

# Future Pathways



## Support while you are waiting



## Easy Read



## About this document



This is an Easy Read document.



It is about the support that Future Pathways can give you while you are waiting to start working with a Support Coordinator.

Future Pathways supports people who were **abused** or **neglected** when they were a child in the Scottish care system.



**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.

## Support while you wait



We know you are waiting for support from Future Pathways to begin.



We have 3 ways we can help while you are waiting.

### 1. Help to get support from Wellbeing Scotland



**Wellbeing Scotland** is a charity that supports people in Scotland who were abused when they were younger.



We can tell Wellbeing Scotland that you need support.

This is called being **referred**.



You can also tell Wellbeing Scotland yourself that you need support.

This is called **self referral**.



Wellbeing Scotland can help you with:

- **emotional** support



Our **emotions** are the different feelings we all get – like anger, happiness, frustration and shock.



- speaking up for you – this is also called **advocacy**



- group work



- searching for your **care records**

**Care records** are the documents that were written about you when you were in care.



- talking to an expert about how you are feeling – this is called **counselling**



You can find out more about Wellbeing Scotland from their website

[www.wellbeingscotland.org](http://www.wellbeingscotland.org)

## 2. Support from Birthlink



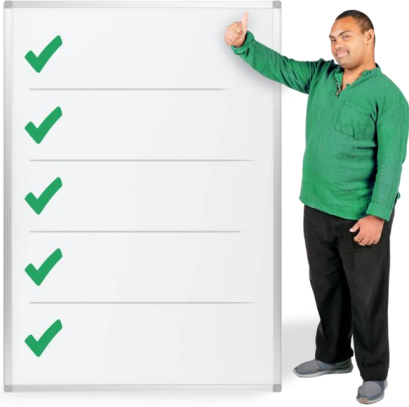
**Birthlink** support people to search for their care records.



We can tell Birthlink that you want help to search for your care records.



After we refer you to Birthlink, they will contact you.



They will:

- search for your records
- tell you how the search is going
- answer your questions
- give you choices about how you get your records
- give you choices about when you get your records

### **3. Brief Waitlist Sessions with us**



You can have between 1 and 4 sessions with one of our Support Co-ordinators.

These sessions offer you help for certain things.





- We can help with the cost of a funeral.



- We can help you to visit someone who is dying.



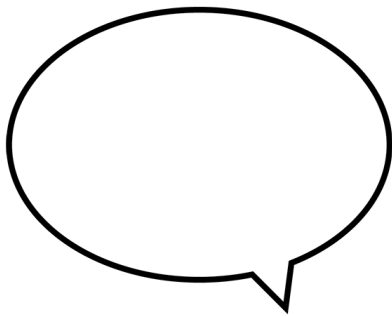
- We can help if you need to move out of your home to stay safe.



- We can help if you are moving house quickly.



- We can help if you are trying to join a learning course and there is no other funding.



We call these **Brief Waitlist Sessions**.



After your Brief Waitlist Sessions you will stay on the waitlist until full support from a Support Coordinator at Future Pathways can start.

## Get in touch with us



If you are interested in any of these supports, please tell us.



Or if you have any questions about these supports, please ask us.



You can email us at [registration@future-pathways.co.uk](mailto:registration@future-pathways.co.uk)



You can phone us for free on **0808 164 2005**.



Our phone lines are open from 10am to 4pm on Monday, Tuesday, Wednesday, Thursday and Friday.



You can write to us at:

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40 Shandwick Place  
Edinburgh  
EH2 4RT

