiple disadvantage

HOME & HOUSING

Homelessness does not just encompass people living on the streets. It also includes those sleeping on a friend's sofa, or living in overcrowded or unsanitary conditions. We know that homelessness is about much more than a house. With help to navigate options and access the support and opportunities available, people can become far more settled and secure in a home.



Our **Homelessness Prevention Service** tackles the variety of issues which place someone at risk of homelessness and helps households become more resilient to future risks.



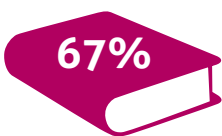
Of the 701 people who worked with our Homeless Prevention Service 92% avoided homelessness

Financial problems play a major role in homelessness and we have expanded our **Making Advice Work Service**, funded by the Scottish Legal Aid Board, to help people negotiate welfare reform.

352 people accessed Making Advice Work

We helped access £435,142 in unclaimed benefits and small grants

Cyrenians Communities, within Edinburgh and at our farm in West Lothian, provide a place to belong for young people who come from a 'tough reality'. More than a roof over their head, the Communities provide opportunities for learning and participation. Residents share local knowledge, cultural understanding and their experience of life and what they have been through. The residential volunteers learn how to support people who might have experienced trauma, abuse or neglect and they also bring their own skills which range from motivation and enthusiasm, to art or cooking skills.



27 young people lived within our Communities, and 67% achieved an accredited qualification

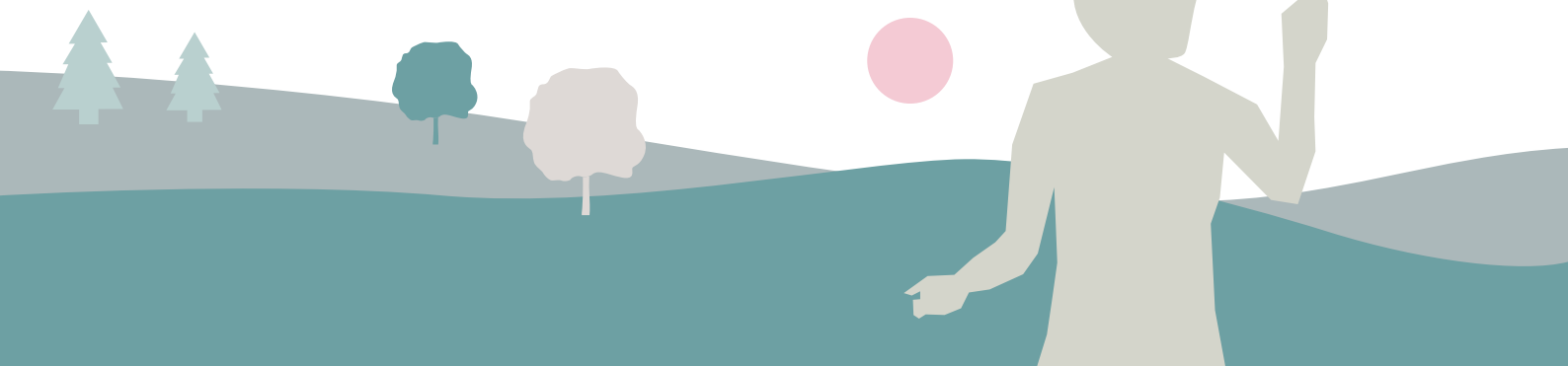
"My advisor gave me the confidence to do things for myself, for example to contact my landlord, which led to improvements in my housing conditions."

HPS Customer

WORK & SKILLS

The prospect of finding work can be a daunting experience for many people. Self-esteem and confidence play an important role, as do an individual's circumstances – whether or not they are in a stable situation and have a suitable place to live. A criminal record can also be a barrier, both when it comes to employment and self-worth.

Our **Key To Potential** programme targets 15 year-olds who have become disengaged from their schools. Following the principle that prevention is better than a cure, this programme has encouraged many young people to turn their lives around.



Foundations to Employment focuses on restoring hope and resilience to those who have become distanced from the job market by restoring their self-worth and self-image. **Market Led Training** is a more specific, specialised approach that works with small groups of people to introduce them to the construction, care and retail sectors.

The added burden of a criminal record as a barrier to employment is handled by our **Criminal Justice Employability Service** in Falkirk. In addition to practical solutions, it also offers social interaction in a non-judgemental situation, enabling many people to discover new abilities and renewed confidence in themselves.

One of our most successful partnerships is the **Recruitment and Skills Centre** at Fort Kinnaird. This is at the high end of our preparation for work programme, and is a unique business arrangement between private, public and third sectors in which the requirements of the employer and the employee are given equal consideration. The professionalism and respect between these three sectors flows through the job seeking process, encouraging the highest standards and ensuring that everyone's needs are met.

"When I first got my Community Payback Order and had to come to Cyrenians I was totally fed up and against taking part in the programme, but today I leave with my head held high and the confidence to look forward to employment after so long."

Course participant

COMMUNITY & FOOD

Food and nourishment should be a comforting and holistic experience for all of us. At Cyrenians we recognise that having someone to eat with is as important as having something to eat.

The process of growing and preparing food, whether at our **Farm Enterprise** or our **Community Gardens**, is in itself fulfilling, which is why community residents, hospital patients, staff, volunteers and visitors all benefit from the therapeutic value of being outside, getting their hands dirty and experiencing the satisfaction of watching things grow and blossom.



At our **Good Food** depot, **FareShare** is a bustling hive of activity with staff and volunteers working tirelessly to sort all the surplus supermarket food we receive, and redistributing it to a variety of community projects.



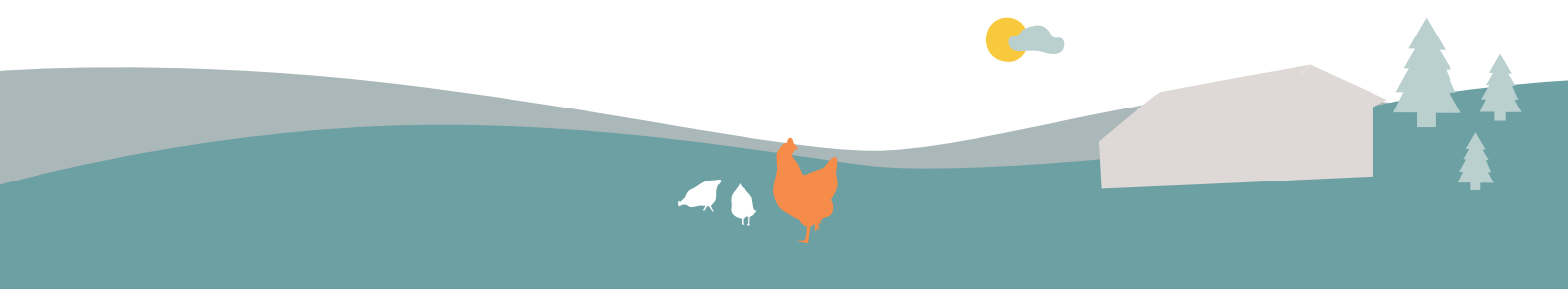
Good Food is also where we make lasting changes through our **Food Education** programmes, teaching health and hygiene, how to shop, prepare and cook, and also how to enjoy a meal in the company of friends.

1,170 veg bags grown and sold

365 farm volunteers

Our **Elementary Cooking Skills** is a Royal Environmental Health Institute of Scotland (REHIS) accredited course, as is **Good Food Good Health** which trains other organisations to hold their own cooking classes.

Through these courses, we are helping to break down some of the barriers people have around food and the fear of preparing a meal from raw ingredients.



FUNDRAISING

There are many ways you can support our work.

Make a donation: Make a regular or one-off donation and help us support those excluded from family, home, work or community on their life journey.

Fundraise: Take part in a sponsored event like a marathon or an abseil, or organise your own fundraising event, for example: a bake sale, supermarket bag packing day, quiz night, head-shave, dance-a-thon... use your imagination and surprise us!

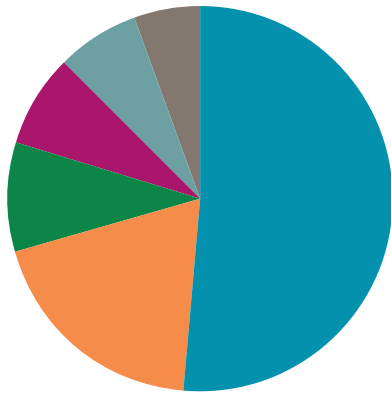
Workplace team Building Challenges: 'Ditch your Desk' and spend a day at our Farm Enterprise, our Community Gardens or our Good Food Depot! Roll up your sleeves, get stuck in and help us complete a variety of activities.

Volunteer: Volunteering is at the heart of what we do. Without volunteers, Cyrenians would not have been able to walk with so many for so long over the years.

To find out more email: fundraising@cyrenians.scot

INCOME 2015/16

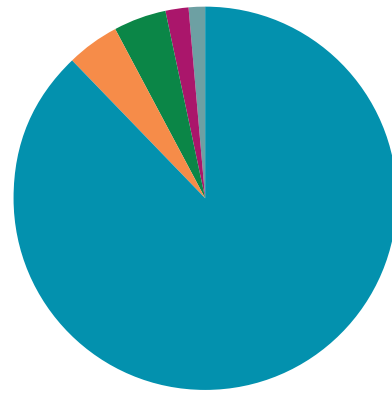
- Local Authorities £1,700,894
- Other Public Bodies £636,648
- Earned Income £302,901
- Big Lottery Funding £256,739
- Companies and Trusts £227,205
- Donations £178,623



Total: £3,303,010

EXPENDITURE 2015/16

- Direct Costs of Project Delivery £3,082,062
- Strategic Development £155,442
- HR, Finance & IT Support £154,689
- Governance £65,658
- Other £45,878



Total: £3,503,729

Norton Park,
57 Albion Road,
Edinburgh,
EH7 5QY
Tel: 0131 475 2354
Email: admin@cyrenians.scot

[facebook.com/cyrenians](https://www.facebook.com/cyrenians)
[@cyrenians1968](https://twitter.com/cyrenians1968)
[@cyrenians](https://www.instagram.com/cyrenians)
www.cyrenians.scot

Cyrenians offers sincere thanks to Mary Leonard for copy-writing and SQA for printing

Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO)
Registered charity number SC011052

