

Future Pathways



FUTURE PATHWAYS

Information Pack



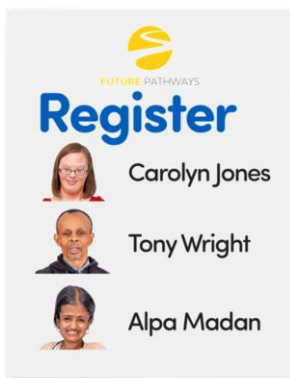
Easy Read



About this Information Pack



This is an Easy Read document called Information Pack.



This information pack is for people who have **registered** with Future Pathways.

Registered means joined us by speaking to us on the phone and telling us your contact information.

Welcome



We want to help you live well.

We will help you work towards your own **goals** in life.

Goals mean the things:

- you might like to have in your life
- you might like to do in your life



This is a free service.

You do not have to pay any money for it.

Getting to know you



Support Coordinators are the people at Future Pathways who help you work towards your life goals.

When a Support Coordinator gets in touch with you they will ask you:



- how things are for you in your life at the moment
- how you manage with life just now
- if there is any support you are already getting that is helpful



You might answer these questions over time.

You do not have to tell your Support Coordinator anything you do not want to.

We will try and help you by thinking about:



- the things you need
- your day-to-day life
- support and services that might help you
- how we can work together well
- your **wellbeing**



Wellbeing means how comfortable, healthy and happy you feel.

Thinking about your future



When you talk to your Support Coordinator, they will not ask you about your time in care as a child or what happened to you.



They will ask about your life now.

They will help you think about your goals by asking you about things that:

- you might like to have in your life
- you might like to do in your life



Your Support Coordinator will help you put your goals into words.

Working with your Support Coordinator



Your Support Coordinator will help you make a plan for how to work towards your goals.



The plan is called your support plan.



Your Support Coordinator will keep in touch with you.



At times your Support Coordinator will have a closer look at how well things are working with your support plan.

This is called a review.



If something on your support plan is not working well, we may be able to change it and try something else.

Support to get new services



We will try and find support that is right for you.



You might be able to get support from different services near your home.



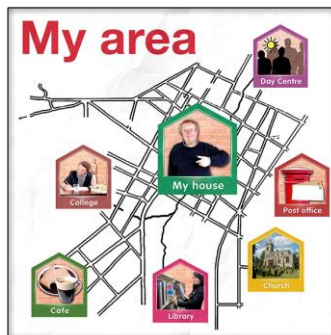
For example, you might want to feel fitter or happier. And there might be groups run by the NHS or social care near you to help with this.



Or you might want to learn more about something you like.

There might be a college course near you that you would like to start.

Activities and services in your community



There are lots of services in local communities that can give people support.

For example, there might be groups that meet up to do things like:



- singing
- walking
- talking
- woodwork



There might be **complementary therapies** near you.

Complementary therapies are treatments that help you feel good.

They can use touch – like massage.

They can use smell – like aromatherapy.

They can use relaxation – like meditation and breathing exercises.

There might be support in your local area to help with your housing.

There might be support in your local area to help you with **benefits**.

Benefits are payments from the Scottish Government to help with basic things like food, energy bills and getting around.



There might be **advocacy** services in your local area.

Advocacy means having someone to speak up for you if you need it.

Paying for support and services



You may be able to get some money from Future Pathways to pay for certain things to help you work towards your goals.

You can ask your Support Coordinator more about this.

How we work



Everyone at Future Pathways has a good understanding of **trauma**.

All our staff understand how someone's past experiences might affect them now.

Trauma is what happens to people when they go through a bad or scary event.

Trauma can make people:

- feel sad
- feel scared
- feel upset
- have nightmares
- have bad memories
- drink alcohol or use drugs to help cope with how they are feeling





We want you to feel safe and welcome at Future Pathways.

Your wellbeing is the most important thing to us.



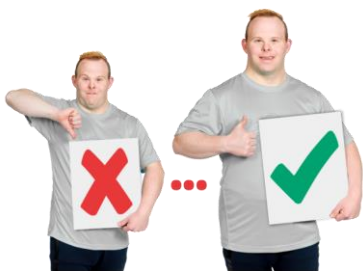
We think everyone should be:

- listened to
- understood
- respected



When you work with your Support Coordinator they will show you respect.

We ask you to show them respect too.



If there are problems we will try and fix them so that everyone is okay.

Keeping in touch



You can stay in touch with Future Pathways by:

- getting our newsletters
- coming to our events
- telling us how we are doing



You can find out more about Future Pathways on our website:

www.future-pathways.co.uk



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

X is the new name for Twitter.



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

Look for our yellow logo.

Our Newsletter



Our newsletter is sent out by email or post every few months.

Each newsletter tells you useful information about Future Pathways and the kinds of support we give.



When you registered you might have said yes to getting our newsletter.



If you said no but you have changed your mind, you can email us at:

registration@future-pathways.co.uk



Or you can phone us and tell us you would like the newsletter.

Phone **0808 164 2005** between 10am and 4pm on weekdays.

Asking any questions



If you have any questions about Future Pathways, you can email us at:
engagement@future-pathways.co.uk



Or you can phone us with any questions on **0808 164 2005** between 10am and 4pm on weekdays.



Or you can write to us with any questions at:

Future Pathways
40 Shandwick Place
Edinburgh
EH2 4RT

Giving us feedback

You can also give us **feedback** at any time.



Feedback means telling us about working with Future Pathways and letting us know:

- what was good
- what was not good

It is really important that we know.



You can email us or call us with feedback.

Or you can fill in [this form on our Future Pathways website](#).



Your answers on the form will be **anonymous**.

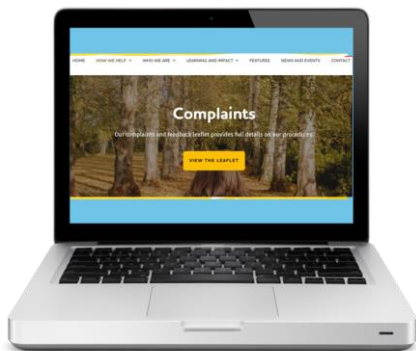
Anonymous means we do not ask for your name. And we do not need to know who you are.



If you want to **complain** about something, please tell us as quickly as you can.

We take **complaints** very seriously.

A **complaint** is when someone writes or says that they are unhappy with something that has happened.



You can phone us on **0808 164 2005** to tell us about your complaint.

You can find out more on our website at www.future-pathways.co.uk/complaints

Click the button which says 'view the leaflet'.

More information about Future Pathways



These organisations work together to make Future Pathways:

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