

## Contact us

If you would like to find out more, please contact us. If you're ready to register with Future Pathways, the process is simple.

We just need your name and contact information, so we can get in touch with you.

You don't need to tell us about your experience, or provide records of your time in care.

 0808 164 2005

### Lines are open:

Monday to Friday: 10am – 6pm

 [registration@future-pathways.co.uk](mailto:registration@future-pathways.co.uk)

 [www.future-pathways.co.uk](http://www.future-pathways.co.uk)

You can also ask a friend or family member to contact Future Pathways on your behalf.

## Find out more

Please visit: [www.future-pathways.co.uk](http://www.future-pathways.co.uk)



@FPscotland



FPscotland

Future Pathways is funded by the Scottish Government, and managed by a partnership of organisations with support from service providers across Scotland.



## FUTURE PATHWAYS

Scotland's In Care Survivor  
Support Fund



Mental Health  
Foundation



Scottish  
Government

**penumbra**  
your way to a brighter future



"Now I feel like  
I've got hope  
for the future"

[www.future-pathways.co.uk](http://www.future-pathways.co.uk)



## What is Future Pathways?

Future Pathways supports people who experienced abuse or neglect as a child in care in Scotland. We can arrange and pay for support to help you find your own pathway to a positive future.

## Who can apply?

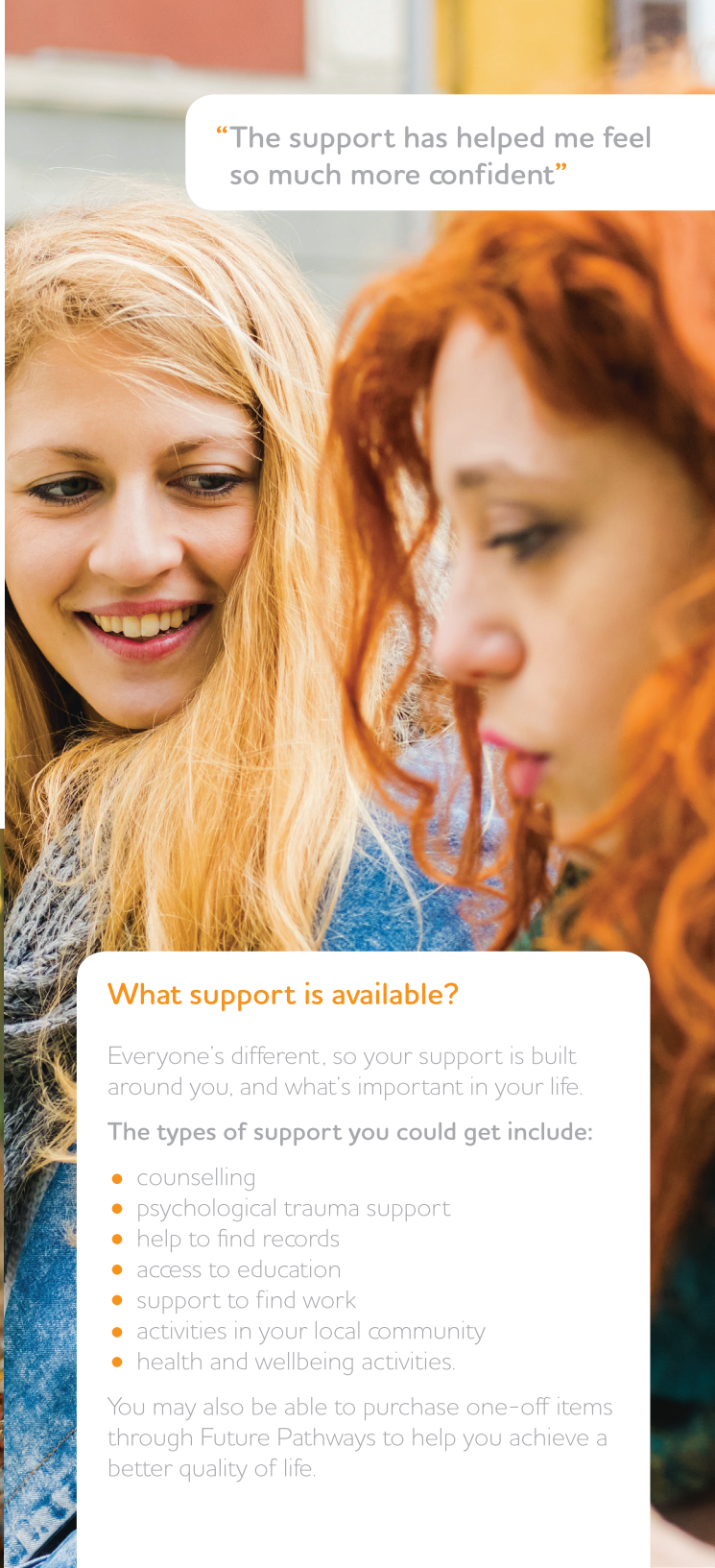
Future Pathways is open to you if you experienced abuse or neglect in care, or your experience in care has had a lasting negative impact on you as an adult.

### 'In care' means:

- Residential care (for example, children's home, orphanage, young person's unit)
- Boarding school (state, private, independent)
- Foster care
- Young Offender's Institution
- Having a long-term stay in hospital.



**"The support has helped me feel so much more confident"**



## What support is available?

Everyone's different, so your support is built around you, and what's important in your life.

### The types of support you could get include:

- counselling
- psychological trauma support
- help to find records
- access to education
- support to find work
- activities in your local community
- health and wellbeing activities.

You may also be able to purchase one-off items through Future Pathways to help you achieve a better quality of life.

## How does it work?

You'll meet with a Support Co-ordinator to talk about what's important to you.

You might have a clear idea about the type of support you need – or you might need a bit of help getting to that place.

Your Support Co-ordinator can help you think about how Future Pathways could support you. Then together, you'll agree and set up your support.



**"It's a relief to be with someone who's sensitive and listens to me"**