After months of Covid and lockdowns, the need to reconnect has never been stronger. Shutting away from ‘normal’ life has had numerous knock-on effects for individuals, families and society, which we are just beginning to find the time and the space to deal with. We are now leaving our homes and returning to workplaces; we are seeing friends and family; we are rediscovering the joys of everyday life. It is a time of opportunity and reflection; as we start off on our journeys of healing, we are all learning first-hand the power of reconnection.

Cyrenians’ SCCR’s 2021 Free Online International Conference takes as this year’s theme ‘The Power of Reconnection’. Reconnection may mean many things to different people – reconnecting with loved ones, reconnecting with causes, or simply reconnecting with oneself. Our programme will bring together speakers and collaborators to share their wealth of experience. Together we’ll examine how we grow strong positive relationships and reconnect with our family, friends, ourselves, and the wider society through interactive workshops, discussions and the arts.

Our events include:

**Reconnecting Mediation and Emotional Intelligence with Ruth Unsworth** - 12th October 10:00

**Poetry & Meditation - the power of the heart. Conversations with Alan Spence** - 13th October 12noon

**Shining a Light on the Invisible: Adversity, Relationships and Psychologically Informed Approaches with Dr Adam Burley** - 15th October 11:00

**A Different Normal –’Reconnection' workshop with Duncan Gordon & Andrew Boyd** - 19th October 10:00

**How will young people’s experience of the pandemic affected their future life chances? Lessons from the Covid-19 Impact Inquiry with Jo Bibby** - 21st October 13:30

**Bringing Light to Find Each Other in the Darkness workshop with Cyrenians Mediation & Support and Focus Ireland** - 28th October 10:00

**An Emotive Ensemble, a closing concert to provide attendees an oral experience of music and to relax and reflect what we’ve learned from ‘A Power of Reconnection’** - 28th October 19:00

More speakers and events to be announced soon. Keep your eyes peeled on our website and social media channels for further info!
Meet our speakers!

Ruth Unsworth, University of St Andrews

Ruth Unsworth is a Mediator, Cognitive Behavioural Psychotherapist, and a Church of Scotland Minister. At the University of St Andrews, Ruth developed the accredited Wellbeing, Counselling and Mental Health Matched Care service and last year, developed The University Mediation Service. 30 years ago, Ruth worked in homelessness and sees mediation and emotional intelligence as means to reconnect.

Alan Spence, Poet (Edinburgh Makar)

Alan Spence is an award-winning poet and playwright, novelist and short story writer. With his wife Janani he runs the Sri Chinmoy Meditation Centre in Edinburgh. Professor Emeritus in Creative Writing at University of Aberdeen, Edinburgh Makar since 1017. Awarded Order of the Rising Sun from Japanese Government in 2018.

Dr Adam Burley, Consultant Clinical Psychologist

Dr Adam Burley is a clinical psychologist working in and around homelessness and health exclusion. This involves direct work and the support and supervision of staff who are involved in this work. Adam has an interest in how early experiences of care can impact upon relationships and care seeking through later life.

Duncan Gordon, SCCR Trainer & Andrew Boyd, SCCR Mediator & Conflict Resolution Advisor

Duncan Gordon is a qualified trainer and has worked within the third sector for many years, working and managing projects related to the employability of ex-offenders and young people at risk of offending. As the SCCR’s Trainer, Duncan delivers Conflict Resolution training to those who work with young people and families and to young people and families across Scotland.

Andrew Boyd is a mediator and has worked with young people, families, community mediation, landlord/tenant mediation, workplace mediation and in the small claims court at Glasgow Sheriff Court. Following completion of an LLB in Law, Andrew completed his MSc in Mediation and Conflict Resolution at Strathclyde University. In SCCR, Andrew inputs his conflict resolution experience to the SCCR resources and events, and also delivers training throughout Scotland to families and professionals.
**Jo Bibby, The Health Foundation**

Jo Bibby leads the The Health Foundation’s strategy to create the opportunities for everyone to lead a healthy life. She worked in health at local and national level for 25 years, including 10 years at the Department of Health. Jo is a trustee at the Centre for Homelessness Impact and a non-executive director at Rotherham NHS Foundation Trust.

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**Cyrenians Mediation & Support Service & Focus Ireland**

**Cyrenians Mediation & Support Service**

Cyrenians Mediation & Support Service support young people and families to manage disagreements confidently and respectfully. They are a well-established service with many years’ experience and have helped thousands of families work through normal everyday disagreements. The Mediators help families talk to each other in a positive way without making judgements or telling them what to do.

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**Focus Ireland Mediation Service**

Focus Ireland is a nonprofit organisation for people who are homeless and at risk of homelessness. Founded in 1985, it's one of the largest housing and homelessness organisations in Ireland. Their mediation service has been operating in Dublin since 2017. This homeless prevention service is for young people under 18, whose relationships with their carers are in danger of breaking down. The service also works with young people who are already in care placements but where these placements are at risk due to relationship problems.

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**An Emotive Ensemble - Closing Concert**

**Musicians include: Sian, Heal & Harrow, Iona Fyfe & Kinnaris Quintet**

First heard at our 'Symphony of Stories' event in June, join us for a pre-recorded closing concert where we will be joined by talented Scottish musicians. Attendees will be provided with an oral experience of music to take them through an emotional journey of reflection. We encourage you to enjoy this journey of music in a space that feels relaxed to you - whether that be indoors or outdoors!