

# Support while you wait

Support for people on the waitlist

## Support while you wait

We are working hard to make sure you can start support from Future Pathways as soon as possible. While you are waiting, there are still a few ways we can help you. We can help with:

- Access to support from Wellbeing Scotland
- Access to support from Birthlink
- Brief Waitlist Sessions

This booklet has more information about each of these options. If you have any questions, or would like to access any of these supports, please contact us. Our contact details are at the end of this booklet.

## Support from Wellbeing Scotland

We can make a referral to Wellbeing Scotland for you. Wellbeing Scotland is a support service for people who have been impacted by any form of abuse as a child. You can also make a self-referral to Wellbeing Scotland. This means you can contact Wellbeing Scotland yourself to access their services.

Wellbeing Scotland can support you with:

- Emotional support
- Group work
- Record searches
- Counselling

You can find out more about Wellbeing Scotland at [www.wellbeingscotland.org](http://www.wellbeingscotland.org)

## Support from Birthlink to access your records

We can make a referral to Birthlink for you. Birthlink help people to search for and access their care records. Many people who have been in care would like to have a copy of their care records. This can be for lots of different reasons.

After a referral is made, Birthlink will contact you and explain the process of record searching. They will keep you updated about how the search for your records is going. They will answer any questions you may have. If they find your records, they will give you choices about how and when you get your records.

## Brief Waitlist Sessions

We can offer one-off support while you are on the waitlist. This support is only available for certain things. If you need this type of support, you will be offered up to four sessions with a Support Coordinator. We call these 'Brief Waitlist Sessions'.

These sessions can support you:

- With a funeral payment if you are not able to get help for funding from somewhere else.
- To visit a relative or close friend who is terminally ill or receiving end-of-life care.
- If you need to move to keep yourself safe, we can share details of services who can offer support and can help you to connect with them.
- If you need to move house quickly. For example, if you have been on a housing waitlist and have been offered a tenancy. We can support you with removal costs if you are not able to get help for funding from somewhere else.
- With an urgent request to access education and if you are not able to get funding from somewhere else.

If you need to access our Brief Waitlist Sessions, please contact us. If we are able to provide support, we will offer you up to 4 sessions with a Support Coordinator. It is not long-term support.

After your Brief Waitlist Sessions, you will return to the waitlist until full support from Future Pathways can start.

## Contact us

If you have any questions or would like to access any of the supports listed above, please contact us. You can:

- Email us at [registration@future-pathways.co.uk](mailto:registration@future-pathways.co.uk)
- Phone us for free on 0808 164 2005 (lines open Monday to Friday, 10am-4pm)
- Write to us at Future Pathways, 40 Shandwick Place, Edinburgh EH2 4RT

