

# Cyrenians

## IMPACT REPORT

# 2022



TACKLING THE CAUSES AND  
CONSEQUENCES OF HOMELESSNESS

**OUR PROJECTS TACKLE THE CAUSES AND CONSEQUENCES OF HOMELESSNESS ACROSS SCOTLAND.**

With **4 national projects** and **54 local projects** in South East Scotland, we meet people where they are and support them towards where they want to be.

Falkirk and Stirling

Edinburgh & the Lothians

The Borders

Galashiels

Falkirk

Edinburgh

**The past year has been another challenge in adaptability and resilience for us all. The long-term ripple effects of Covid can still be felt across our nation, but more keenly still in those communities who face the uncertainty and indignity of poverty and homelessness.**

Despite a concerted effort across sectors to safeguard the homeless community and those at risk of homelessness during the pandemic, we are sadly seeing those figures creeping back up, with devastating impacts for those in our community trying to navigate the reality of homelessness.

By April 2022 there were over 14,000 people in temporary accommodation, and the length of time it takes to get them into stable housing is getting longer. On average a family with children can now expect to be in temporary accommodation for almost a year before finding a permanent home.

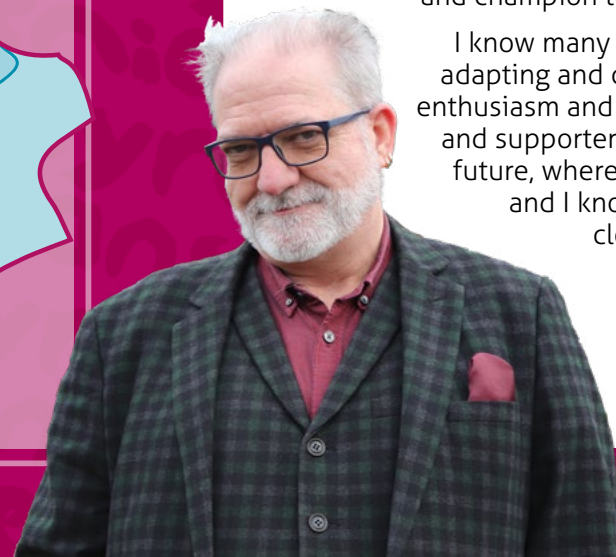
Now, with a cost-of-living crisis looming on the horizon, it feels like we are hurtling into yet another 'unknown'. In February 2022 our annual survey found 1 in 5 people in Scotland were skipping meals to cut costs. That was before eye watering energy price rises came in to effect heaping more pressure on household budgets. All of these factors are combining to make the year ahead feel more uncertain than ever.

If we have learnt anything from our work over the past 50+ years, it's that our values-led, trusted-relationship-based approach matters and works, even in the toughest of times. We will continue working with partners across all sectors, bringing our talents and resources together to provide support to those who need us most. We will continue sharing our knowledge, representing those of us who are often underrepresented, and champion the causes that benefit the many, not the few.

I know many folk feel exhausted by the constant cycle of adapting and changing, but I am humbled by the continued enthusiasm and energy my colleagues, our partners, volunteers, and supporters give to us. We all share a vision of a brighter future, where everyone can live valued and fulfilling lives, and I know that together, we will continue getting closer to making that vision a reality.

With my sincerest thanks,

  
Ewan Aitken  
CEO



# 2021-22

## OUR JOURNEY IN NUMBERS

Last year, **Cyrenians** directly supported **7,047** people at their time of need

**89p** in every pound raised is spent directly on our frontline work.

**21,681** PEOPLE further participated in our events, services, or training courses

**453** wonderful volunteers gifted a total of

**59,546** HOURS of their time and support to us.



Last year our wider work to prevent homelessness by alleviating poverty, tackling food insecurity, and providing support to families and young people, saw us...

...receive **3,069** VISITS to our Community Pantries, offering dignified access to quality food.

...support **8,616** FAMILY MEMBERS to benefit from mediation, access training, or be supported to better manage relationships in the home

...make sure that **OVER 300** PEOPLE experiencing homelessness were discharged from hospital to stable accommodation

...distribute **2.4** MILLION MEALS through our FareShare Network of 167 community food members

...provide a home in our residential communities for **73** PEOPLE

...support **263** YOUNG PEOPLE through programmes to continue in education, gain qualifications, further skills and grow their confidence

We're amazed by the number of generous people who supported us this year - donating, fundraising and spreading the word to make a difference in our community.

Whether they gave their time, skills or money, the support of individuals, companies and funders alike allows us to continue investing in Cyrenians so that we can do even more to tackle the causes and consequences of homelessness.

## THANK YOU TO EACH AND EVERY ONE OF THEM!

Choosing a charity to support can be difficult, as there are many organisations assisting a variety of meaningful causes within our city.

However, after meeting the Cyrenians team, learning about their values and seeing the warmth and compassion that they provide to those in need, the partnership... came to life naturally.

Teresa Au, Fazenda corporate partner

Our generous partners in local businesses provided us with gifts and services to the value of

# £17,996



# OVER £115K

was raised in **our biggest ever winter appeal** to provide lasting support to people facing the causes and consequences of homelessness.

# 181

generous individuals made an ongoing commitment to tackling homelessness with regular donations, allowing us to plan ahead in uncertain times.

# 55

individuals and groups took on a fundraising challenge to raise over

# £21,500

I would honestly never consider doing such a crazy thing if it wasn't for a charity that I respect, value and feel passionately about!

I love their ethos of helping people to help themselves and walking alongside to offer guidance and support.

Sarah Murray, Firewalk participant



Visit [www.cyrenians.scot/support-us](http://www.cyrenians.scot/support-us) to find out how you can get involved.

# HOME



**Good, safe housing  
is a human right.**

We support people experiencing, or at risk of, homelessness to access adequate housing and the support they need to make that house a home.

I KNOW I CAN BE HARD TO WORK WITH,  
BUT YOU JUST KEEP COMING BACK  
AND YOU DON'T GIVE UP ON ME.

44

Peer Support client

people were supported to access and keep accommodation by our Navigator project

40

young people were supported by our Farm, City and Lotus communities

8

young people felt confident enough to move into their own tenancies after living with us at our communities

8

residential community volunteers graduated from our pilot with Edinburgh College, offering a mentoring award at SCQF Level 4

23

people have been supported by our Housing First project, of whom 16 are currently in permanent tenancies

113

frontline workers joined our Scottish Frontline Network events in the past 12 months, sharing best practice, skills and peer support

184

people joined the All In For Change National Conversation on progress made towards ending homelessness, which we co-hosted with our partners Homeless Network Scotland and SCDC



Lotus Community for young asylum seekers

Our **Communities** are at the heart of what we do; providing support to individuals who have experienced homelessness, are recovering from long-term hospital stays, are care experienced, or are unaccompanied asylum-seeking children. Through community-led approaches, we empower each individual that stays at one of our communities to grow their confidence and work towards a future in which they can thrive.

Farm Community

From participating in training courses and further education, sharing experiences with our peer-support residential volunteers, to sharing the day-to-day tasks of running a home, our community members make these spaces a home.

The past few years has not been easy, with restrictions limiting the opportunities available for growth, but we are immensely proud of all our community members.

Demand for our communities has remained high, with all our communities at capacity and enquiries continuing to grow as we move into another unsettling year.

We not only provide supportive accommodation for young people and adults, but also support individuals to access accommodation through our **Housing First** projects. Offering wrap-round support for people with experience of homelessness, we help them access accommodation that meets their needs, and provide the advice and support required to maintain a tenancy.

After what is sometimes years of unpredictable housing, Housing First offers a place of stability, ongoing support and some breathing space for people to adjust to a new way of living.

Housing First Borders

Similarly, our **Homeless Navigators** provide this kind of personalised one-to-one support for people currently experiencing street homelessness. By building up rapport, often over months, with individuals who typically fly 'under the radar' of traditional homelessness services, we're able to offer a friendly face providing options without pressure.

I don't know what I would have done without the support from you;  
NO-ONE HAS EVER WORKED WITH ME THE WAY YOU DO.

Peer Support client

Unrestricted by appointment time limits, or meeting-room availability, our Navigators meet people where they are, and support them towards where they want to be. Whether that's permanent accommodation, or a shorter-term goal such as accessing healthcare, we offer a judgement-free approach that gives people autonomy over their own direction.

Homeless Navigators

Our services are unique in their individualised approach to meeting people's need. Rooted in dignity and respect, we take our values-led approach directly to those we support but also to the wider sector through our work with **All In For Change** and **St Martin's Scottish Frontline Network**.

Over the past year we have been involved with the creation of new legal duties to prevent homelessness in Scotland. Input from the Change Team helped shape a recent Scottish Government and COSLA consultation on **homelessness prevention duties** which included suggestions from All In For Change on a duty on public bodies to 'ask' and 'act' to prevent homelessness, and extending the timescale for prevention activities to six months to allow for a more consistent, supportive approach.



Social Bite Village

# FAMILY



Creating and sustaining healthy relationships is key to a fulfilled life.

Our services support families to manage conflict well, so that people can avoid relationship breakdown; one of the leading causes of homelessness.

138

people were supported through our veterans programme Live Life, including 54 children

8,056

Our Visitor Centre at HMP Addiewell had

interactions, offering support, advice, referrals, and a compassionate ear

84%

of young people

supported by our Mediation and Support Services remained at home or returned home, and a further 16% of young people moved out in a planned way with support.

230

family members benefited from engaging with our mediation and support services

192

young people

participated in our conflict resolution workshops

1,693

individuals attended our Scottish Centre for Conflict Resolution (SCCR) events and training

32

local authorities and 19 countries from around the world engaged with our SCCR



Mediation & Support

## We know that conflict is normal in relationships, but for those who feel there is no end in sight it can be incredibly stressful and anxiety inducing.

Our **Mediation and Support** team offer practical, compassionate support to families and young people, encouraging transparent conversation and offering space to better understand each other to work through conflict safely.

By providing workshops to young people in schools, offering a non-judgemental listening ear to parents, and facilitating conversations, we were able to ensure **no** young people we worked with entered a damaging cycle of homelessness.

In 2020 we launched our **Keeping Families Together** project, supporting families with a young person in a secure unit. We support families to better understand how to build healthy boundaries, engage with work and learning opportunities and develop trusting relationships, with a view to the young person returning home. Two of the families we have been supporting have finished working with our team and in both cases the young person has returned home.



Keeping Families Together

Early intervention is vital in breaking the long-term cycle of homelessness, and our mediation and support services are evidence that it can work.

Our **Scottish Centre for Conflict Resolution (SCCR)** are a more upstream service offering research-based training and interventions for parents, carers, practitioners and young people themselves. By better understanding our reactions to conflict, building skills and confidence to protect ourselves from its negative impact, and learning how to work with others to prevent conflict escalating, we are better able to avoid crisis point. Through our educational resources, and training and events, we are continuing to upskill people across Scotland and indeed globally, with the skills they need to work through conflict healthily and productively.



SCCR



Live Life

Awareness of conflict is a key part of our work with our **Live Life** project, which provides veterans and their families the time, space, and support to reconnect and work through stresses together. Through residential stays, family mediation, activities and day trips, we're able to provide safe spaces to ensure that families can come together and support one another.

At **HMP Addiewell**, we offer a similar style of support, through our unconditional positive regard for those we engage with. Having a loved one in prison is incredibly difficult, from navigating the prison service, visiting hours, the ripple-effect impact on household income, child-care, and feelings of shame and isolation.

Our Addiewell team are there to smooth the path, offering practical support, as well as advice and a listening ear. We know the power of maintaining relationships – when family connection is maintained, people are less likely to reoffend. Not only that, but ensuring children maintain healthy relationships with both parents reduces the negative impact of strained relationships, and provides a more settled childhood experience for those with an incarcerated parent.



HMP Addiewell Visitor Centre



Live Life



# FOOD



Everyone has the right to dignified access to good food. Our projects remove food insecurity and build community, connection and resilience through the sharing of food.

3,069

visits to our Community Pantries, offering dignified access to quality food

1,000

tonnes of surplus food redistributed to our community food members, saving 1,600 tonnes of CO2 emissions

380

households were provided food through our Community Pantries, positively impacting 570 adults and 760 children

2.4 MILLION

meals created through the food redistributed by our FareShare depot

16

young people gained their SCQF level 4 Award in Forest and Outdoor Learning at our Farm

14

young people earned their First Aid at Work certificates at our Farm

6,300

meals cooked and delivered to people needing a healthy nutritious meal

115

participants earned REHIS certificates through our Cook School training

42

young people participated in our community cook clubs

**I FEEL SAFE AND AT HOME.**

Everyone is really friendly and welcoming. It feels like a big family here. I enjoy coming as I know what I'm doing.

Farm Assistant



Volunteers share lunch at the Cook School



Veg bags

Our **Farm** is a growing space for both food and people. Our work with the Real Farming Trust has seen us supporting young people who previously may not have considered rural work, the opportunity to earn qualifications and explore a future in farming and food preparation.



Training at the Farm

Supported by our entire Good Food team, we're incredibly proud of the young people who have taken to the challenge wholeheartedly and are now moving towards a more positive future, shaped by their experience with us.

### This year we are grateful for the opportunity to sit back around the table and share meals together.

From our **Syrian Supper clubs** to our **community lunches**, being able to share food with each other is an integral part of building connection and relationships.

Across our **Farm, Flavour and Haver Cook School** and **FareShare Depot** we know that food is the first step towards a more settled, dignified future. Through our **community pantries** and **lunches**, prepared meals and surplus food distribution we are tackling food insecurity across our community.



Syrian Supper Club

Having to choose between being fed or keeping the lights on at home is no choice at all, and as we head into 2022/2023, this choice is becoming more common for people across our community.

Access to food is only the first step, knowing how to prepare meals that satiate and keep costs manageable is a skillset - one we're helping people to build through our **cooking and budgeting classes**.

For people looking to enter the industry, we also offer recognised **REHIS qualifications**, a social enterprise offering which means their training provides support to someone looking to learn how to better care for themselves or their family.



Food Education

At our **FareShare Depot**, we've worked tirelessly to get food back into our community. Environmentally, this project just makes sense. We're redistributing quality food that would otherwise have needlessly gone to landfill. Socially, we're ensuring that our community food members are able to access low-cost quality food, and reinvest the money they've saved by purchasing from us into their frontline services. For the people that each community food member supports, this means nutritious meals and additional support resources.

Community Pantries



By partnering with food businesses, selling our veg-bags direct to consumers, and offering training opportunities across Scotland, we're able to reinvest in our community, ensuring no one goes hungry.

FareShare Depot



# GAVIN'S STORY

On New Years Eve 2021, I was admitted to Western General Hospital, because I was very unwell and had a bad breakout of psoriasis. **That's where I met Chris from the Cyrenians Hospital In-Reach service.**

I didn't have any clothes with me and he got me new ones. He made sure I had everything I needed whilst I was in the ward.

**I HAD NO ONE ELSE WHO COULD DO THIS FOR ME  
I was totally on my own in hospital.**

I had been living in a shared room in a Bed & Breakfast, so it had been really difficult to manage my psoriasis properly because I was too embarrassed. There were drug dealers coming in and out at all times of day, and I had no privacy or dignity.

**Chris spoke to me and found out more about me, so he could try to get me into Milestone when I was discharged.**

He spoke to my housing officer and the Milestone team, and got me a place there to recover.

I did really well at Milestone, and Chris helped me get a private sector leased flat when I was ready to leave.



**He helped me move in and made sure I had everything I needed** - he got me bedding, food parcels, and electricity credit when I moved in.

He also supported me to get to appointments - I had missed loads in the past, but I didn't miss a single one when he was supporting me. It took a while for my new support to start, but whenever I called Chris, he always made the time to speak with me. He even came out to help when I locked myself out!

But the flat wasn't really working out for me - I was isolated and fearful of the neighbours. I had to leave to save the situation getting worse.

**Chris worked with my housing officer to find somewhere better for me.** He also sorted out all my social work reports for court and kept in touch with my lawyer, which took a lot of pressure off me.

In July my health deteriorated, and I had to go back to the Western for a short while. Chris visited, brought me food, and applied for a clothing grant for me. He negotiated with the hospital to keep me in a bit longer until a bed was available at Milestone.

**SINCE COMING BACK TO MILESTONE AGAIN, MY SKIN HAS IMPROVED HUGELY AND I HAVE NOT HAD ANY SUBSTANCES FOR FIVE WEEKS.**

I'm hoping to be referred to the Social Bite Village when I leave - I think the community and activities will be really good for me. I've also enjoyed the Cyrenians Community gardens while at Milestone, and I want to continue going every week after I leave. It's been relaxing and taken my mind away from everything, and it feels good to be doing something that helps other people.

**Chris has been great - nothing is too much trouble for him. Of all the support workers I've ever had, he's the only one I've been able to talk to and tell things that I wouldn't tell anyone else.**



# HEALTH



**Good health is fundamental to a fulfilling life.**

We support access to healthcare, wellbeing resources and whatever individuals need to sustain a level of wellness that allows them to flourish.

**THE HOSPITAL IN-REACH TEAM DO AN AMAZING JOB, AND THEY ARE SO NEEDED.**

The attention and practical support I got was way more than I expected, or have had from other support workers.

Hospital In-Reach client

**68.7%**

reduction in patient readmissions to hospital compared to the 12 months prior to introducing our Hospital In-Reach service

**53.5**

An average of appointments per month organised and supported by our Edinburgh Community Link Worker

9,303 cases of disposable and 13,841 reusable period products distributed via our Access to Free Period Products project, benefitting over

**46,000** people

**40**

individuals supported by our LEAP project, with 25 completing their treatment.



**Our trauma-informed approach, coupled with our Cyrenians way of working, allows us to offer support in a much more flexible way than traditional services.**

Known as our 'stickability', we're able to show up again and again for those who need us, regardless of the circumstances.

This is particularly important when helping people to attend appointments, work through recovery, access health services and put their own wellbeing first in what can be a chaotic period of their life. Our **peer support team** and **community link worker** both offer support to attend vital appointments, but also the time to figure out what that journey to better health looks like.

Without a permanent place to call home, it can be incredibly difficult to maintain any kind of recovery, which is where our **Hospital In-Reach team** comes in. With the opportunity to work with people while they're still in hospital, support them upon discharge via **Milestone House**, continued one-to-one support around accessing accommodation, and more, we're able to ensure that people are in the position to maintain and improve their health. This simple model of being where people need us, when they need us, has helped reduce hospital readmissions by two thirds, further supporting our colleagues in the NHS during a particularly busy period.



**LEAP residential support**



**Milestone House residential care facility**

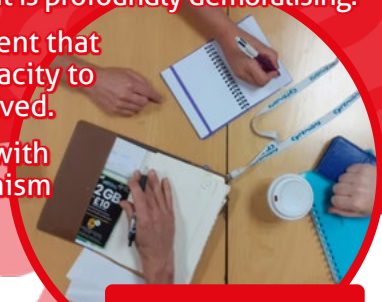
**IN 20 YEARS AS A HOSPITAL CONSULTANT, THE CYRENIANS HOSPITAL IN-REACH SERVICE IS THE SINGLE MOST EFFECTIVE INNOVATION I HAVE SEEN.**

Sorting someone's health problems without sorting their homelessness is futile - their health will inevitably deteriorate.

Everybody working in the hospital knows this, and it is profoundly demoralising.

Now we have a team who we can call - confident that they will use their knowledge, kindness and tenacity to solve the problems that previously went unsolved.

Where previously I would discharge someone with a heavy heart, now I discharge them with optimism and the warm feeling of a job well done.

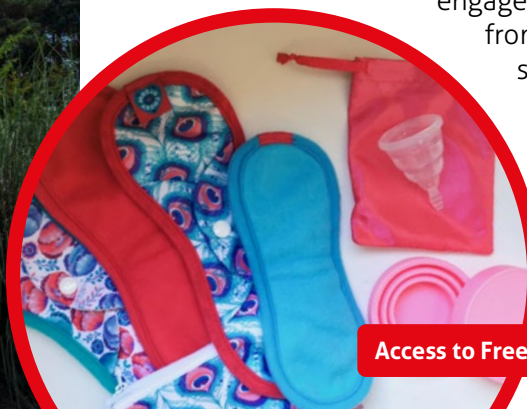


**Hospital In-Reach at Western General**

- **Dr Steel**, Consultant, Royal Infirmary of Edinburgh

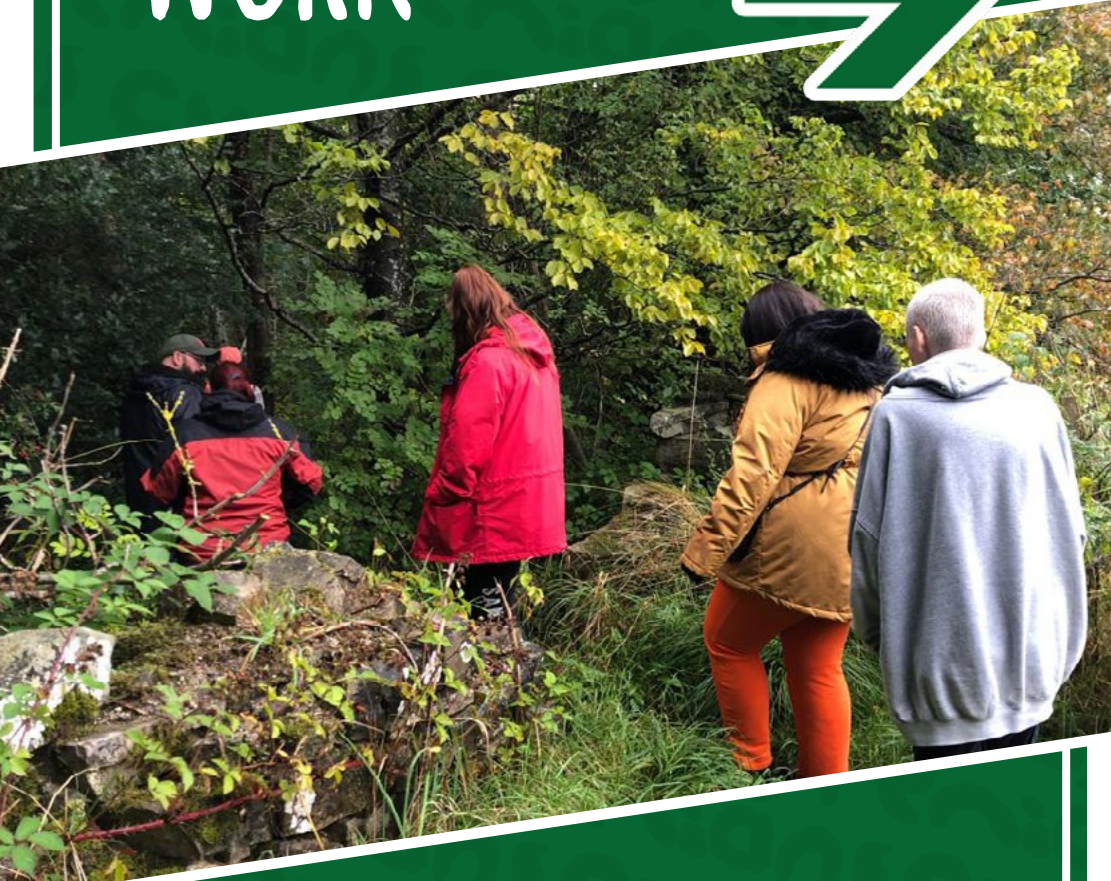
Our **LEAP** project is another way in which we provide a different approach to healthcare. Supporting people enrolled on the NHS 12-week residential rehabilitation programme, our LEAP team put lived experience at the centre of their work, using learning from the community to adapt the service and co-produce a wellbeing programme that works. Providing a safe and welcoming environment, people have autonomy over their recovery journey helping to sustain engagement long after they graduate from the programme.

It's not only individual support we provide, but also wider support through our **Access to Free Period Products** work. Over the past year we have seen an increase in the number of people opting for reusable options (48%) as a direct result of our work raising awareness of the products, engagement with young people and a greater desire from individuals to be more environmentally sustainable. We know how debilitating it can be to experience a period without the proper materials and are proud to have been part of the work ensuring that everyone in Scotland has access to the products, no matter their age, income, or background.



**Access to Free Period Products**

# WORK



**We all need a sense of purpose, or the ability to support ourselves, to thrive.**

Through our projects people discover their potential, build relationships and access opportunities, including training and employment.

20

young people participated in our Creative Natives project, of which 11 now attend college and 3 have part-time jobs

99

young people were supported by our Key to Potential team, of which 7 moved into employment and 65 went on to further education or paid training

57

people were supported by our Foundations to Employment project, with 10 securing paid work

63

people attended our Fairstart workshops, gaining employability skills, growing their confidence, and exploring future options

66

people were supported by our digital inclusion work, with 4 using their new skills to move into employment

74

people were supported by our Justice Employability project, moving into employment, further training or education, or regaining a connection with their community

38

young people were supported through our Key to Work programme, reaching some of the most deprived areas in Edinburgh

**YOU WERE THE ONLY ONES WHO DIDN'T TREAT HIM AS IF HE HAD FAILED AT SCHOOL - THAT HE STILL HAD OPTIONS AND COULD MAKE HIS OWN CHOICES.**

I thought there would be nothing for him out there, I am chuffed there is.

Key to Work parent

**For many, it can feel like the options are limited when it comes to further education, employment or training.**

Our projects help provide more options, supporting individuals to discover their own passions and ensuring they're best placed to get to where they want to go.



**Creative Natives**



**Falkirk Justice Employability**



**Digital Inclusion**



**Key to Potential**

Our work with young people helps break the cycle of homelessness by ensuring those who are often overlooked or excluded from traditional educational pipelines, find themselves being included and supported to discover their own path, whether that's through our creative programmes at **Creative Natives**, or our **'Key to...'** projects which identify college courses, training placements and more that fit the young person's goals.

For many we support, they are the first person in the family to move on to further education, helping to demystify the process is an integral part of ensuring that everyone can be included and afforded the same opportunity to thrive.

Regardless of where they're coming from, our team help people build confidence, supporting each person to feel empowered, in control, and ready for the next step. Whether that's **interview prep, CV support, coaching or checking in** when someone secures a new role, our team are there to ensure nothing feels insurmountable.

Over in **Falkirk**, our team are working to break down barriers for those with community justice experience. By working with employers to boost their knowledge and confidence in how to support people with justice experience, or supporting individuals back into work, our two-sided approach is helping ensure everyone can be included in the community.

Through a blend of training opportunities hosted at **Arnotdale House**, supporting the development of vital IT skills, confidence building, CV writing, budgeting etc., and our one-to-one support with employability opportunities, we are well placed to support people to thrive and feel proud of their contributions and growth.

Giving people the skills and confidence to support themselves and feel part of their community is vital to ensuring that no one is excluded.

**MY LIFE HAS CERTAINLY BEEN MORE FULFILLING.**  
 Only two years ago I was struggling with addiction and homelessness and I felt like I was sinking. I cannot thank my Cyrenians Case Worker and FareShare enough.  
 I am even managing to rebuild past broken relationships thanks to the support I have been given.

Foundations participant

It's not only young people who can find themselves feeling stuck, or unsure how to proceed. Our team support people of all ages who want to enter the workforce. Some of those we journey with are entering employment for the first time, others after an extended period away having dealt with debilitating circumstances.



**Key to Work**



**Arnotdale House**

# BAILEY'S STORY

**Things had been bad at home for a long time – it often wasn't safe for me to be around.** So as a kid I spent a lot of time on my grandparent's farm. Grandad trains dogs – he's been all around the world with it. He was really hoping that I'd carry on the family tradition and follow in his footsteps.

But when I was 13, me and Mum moved away to West Lothian to get away from a bad situation with her ex. It was good in a lot of ways – she was able to get a lot more support - but by that time I'd fallen in with a pretty rough crowd and got involved in a lot of dodgy stuff.

I wanted to work on farms, though. My council key worker lined me up with a couple of placements - nothing really worked out. But one day she was passing the Cyrenians Farm and saw they were looking for volunteers, so I applied and started helping out there. A few weeks later, a vacancy came up, and the Farm took me on as a trainee.

**The Farm's changed my outlook – it's shown me not everyone's out to get me.**

It took me a while to come out of my shell, but a couple of years ago there's no way I'd have been able to sit down and relax and eat with total strangers.

**The Farm has been like a big family** – I know everyone at Cyrenians has got my back, even if I don't know them. If I'm struggling or need to have a bit of a rant, someone's always there for me.

**The Farm has changed my life in another big way – I've got back into dog training!**

A pal at the Farm Community needed to find a home for a dog, and she thought of me. That's how I got Shep – he's my first dog since I was staying at my granddad's. He'd not been treated right - I had to help him learn how to trust people and how to behave. He's helped me remember how much I really love training dogs.

Now I'm training professionally, and I've reconnected with Grandad. He says I have an amazing natural talent. I don't want to seem big-headed but it's really true – I love working with the dogs and it just comes easy to me.

I'm leaving the Farm now after two years. I've got an apprenticeship down in the Borders, it pays well and comes with a house and everything, and the guy who's hired me on wants to help develop my training skills.

I'm working towards something really good, and I'm carrying on my family legacy – my goal right now is to win a sheepdog trial while my granddad's still around to see it. I'm going to carry on the family line and make him proud.

**If I'd still been going round with my old crew and living the life I was when I came here, I don't know where I'd be now** – probably a junkie, in prison or dead, like a lot of my old friends have ended up.

At the time I joined the Farm, I spent all my time sitting around at home smoking up and not doing much, I didn't really trust anyone or think I was up to much. Now when I get home after work I just want to get on and get things done.

Leaving the Farm is a mixed blessing – I'm so excited, but it's hard to leave these friendships behind.

**I'm building a really good future, and I wouldn't have had this opportunity without Cyrenians!**





# COMMUNITY



**Belonging to a community gives us the strength and resilience to create the life we want.**

Our projects build community and nurture relationships so that people have a say in the change they want to create, and access to support or advice.

**467** patient sessions delivered by our Royal Edinburgh Gardens team

**650** hours of face-to-face support given to 118 people by our Community Link Worker

**329** people received support from our Golden Years team, of which 43 received financial advice and support

**9,400** visitors came to enjoy our community hospital gardens at Midlothian and Royal Edinburgh Community Hospitals

**1,394** attendances at ERA activities since November 2021

**227** people received support, advice or a friendly listening ear from our Camelon project

**312** people were supported by our OPAL team, of which 25 were unpaid carers

**I felt suicidal when I got my dementia diagnosis. Not anymore!**

Having my volunteer visit and coming to a group gives me a purpose again, keeps my brain active, and I now have new people to meet and get to know.

**WE ARE ALL THERE FOR EACH OTHER.**

## We know how important it is to feel supported, no matter what stage of life we may be in.

Our older people's services provide support through group activities, befriending, one-to-one sessions and more. The past few years has shown us how crucial it is to be digitally confident, and our **Golden Years** and **OPAL** projects have worked hard to provide training, devices and confidence for those over 60+ to 'get online'.



OPAL in the Borders

Royal Edinburgh Hospital Gardens



Digital inclusion ensures people of all ages can stay connected, but our **gardens** offer a physical space to build those connections too. Offering a therapeutic green space for patients recovering from long-term illness, or a calm and welcoming environment for staff and visitors to decompress, we've been supporting people with our beautifully cultivated green spaces for over 10 years.

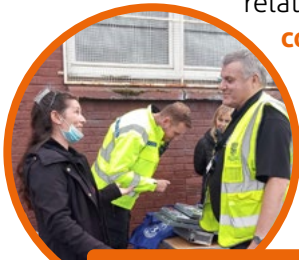
Sometimes, it's not a place people seek, but a community of like-minded individuals who are working through the same journey. Our **Edinburgh Recovery Activities** project provides opportunities for people working through their own recovery journey to participate in community lunches, new creative pursuits and physical activity, focusing not only on their wellbeing, but also helping to create relationships with peers.



Edinburgh Recovery Activities

Creating relationships isn't easy, but at Cyrenians we know trusted relationships are at the heart of all our work. Our

**community link worker** supports individuals across Falkirk to access the services and support they need - people who may have previously have been let down by services and struggled to trust again. By working with people at their own pace, we've been able to help people feel more connected to a community they had previously felt shut out from.



Camelon Connect

Through our **Camelon Connect** project we've been able to support employers in the community to offer opportunities for those with convictions, whilst working with individuals to ensure they know what support is available to them and how to access it. Working with both employer and potential employee helps us create more transparent conversations, building connections and trust throughout the community.



Dollar Park Walled Garden

## LIFE-CHANGING!

Previously I thought I had to drink to do stuff, ERA pushed me out of my comfort zone. I've made amazing friendships. It's changed my life by giving me opportunities and confidence.

- Service user, ERA

We're not just focused on building community externally, but also internally too. Our **Keeping The Promise** project engages with young people across our organisation who are currently receiving support from one of our projects. Through our work with The Promise, we provide young people the opportunity to shape our work, specifically with how we engage and support them and other young people. This year, 10 young people have participated, providing ideas, feedback, and joining placements offered in other services.



Keeping The Promise



Golden Years Monday lunch club

# You can support our work tackling the causes and consequences of homelessness, now and in the year to come.

Get in touch with us to find out  
more about getting involved:

## For Individual and Legacy Giving

Contact Liston at  
listonwalker@cyrenians.scot

## For Corporate Giving and Events

Contact Sophie at  
sophiebell@cyrenians.scot

## For Community and Fundraising Events

Contact Calum at  
calumwright@cyrenians.scot

## General Enquiries

fundraising@cyrenians.scot

Visit us at [www.cyrenians.scot](http://www.cyrenians.scot)



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