



BUILDING BRIDGES
COUNSELLING, MEDIATION & FAMILY SUPPORT ACROSS TAYSIDE & FIFE

8,551 website visitors

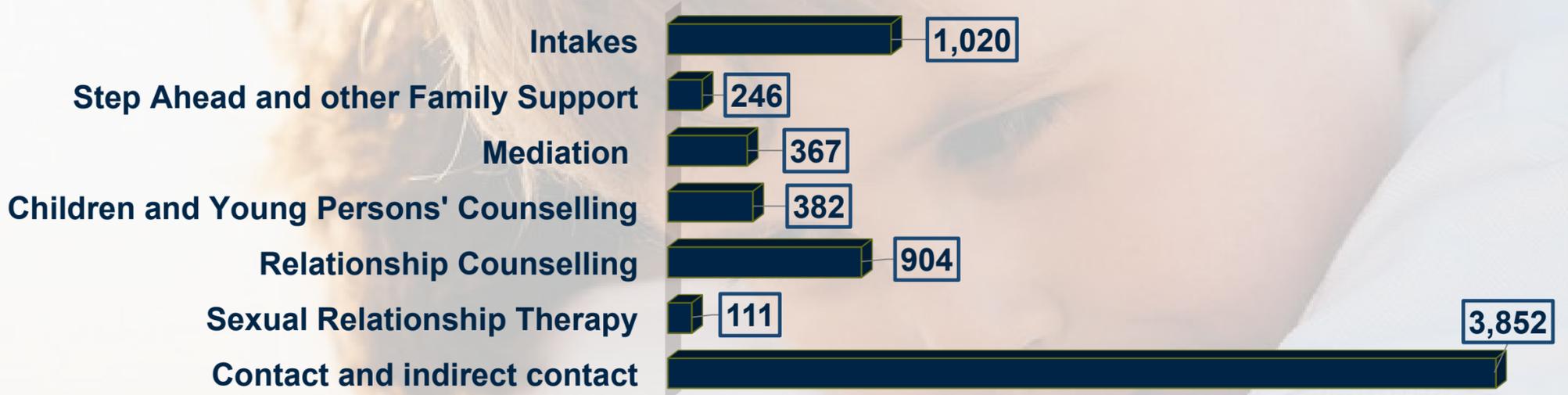
689 new referrals

1,632 new beneficiaries

95% of clients would recommend us to others

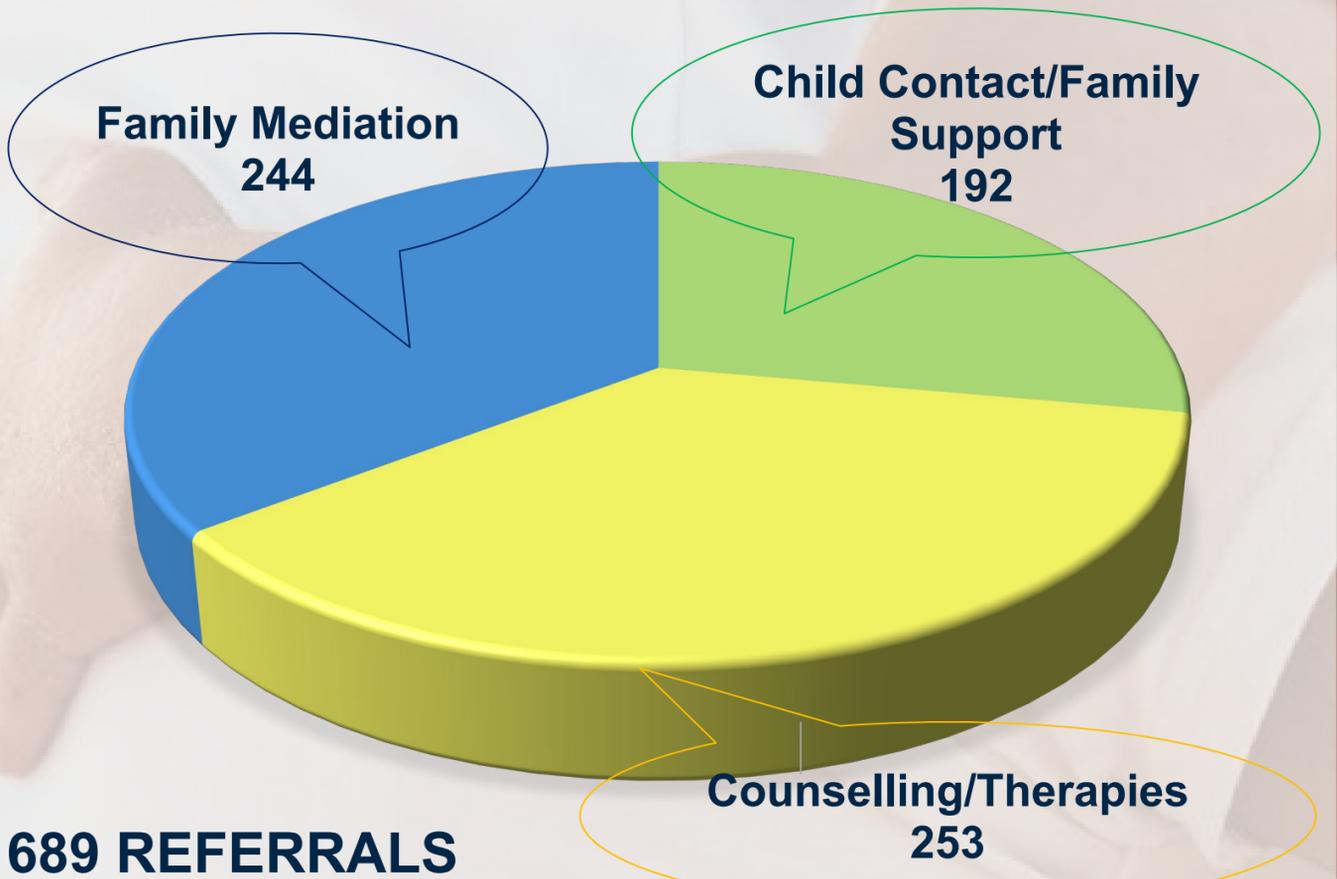
2021-2022
OUR HIGHLIGHTS

6,882 SESSIONS



80% of clients said we helped

- OUR VALUES**
- Professionalism
 - Respect & empathy
 - Impartiality
 - Diversity
 - Empowerment



Feedback

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 about anything and any worries. She helped me a lot through difficult situations and made me understand a lot about myself.

Very grateful for the service received, have recommended to others. Our situation has improved for the better. [mediation]

Great service; staff are lovely and supported me as well as my child. [contact]

Just having other adults involved in the conversation was so important to me, it allowed a safe space to try and communicate with the other person who otherwise devalues me and does not take my view as valid or equal.

Relationships Scotland is a very professional and efficient organisation. Communication is excellent. [Staff] communicated well, organised and sent out details of Zoom meetings. We thought it would be daunting being on Zoom but [staff] made it so easy. We felt really safe regarding the organisation's confidentiality policy.

Helping me work through things at my own pace. Helped me to realise my feelings do matter in the relationship. Having someone to listen to certain things I've never shared with anyone who is not judgemental.

Many thanks for the help over the years with my daughters from the Cottage Centre in Kirkcaldy to the Salvation Army centre in Glenrothes and at North Street also at Glenrothes; all centres and staff are very friendly and welcoming, can't thank you all enough.

Our special thanks to

Our funders

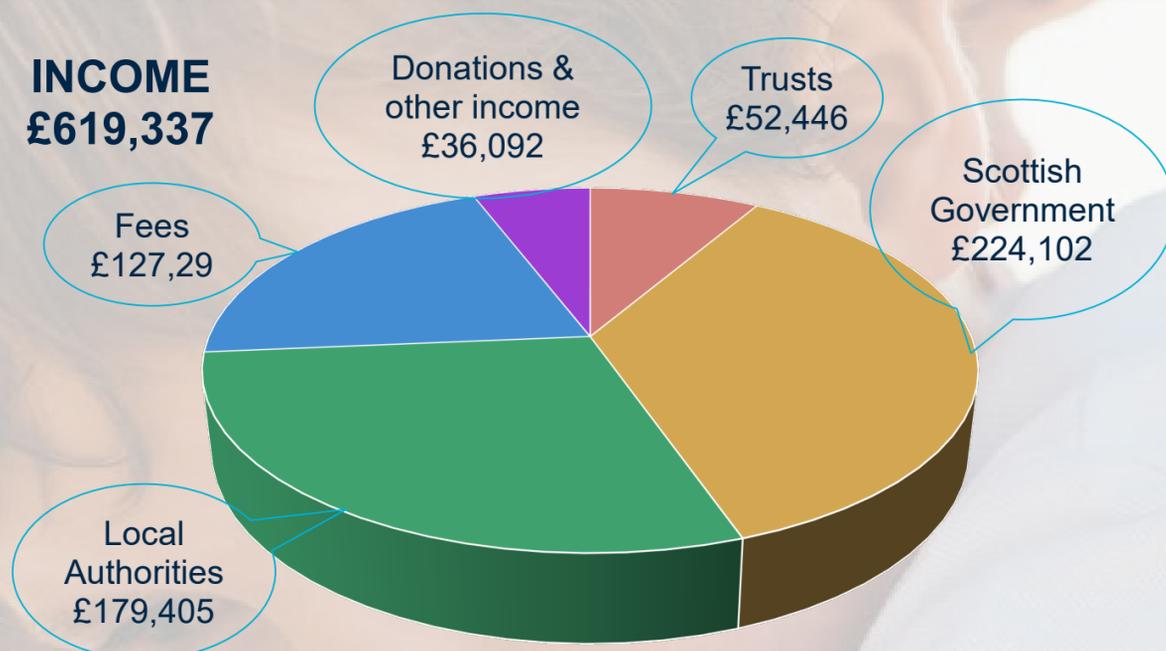
Adapt and Thrive Fund
Awards for All
Dundee Volunteer & Voluntary Action
Fife Council
Perth & Kinross Council
Scottish Government

Angus Council
Dundee City Council
PKAVS
Northwood Charitable Trust
Sinclair Family Trust
Voluntary Action Angus

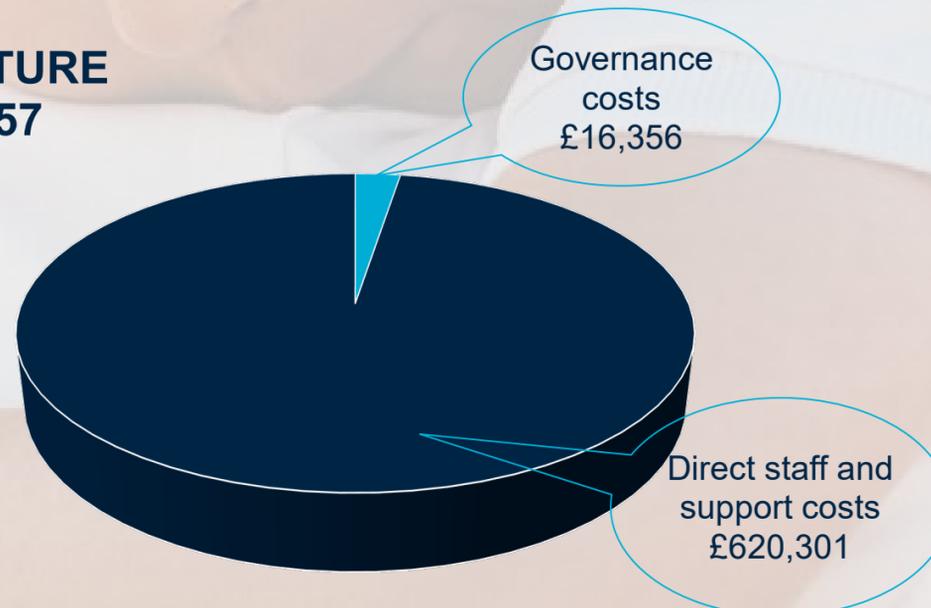
and

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 our recovery from COVID19.

INCOME £619,337



EXPENDITURE £636,657



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