



FUTURE PATHWAYS

Scotland's In Care Survivor
Support Fund

“ I'm really pleased with the support I've had, it was sorted out really quickly – just a small thing but it's made a huge difference to me ”



Information Pack
For people registered with
Future Pathways

Flora Henderson – Future Pathways Alliance Manager

Thank you for registering with us. We are pleased that you got in touch with us and very much look forward to working with you!

Future Pathways was set up to help adults who experienced abuse or neglect as children whilst they were in care in Scotland. Our aim is to help you improve your quality of life by helping you understand what's important to you. We can then coordinate a range of services and resources that enable you to progress toward your own goals and outcomes.

This pack contains information about us, the supports available through Future Pathways and how you can access these.

Our team is made up of experienced professionals who will work with you to identify your priority needs and outcomes. Once we have discussed what is important to you we will consider your strengths, resources and the help you currently have in place and whether or not any additional support might help you. We will check in with you to understand how any supports have made a difference.

Each person's needs and circumstances are unique. The services and resources that we provide are tailored to your individual needs and may come from a range of services. Support may be from statutory organisations like the NHS, or they may be from voluntary sector organisations – who provide an enormous variety of supports. Privately purchased services can be considered on an exceptional basis where there are no other options and there is a clear reason. Future Pathways cannot duplicate or replace existing services therefore we may direct you to some resources within your community. Where appropriate and in agreement with your personal outcomes, material support may be available as per Future Pathways' remit and procedures.

We have enclosed the Support Agreement and the Data Sharing Agreement. These explain how Future Pathways works and asks for your permission to store and process your personal information. We want to have your permission to update you about Future Pathways. We also want to ensure you experience support that is well coordinated. Having your agreement about this helps us do this.

I would be really grateful if you could sign and return these in one of the stamped addressed envelopes included. If you have any questions, please do get in touch with us.

In a separate envelope, I would also be grateful if you could fill out a form that gives us information about your background. This information is used to consider whether Future Pathways is accessible to all. Providing this information is optional. It helps us if you feel able to complete the form, but it is not required to access Future Pathways.

Everyone here at Future Pathways is determined to meet the Scottish Government's commitment to support people who experienced abuse or neglect in-care. I feel very privileged to be a part of Future Pathways as it delivers life improving support to people.

Thank you again for registering.

Best wishes,

A handwritten signature in black ink, appearing to be the name 'Flora' written in a cursive style.

Flora

Future Pathways Alliance Manager

About Future Pathways

Established in 2016, Future Pathways supports people who experienced childhood abuse or neglect while living in-care in Scotland. Our vision is that each of the people we work with has support to live fuller, healthier and more independent lives. Our innovative and trauma-informed staff work together with each person to identify their needs, what is important to them and the specific things ('outcomes') they wish to achieve. Relevant support is then explored and put into place. This might range from help to access courses or training, to purchase of material items or purchased services.

Fully funded by the Scottish Government, Future Pathways is an alliance partnership with each partner contributing to the operation of Future Pathways as illustrated below:



Future Pathways is part of a wider strategy developed by the Scottish Government to address the legacy of historic abuse in Scotland. In 2010, the Scottish Government contracted the Scottish Human Rights Commission (SHRC) to develop a Framework for Justice and Remedies for Historic Abuse of Children in Care. After this, a process of interaction was established to work with victims/survivors to develop an Action Plan to implement the recommendations of this framework. One of the recommendations was that a national support fund for survivors of abuse be developed. Future Pathways (formerly the In Care Survivors' Support Fund) is the realisation of that recommendation.

Regulation

Future Pathways is funded by the Scottish Government and is subject to UK law. Organisations within the alliance are signed up to the codes of ethics and principles of their associated regulatory bodies (e.g. Office of the Scottish Charities Regulator and member-governing bodies appropriate to the nature of the services offered). Should you wish to know more about these regulatory bodies please contact us at engagement@future-pathways.co.uk

Future Pathways is committed to supporting clients to redress the health and social inequalities caused by in-care abuse and neglect. As such we work hard to ensure that all people registered are able to access support with few barriers.

However if a person who knew themselves not to be eligible but registered nonetheless and expended the resources available to people appropriately registered with Future Pathways, the organisation would seek to comply with UK law and attempt to recover those funds through all means available.

Your outcomes - your support

Future Pathways helps people identify their outcomes and coordinates the support required to progress toward these.

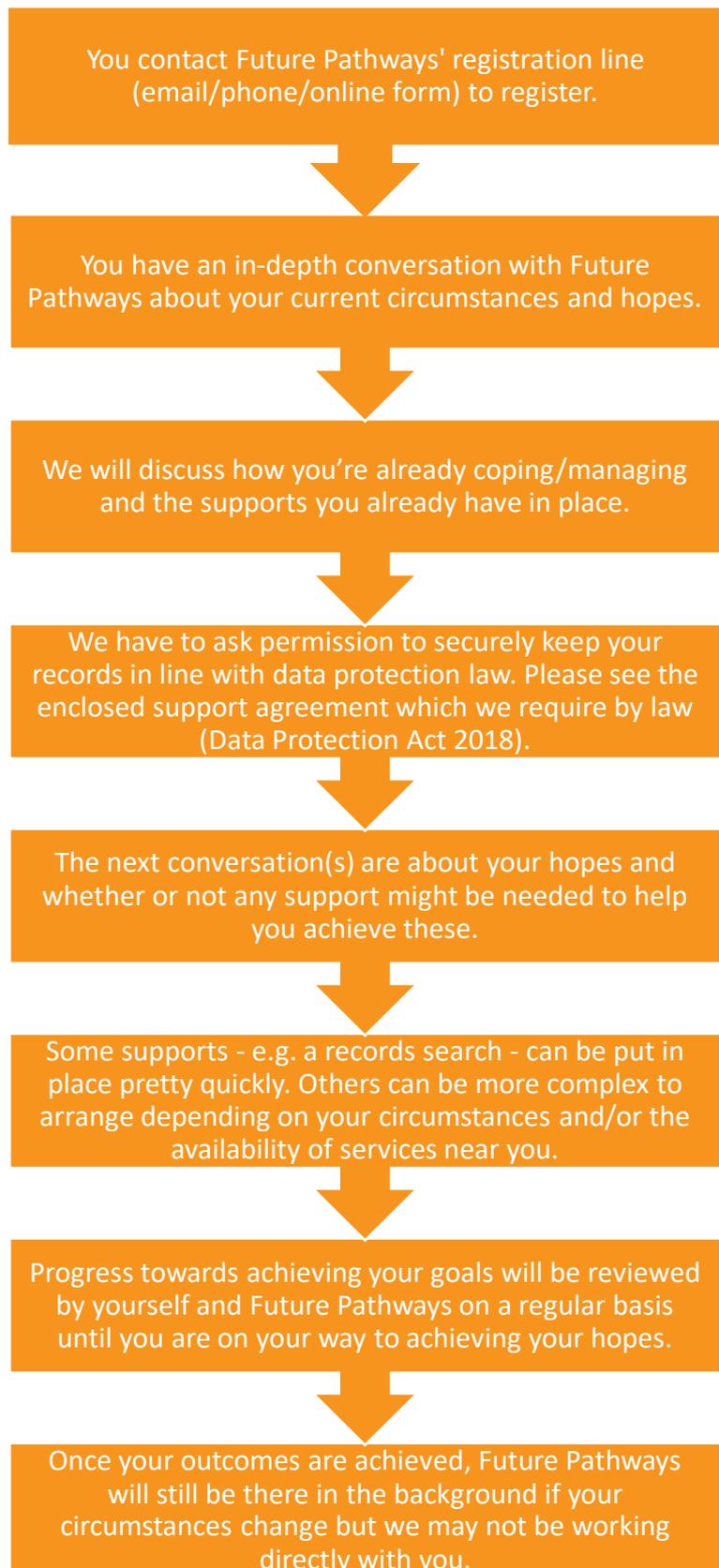
What is an outcome?

Outcomes are the changes you want to see that help you to feel happier and healthier and more fulfilled. Outcomes can be described as “what matters to you.” Our starting point is to work with you and help you define what is most important to you.

Our team of support coordinators can help you think about and define your outcomes and discuss all the possible ways that you might be able to achieve them. It really helps us be effective when everyone is open and respectful.

When you are thinking about outcomes, it can help to consider:

- *What are the end results you want?*
- *What are you aiming for?*
- *What changes would you like to make in your life?*
- *What would help make a difference?*



Achieving Outcomes

Once you're happy with the outcomes you have agreed, we will work with you to make a plan that sets out the supports that will help make a real difference to you.

Support will be centred around you, your specific circumstances and will be tailored to your personal outcomes. We do our best to ensure that we work with each person in the same way. However, each person's needs and outcomes are individual, so it is important to understand that the supports required to achieve your outcomes will be unique to you. Others will have different outcomes and different supports and therefore the support each person gets can look very different.

Types of support

When you have agreed on your personal outcomes, Future Pathways can help enable the supports that will help you achieve them. Future Pathways may be able to assist with funding for some of those but we will also help you to look at lots of different ways to meet your outcomes.

Existing Services

Many people who register with Future Pathways are entitled to access a wide range of supports from existing services but may not know about them, or have had difficulty accessing them in the past, or just feel unsure about how to access them. This could include support from health or social care services or further education. If it's appropriate in meeting your outcomes, we can help you access support from existing services.

Typical examples of these could be support for your physical and mental health from the NHS or social care, or educational courses and services offered at local colleges or universities.

Example of existing services in action

Alex lives alone and needed some support with his personal care but didn't know how to access this support. He was also very mistrustful of social work based on the abuse he experiences as a child in-care.

With the help of Future Pathways, he was able to request support from social work. Alex now has a personal budget from social work to help meet his needs and has choice and control over who he uses to help with his daily support needs.

Services in the community

There are lots of services in people's local communities that can offer support. These services might be partly funded through the Scottish Government or fund-raise to provide a service. They are not-for-profit organisations

Examples of these services might include social and leisure or creative activities, complementary therapies, counselling services, support around housing, benefits or advocacy. Availability of services can vary from area to area. Depending on what outcomes you decide on, we can help you consider services or supports which feel right for you, help meet your outcomes and take into account your personal circumstances.

Example of services in the community

Alice lives alone and used to work as a carer, but her health meant that she was no longer able to work. It was important for Alice to feel connected to her community and to develop new skills and passions that supported her own wellbeing. With support from Future Pathways, Alice linked in with a befriending project and is now a volunteer befriender visiting people who experience loneliness. Alice also wanted to develop her passion for cookery and was helped by Future Pathways to take cooking classes.

Future Pathways' Discretionary Fund

Future Pathways has a discretionary fund. The purpose of the fund is to purchase various supports when they are not available from other services or, in exceptional circumstances, when those that are available from those services are not practical for you. Material support should be seen as one part of a wider package of support. Please be aware that it is not possible for Future Pathways to fund ongoing costs. It is possible to make one-off purchases that will contribute to your goals and outcomes.

Example of Discretionary Fund in action

Jim was a keen musician and had a wide social network through his love of music. Stemming from the neglect he experienced in residential care, Jim had gone through some difficulties in his life and had become more isolated and had stopped playing music. Jim no longer had a guitar, and having a low income, he was unable to buy one. Jim accessed the discretionary fund to help purchase a new guitar. He reports that he feels better, is playing music again and is back in touch with old friends.