

# Future Pathways

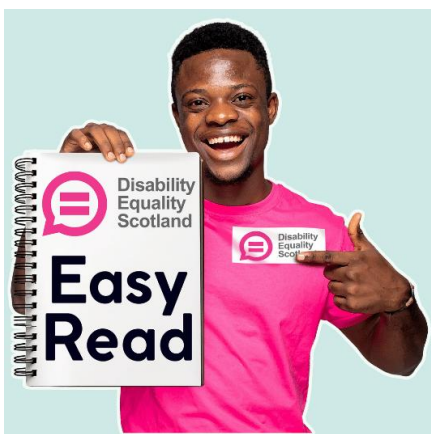


## Support while you wait

Updated April 2026



## 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 in 3 ways.



**Emotional** support



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



Emotional support looks at what might help you.

Wellbeing Scotland will:

- look at the ways you can feel safe
- help you with skills to manage times when you feel distressed
- help you with skills to manage difficult emotions and thoughts
- help you decide if **counselling** might help
- think about what you want to get from **counselling**





## Counselling



**Counselling** or **therapy** means talking with an expert about how you are feeling.



Wellbeing Scotland offer a safe, private space for counselling.

Your counsellor can help you choose what your aims are for your counselling.



## Group work



Group work brings together people who have had support.

The same people meet each week.



The group agrees which things to talk about – for example how to cope with difficult feelings.

It is a space to connect with other people and feel more confident in your life.

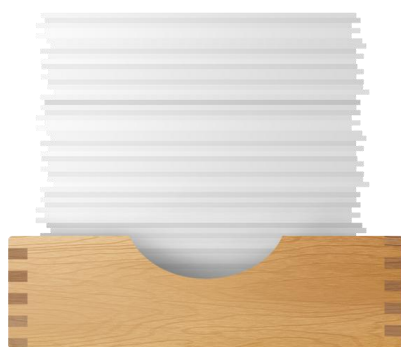


You can find out more about Wellbeing Scotland from their website [www.wellbeingscotland.org](http://www.wellbeingscotland.org)

## 2. Support from Birthlink



**Birthlink** support people to get hold of documents from their past.



They can help people search for their **care records**.

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



We can tell Birthlink that you want help to get 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.



We call these **Brief Waitlist Sessions**.



These sessions can be about:

- help with the cost of a funeral



- help to visit someone who is dying



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



- help if you are moving house quickly



- help if you are trying to join a learning course and you cannot get funding from anywhere else

## Waiting List



After your Brief Waitlist Sessions you will stay on the waitlist until your support from 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
- Friday

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