



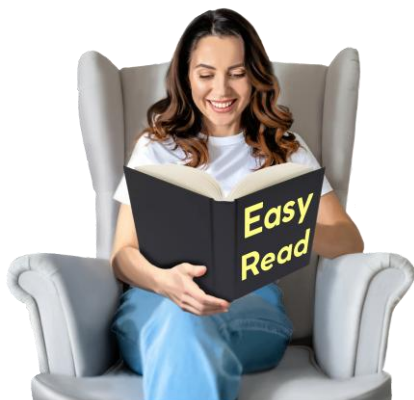
Peer Support at Future Pathways



Easy Read



About this document



This is an Easy Read document.



It is an information document written by **Future Pathways**.



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.



This document will tell you about **Peer Support** at Future Pathways.

About Peer Support



Peer Support means talking and listening to people who have gone through similar things in life.



The special thing about Peer Support is that everyone is equal.

This means that one person is not any more or less important than the other person.



Peer Support is not about fixing problems.



It is about being with other people who might understand.

It is about being heard and feeling accepted.



Peer Support can help people feel less alone and more hopeful about the future.



Peer Support can happen in different ways like:

- in a social group
- in a learning session
- in chats between 2 people

The different parts of Peer Support



There are 4 important parts that all fit together to make Peer Support happen.



1. Treating each other equally

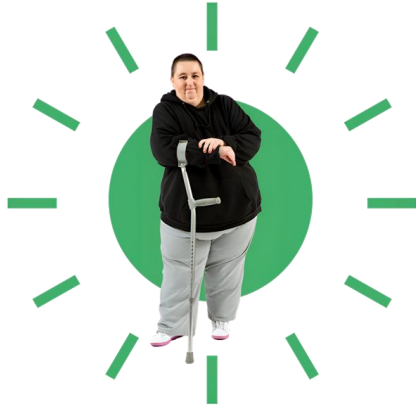
This means no one is more powerful than anyone else.



Everyone treats each other how they would like to be treated.



2. Having the same kinds of lived experience



Lived experience is when someone can understand things because they have been through them too.



When we have been through similar things in life to someone else, we can often understand them better.

We can share what helped us get through the tough times.



3. Supportive relationship

This means having someone who listens without judging us.



A supportive relationship means we feel safe and we may be able to support others too.



4. A good space

This means that the room or space used for Peer Support:

- is comfortable
- is easy to reach by bus and train
- makes you feel safe



This kind of space is also called an **intentional space**.

The values of Peer Support



In Peer Support we follow 6 key words.
They are our values.



H is for hope.

We believe that positive change is possible.



E is for experience.

We believe that everyone's journey is different and we are all experts in our own experience.



A is for **authenticity**.

Authenticity means being true to ourselves.

We believe that being understanding and kind are very important.



R is for **responsibility**.

Responsibility means being in charge of our own actions and choices.



We believe that we can support people by being with them, instead of doing things for them.



M is for **mutuality**.

Mutuality means that both people get good things from the peer support relationship.



We believe that mutuality helps us to learn and to build trust.



E is for **empowerment**.

Empowerment means feeling in charge of our own journey.



We believe that empowerment helps us to use our strengths and skills to try new things.



Together the first letter of each value spells out HEAR ME.

Peer Support at Future Pathways



Future Pathways offers different kinds of Peer Support activities.

For example:



- online



- face to face



- people being invited to come and speak

About the sessions



Peer Support sessions will be led by a Peer Support Facilitator.

Peer Support Facilitators:



- use their lived experience to support others
- make sure that everyone feels included
- help point you towards more support, like helplines and local services



Peer Support sessions are not group therapy.



Sharing happens in a way that feels safe and comfortable for everyone there.



A Peer Support Facilitator will help the group think towards the future instead of looking back too much at the past.

How to take part in the sessions



Everyone who is registered with Future Pathways or on our waiting list will be sent details about Peer Support.



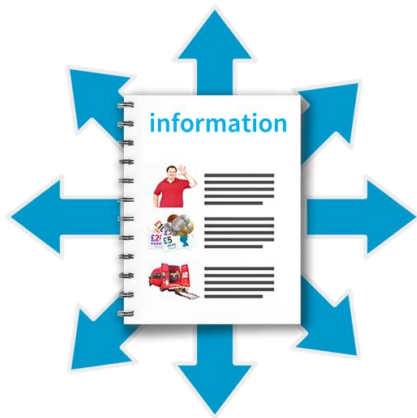
We will send it by post and by email.

More information



There is more information on our website.

Click on [this blue link to reach Future Pathway's website](#).



We will also put information in our newsletter and on **social media**.



Social media means online places like:

- X – you can find us at www.x.com/FPscotland
- Facebook – you can find us at www.facebook.com/FPscotland/



If you have any questions about Peer Support you can ask Mary.
She is our Peer Support Lead.

Mary's email address is peer-support@future-pathways.co.uk



You can also phone Mary on
07552 393 019

