

**Be well**  
**Be connected**  
**Be ready**



## Supporting Scotland's people most disadvantaged to be well, be connected and be ready

***Venture Trust will help some of Scotland's vulnerable people at risk during these unparalleled times, providing personal development and therapy support to those isolated, suffering financial hardship and in danger of being left behind.***

As the emergency has unfolded, we have been listening to what our local teams and clients have been saying. In response we have shifted our entire Scottish capacity and expertise to help tackle the significant challenges this unprecedented worldwide public health emergency presents.

We have literally turned our services outside – in, moving from group-based personal development and therapy work in Scotland's wilderness and outdoors to working with smart technology and our teams to reach those who need help most in their own homes. We began this campaign on Monday 23 March 2020, with all Venture Trust support staff providing tailored support by phone or digital platforms.

Prior to the emergency, we were supporting close to 400 people. We estimate our reach through this redesigned service to be 600+ individuals and their families in some of Scotland's most disadvantaged communities. We have contacted all our delivery partners to update them and to confirm we are still supporting people and will be able to take new referrals.

### **Our approach**

The new reality of reduced social contact, self-isolation and disruption of services will have a disproportionate effect on people who were already in need of our support. We are using our expertise in personal development and coaching to support people, offering help with:

- **Wellbeing support:** managing being at home, structure, routines and relationships with others. Checking in with clients and helping them cope. All delivery staff are trained in personal development, trauma-informed practice and mental health first aid.
- **Dealing with social isolation:** resilience and self-care, helpful resources. Signposting our clients to local and national support and additional services e.g. financial help, getting shopping, medication or topping up utility meters. We are already building up this picture of local resources and support and working with partners.

- **Ongoing personal development:** we will continue to work on core skills development, self-awareness and goal setting with additional support aimed at those looking for further training and progression to employment. We have created a Digital Employability Hub providing online and skype/video support supporting at risk groups to get more savvy and ready for work in order to support a wider volunteer effort in communities or to take on jobs in priority sectors.

### **Being there**

Our goal is to continue to support our existing clients through this crisis: we hold established trusted relationships and are aware of their circumstances and crucially we are ready and committed to helping others in similar positions. Many of the people we support are struggling with their mental health and a range of complex life circumstances including poor living conditions, a history of fractured relationships and behaviours associated with offending. In seeking support from us, they are also working on transforming their life for the better – to be happier, healthier and in work. We want to ensure they stay well and on a positive path, ready to contribute and able to fulfil their individual responsibility in following the Government guidance in this crisis.

We will use phone or digital contact channels to continue to check in with people, to provide personal development and wellbeing support, whilst getting their feedback on the types of help and support that might make the difference. We are also actively seeking support to combat 'data poverty' for people with limited means to buy airtime or who usually rely on public wi-fi.

### **Keeping in touch**

More information on our support will be available online and via our usual phone numbers and contacts. For referrals the contact form is available on our website [here](#).

We will continually monitor the situation and provide regular updates via our website, social media and direct contact with partners. We remain committed to adapting and developing our work to meet the changing needs of vulnerable people in a rapidly evolving environment and in preparing for recovery. Working together with partners, we aim to share insights and contribute to solutions which help us all respond well and be resilient in recovery.

Please do get in touch at [hello@venturetrust.org.uk](mailto:hello@venturetrust.org.uk).