

# In Care Survivors Alliance



IN CARE  
SURVIVORS  
ALLIANCE

## About the Alliance



## Easy Read



## About this document



This is an Easy Read document.



It will tell you about the In Care Survivors Alliance.



The In Care Survivors Alliance is often called the Alliance for short.

## About the Alliance



The Alliance was started in 2016 by the Scottish Government.

It is paid for by the Scottish Government.



The Alliance supports people who were **abused** or **neglected** when they were children 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.



The **Scottish care system** is how children in Scotland are cared for when they do not live with their birth family.



The Alliance has a **vision**.

This means what it wants to see happen.

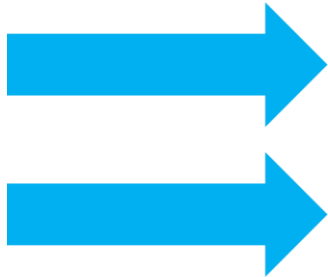
The Alliance wants to see people living their lives:



- full of the things that are important to them
- with good health
- being able to do things by themselves as much as possible

## What the Alliance offers

The Alliance offers 2 services:



1. Future Pathways

2. Redress Support Service



### 1. Future Pathways



Future Pathways helps people work towards their own **goals** in life.



**Goals** mean the things:

- someone might like to have in their life
- someone might like to do in their life



Future Pathways supports people:

- to find their local support groups and services



- to find things happening that they want to join in their local area



- to get training and education



- to find organisations which can help search for records from years ago



- to get support for their **mental health**



**Mental health** means how our thoughts and feelings affect us and our everyday lives.



You can find out more about Future Pathways if you click on [their website here](#).



## 2. Redress Support Service



The **Redress Support Service** helps people who are applying to Scotland's Redress Scheme.



At the Redress Support Service you will have a **Link Worker**.

A **Link Worker** is someone who supports you.





The Redress Support Service also offers an Emotional Support helpline.

This is for anyone who is applying to the Redress Scheme.

It is free to call.



**Emotions** are our feelings.

Feelings like shock, anger, fear or relief.



You can find out more about the Redress Support Service if you click on [their website here](#).

## What the Alliance does



The things that the Alliance wants to do are also called its **purpose**.

The Alliance wants to help people get:



- care from our 2 services and other places



- support from our 2 services and other places



- useful things from our 2 services and other places



The Alliance does these things by:



- working with the person



- getting other organisations to support the person



- helping people to reach the services around them

## What the Alliance thinks is important



The things that the Alliance thinks are important are also called its **values**.

These are the Alliance's values:



- feeling safe



- trust



- choice



- working together



- feeling confident and in control – this is also called **feeling empowered**



- people's **unique** needs

In this document **unique** means that each person has their own experience of the Scottish care system.

## How the Alliance works for these values



We are **honest** – this means we tell the truth.



We are **reliable** – this means we do what we say we will do.



We are **respectful** – this means that we treat people fairly and kindly.



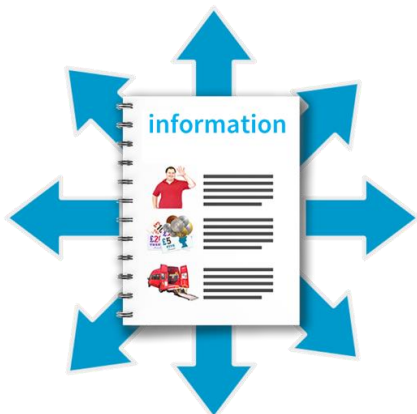
We know that some people will need extra support to get the same choices as others.



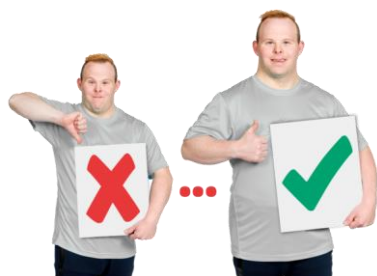
We focus on the people who get our services.



We support each other and help people to join in.



We share our knowledge.



We look for ways to get better at our work.



## Organisations in the Alliance



The Alliance is 4 organisations working together.



### 1. Glasgow Psychological Trauma Service

Glasgow Psychological Trauma Service is an NHS **mental health** team.



The team works with people who have experienced very difficult **trauma**.

This includes **trauma** in the Scottish Care System.





**Trauma** is what may happen to people when they go through a bad or scary event.



Trauma can make people:

- feel sad or scared



- have nightmares or bad memories



- drink alcohol or use drugs to try and forget about how they are feeling

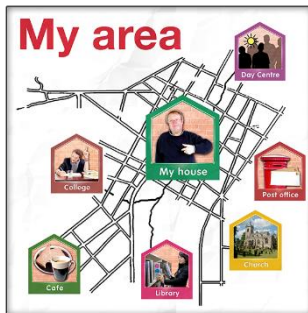


## 2. Health in Mind

Health in Mind is a mental health charity.



They support people to have good mental health and wellbeing.



They do this in local communities across Scotland.

## 3. Penumbra Mental Health



Penumbra Mental Health is a charity.



They support people to have better mental health.



Staff work with people to help them get the right support.

#### 4. Scottish Government



The Scottish Government wants to make things better after finding out about abuse that happened in Scotland's care system in the past.

#### More information



If you have any questions or comments you can email us at

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