

A close-up photograph of a man wearing a white bucket hat and a large black backpack. He is smiling and holding a wooden stick horizontally across the frame. In the background, other hikers are visible, including one with a red water bottle. The scene is outdoors, likely on a hiking trail.

**venturetrust**

## See yourself differently

We offer a range of carefully designed programmes that are tailored to enable individuals to make and sustain positive changes in their lives.

[www.venturetrust.org.uk](http://www.venturetrust.org.uk)

# Our programmes

All of our programmes follow a three-phase personal development journey of one-to-one and group support, intensive wilderness experience, and ongoing skills development and community-based support.

Each programme is designed to support people with specific needs and barriers, enabling them to unlock their own potential.

## Who do we help? Anyone struggling with issues such as:

- People who are in recovery or are being supported with problematic substance misuse
- Homelessness
- Isolation
- Long-term unemployment
- Involvement with the criminal justice system
- A history of trauma/harm
- Those who are being supported to overcome episodes of poor mental health
- Young people struggling to get into work



### **Inspiring Young Futures**

**Age range:** 16-25

**Location:** Scotland

**Who is it for?** Young people experiencing challenging life circumstances, who want to make positive life changes

### **Living Wild**

**Age range:** 16-40

**Location:** Scotland

**Who is it for?** Men and women in the criminal justice system, and those on a Community Payback Order (and sometimes on other criminal justice orders), Structured Deferred Sentences - Diversion from Prosecution - Parole/voluntary throughcare

### **Next Steps**

**Age range:** 16+

**Location:** Scotland

**Who is it for?** Women at high risk of offending or those who have been involved in offending in the past, Structured Deferred Sentences - Diversion from Prosecution - Parole/voluntary throughcare

### **Positive Futures**

**Age range:** 16-64

**Location:** UK

**Who is it for?** Ex-service men and women struggling with civilian life

### **What do the programmes achieve?**

Most of the people who embark on a Venture Trust programme are facing multiple barriers including: addiction, abuse, isolation, anxiety, homelessness, or involvement with the criminal justice system. We aim to leave the past at the door, supporting people to build a better, more positive and independent future.

The Venture Trust programmes will help to:


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


# venturetrust

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