

Future Pathways



FUTURE PATHWAYS

Support for people who were abused or neglected in the Scottish care system when they were a child



Easy Read





In this document **abused or neglected** means these things.

Abused is when someone did or said things that scared you or harmed you.

Neglected means that your care needs and support needs were not met.



In this document **the Scottish care system** means how children in Scotland are cared for when they do not live with their birth family.



This document might upset you or bring back bad memories.

You can ask someone you trust to help you read it.

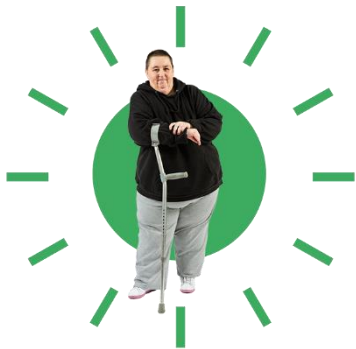
About Future Pathways



We support people who were abused or neglected when they were a child in the Scottish care system.



If you were abused or neglected in the Scottish care system we want to help you.



We want to help you live well.

We will support you in your life goals and help you work towards them.



Our support is free.

What support there is



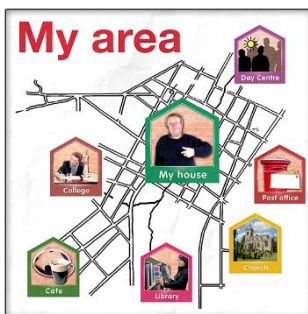
There are lots of different kinds of support because everyone is different.



These are some of things we can do.

We can help you:

- to find your local support groups and services



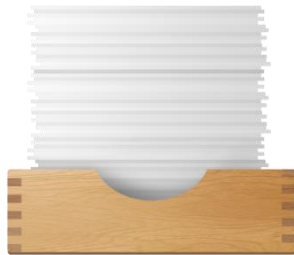
- to find things happening that you want to join in your local area



- to get support for your **mental health**



Mental health means how our thoughts and feelings affect our everyday life and our bodies.



- to find organisations which can help you search your records from years ago



- to get the training and education you want



You will get someone to help you and guide you.

Who can get support

You can get support from Future Pathways if all these 4 things are true for you:



- you were 17 years old or younger when the abuse or neglect happened
- you lived in Scotland
- the abuse or neglect happened in a **care setting**
- you are 18 years old or older now

Care settings are places like:



- children's homes
- foster care
- boarding schools
- long hospital stays
- young offenders institutions – also called YOIs

It does not matter if:



- the abuse or neglected was reported or not
- you have any law cases happening
- you have been supported by other services
- you get benefits
- you don't live in Scotland any more



You can still get support even if any of these things are true for you.

How to get support



We can help you to find out if you can be supported by Future Pathways.

Contact us using 1 of the ways below.



You can phone us on 0808 164 2005

It is free to call.

Our phone lines are open from 10am to 4pm every week day.



Or you can email us at

registration@future-pathways.co.uk

and please tell us your phone number so we can call you back to register you.



Or you can fill in our website form [here at www.future-pathways.co.uk/register](http://www.future-pathways.co.uk/register)

and please tell us your phone number so we can call you back to register you.

How to find out more



You can find out more about Future Pathways on our website www.future-pathways.co.uk



You can find us on Facebook by searching for **FPScotland**



You can follow us on Twitter by searching for **@FPScotland**



These organisations work together to make Future Pathways:

- Glasgow Psychological Trauma Service
- Health in Mind
- Penumbra Mental Health
- the Scottish Government