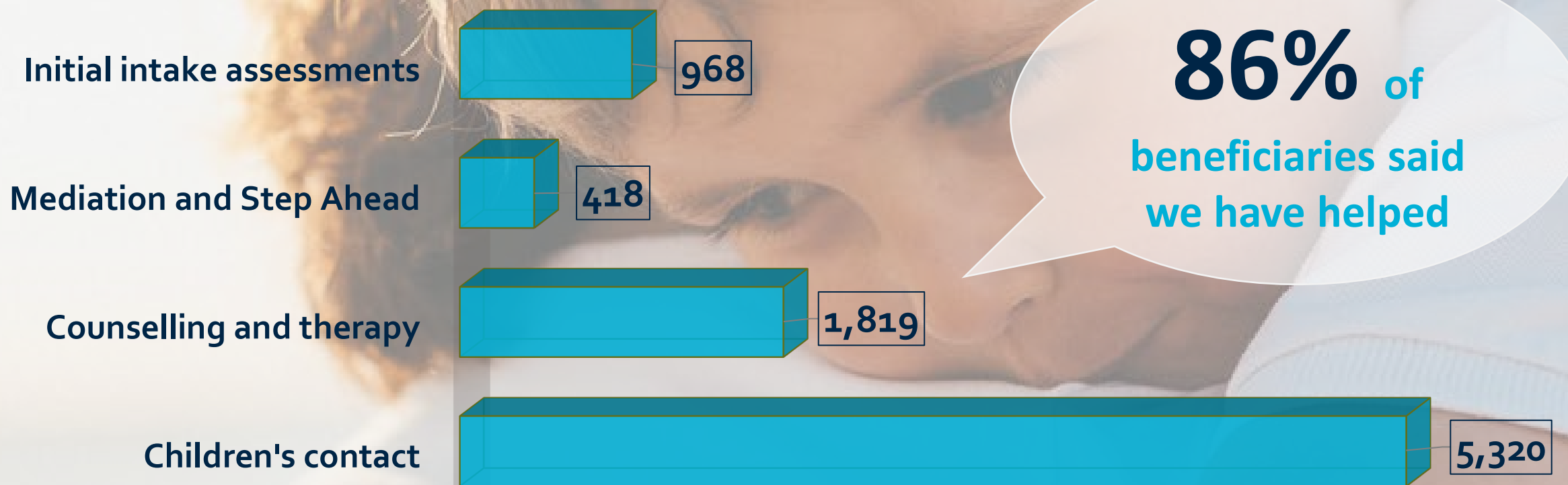


## 2023-2024 OUR HIGHLIGHTS

**616** new referrals  
**1,485** new beneficiaries

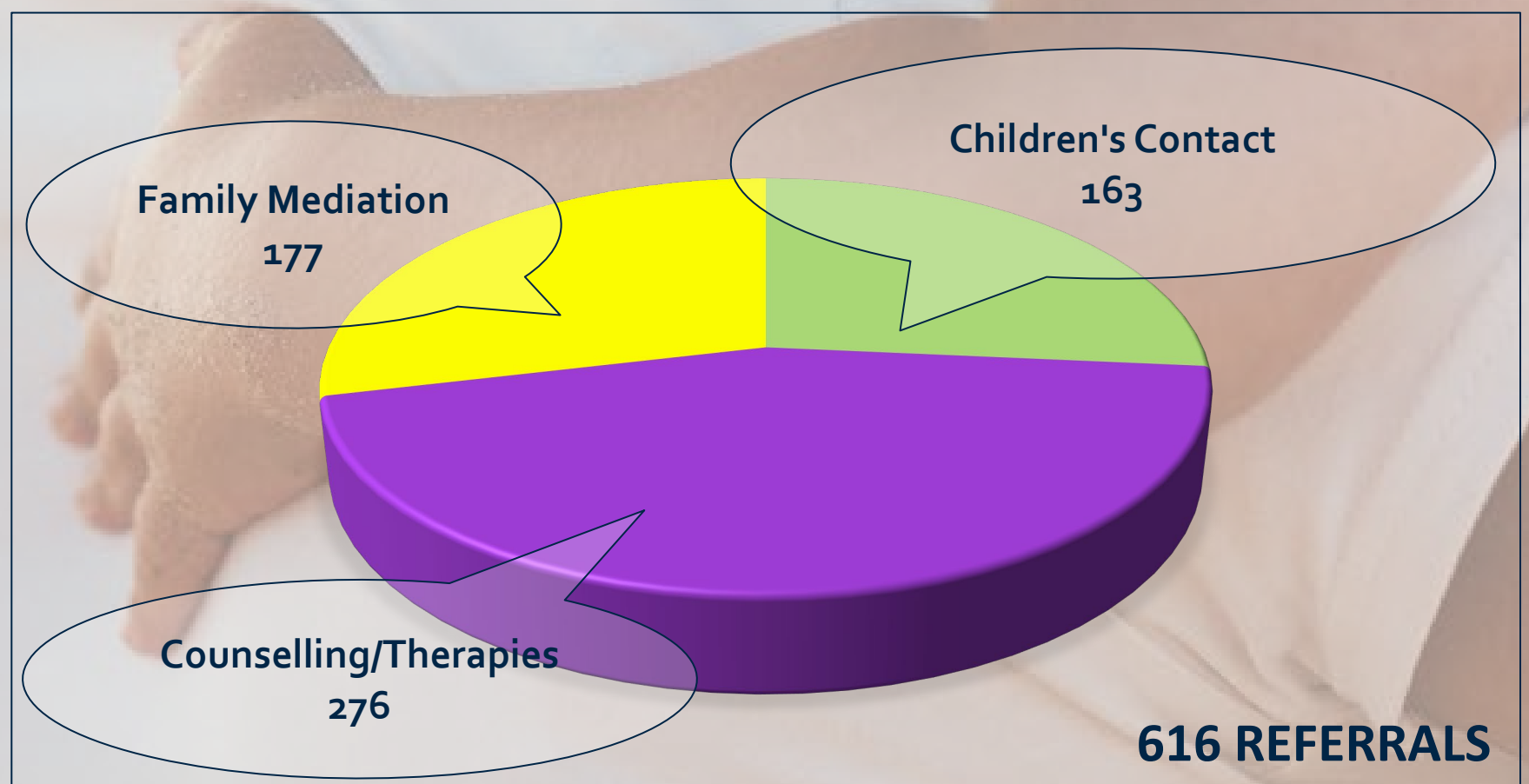
**93%** of  
beneficiaries would  
recommend us

### 8,525 SESSIONS



**86%** of  
beneficiaries said  
we have helped

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



## Feedback

“I have found it so helpful to have time and a space to talk through what is on my mind.” (Young person, 14+, about counselling)

“Youve been very helpful and have helped me through tough times and im really grateful for ur help!!!!!!” (8-13 year old’s message)

“The greatest help was that the sessions were online - I didn't need to be in one room with my ex-husband. I was able to say my opinions and my wishes about looking after my daughter once she is staying with her father and this time he was listening because he had to (before, verbal communication between us wasn't possible through the domestic abuse). It helped me to "grow emotionally" as our wonderful, understandable mediator was there and listening.” (A mum about mediation)

“I really wasn't keen on using a child contact centre but it's been the best thing I've done. All staff have been amazing, very supportive, going above and beyond to facilitate. The centre was a great, fun place. Relationships Scotland has played a big part in us moving forward.” (A dad about children’s contact)

“The staff were very kind and accommodating. I felt welcomed and comfortable considering the situation we were all dealing with was rather upsetting.”

“As a family, we understand each other much better.” (About family therapy)

“Family contact centre has been essential for the kids to have a relationship with their father. I know my kids’ safety are the centre’s first priority.” (A mum about children’s contact)

I was sceptical about counselling as I felt completely overwhelmed by the magnitude of my problems in my relationship. Counselling showed us the way forward to understand ourselves and how we can break down existing trauma to limit that affecting our daily life. Was such a healing time and I've never felt lonely or that I don't belong in this world since counselling. I recommend it to everyone and help to banish the preconceptions of it. Thank you.” (From a counselling client)

“The Mediation process was amazing, very well organized by office staff and our wonderful mediator, and I loved online sessions. Thank you very much for your service.” (From a mediation parent)

## Our special thanks to

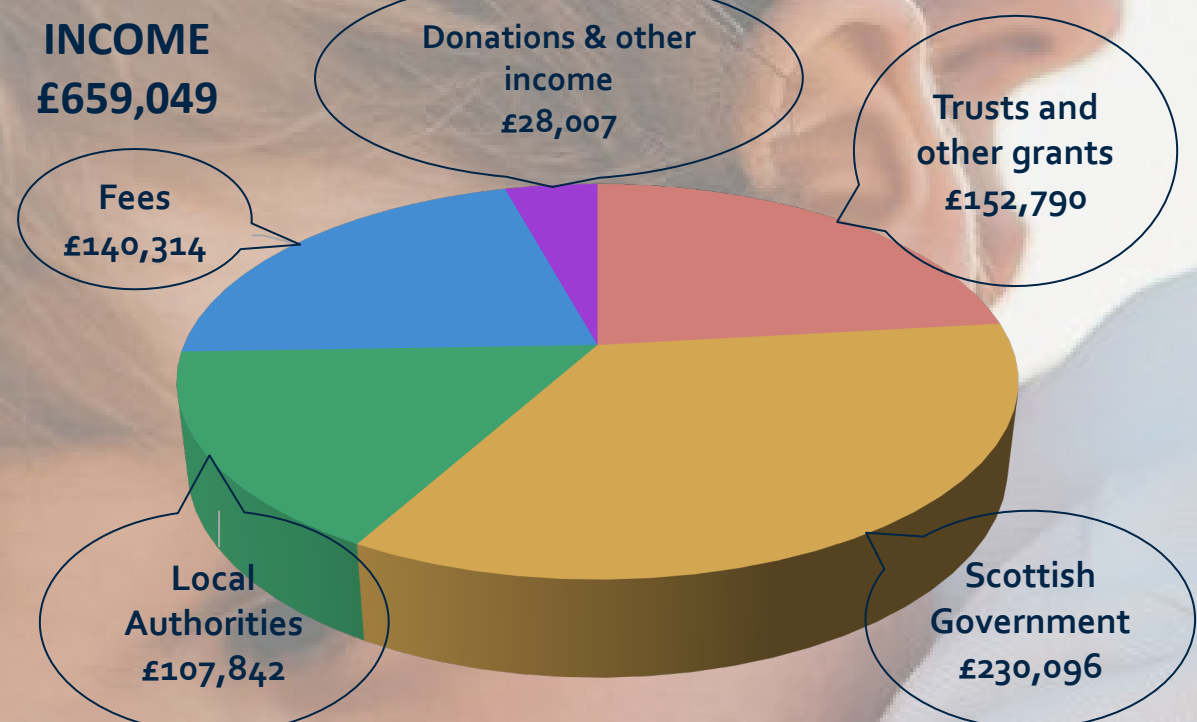
### Our funders

Angus Council	Aberbrothock Skea Trust
Basil Death Trust	Dundee City Council
Dundee Volunteer & Voluntary Action	Fife Council
Fife Voluntary Action	Forteviot Trust
Hugh Fraser Foundation	Northwood Charitable Trust
Perth & Kinross Council	Scottish Government
The Clothworkers’ Foundation	The Robertson Trust
The Stafford Trust	Voluntary Action Angus
William Sword Charitable Trust	

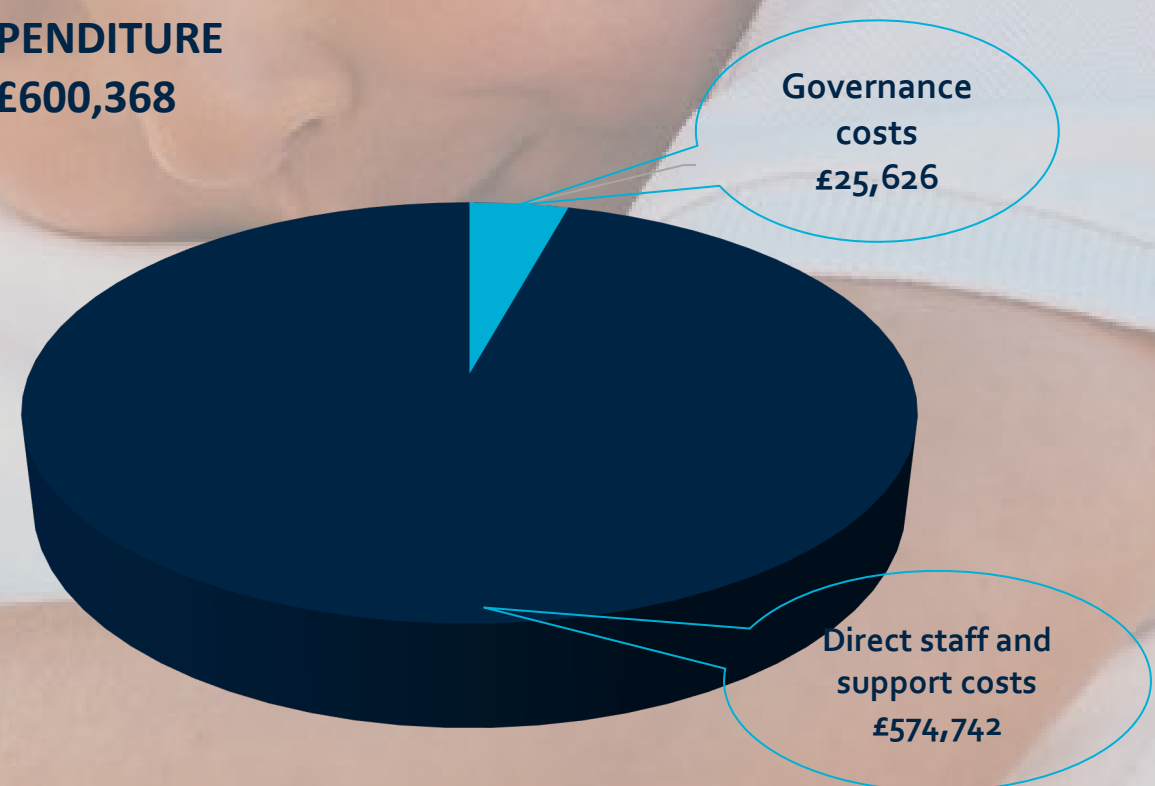
and

Our staff team, workers, practitioners and volunteers who have dedicated their time and efforts to helping families any way they possibly could, during the past year.

**INCOME**  
£659,049



**EXPENDITURE**  
£600,368



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