

Positive Futures

Personal development programmes for

- ☒ **ex-Service men and women 16-64
struggling with the transition to
civilian life**

We currently operate across Scotland

venturetrust



P

ositive Futures is specifically for ex-service men and women who may have a wealth of experience and skills, but who are finding it difficult to transition fully into civilian life or are struggling with maintaining a civilian focussed identity.

Venture Trust staff provide personal development and wellbeing support through one-to-one and group support, outdoor learning experience, and ongoing skills development and community-based support. Our work will be delivered in line with Government guidelines to minimise risks.

Through intensive learning and personal development individuals will unlock and consolidate their skills, boost confidence, motivation and aspirations. The support helps people make and sustain connections to services and benefit from employment, education, training or volunteering opportunities within their communities.

Refer now

(this is a secure, encrypted online form)



What to expect (during current restrictions)

- An initial conversation by phone/video call to decide if the service is right for you
- After an assessment period, you will be given an outreach worker to identify the changes you want to make in life and develop achievable goals
- Support with personal development and outdoor learning through face-to-face and small group activities, as well as by phone and digital platforms.
- A Wilderness Journey in Scotland's outdoors where activities such as camping, hiking, canoeing and abseiling can be used for learning new skills and understanding how to deal with challenges.
- Further community-based outreach support to encourage progression and embedding positive changes over a 9 month period

Venture Trust programmes will help you to:

- Deal more effectively with stressful or unfamiliar situations and reduce risk of offending or reconviction
- Develop valuable life skills such as more effective communication, working collaboratively and self-organisation
- Move along a path towards volunteering, education, training and employment
- Build more positive relationships with those around you
- Think about where you want to be in life, and work out how to get there
- Boost confidence and discover new things about yourself

How to get involved

Refer now

(this is a secure, encrypted online form)

www.venturetrust.org.uk

info@venturetrust.org.uk

T: 0131 228 7700



@venturetrust



/venturetrust

