

VENTURE SCOTLAND

#CHANGING **YOUNG** LIVES

Outdoors

ABOUT VS

Venture Scotland is an outdoor adventure-based personal development charity supporting young people and adults aged 16-30 who are facing a range of challenges, including poor mental health, social isolation, and recovery from addiction. Our aim is to help them build confidence, resilience, and positive support networks.

Through a person-centred approach, our teams in Glasgow and Edinburgh deliver a structured five month programme designed to support lasting change. This programme combines outdoor activities, life skills sessions, one-to-one support, and even a residential bothy trip!

We focus on empowering individuals to develop social and emotional skills, improve wellbeing, and move forward in a positive direction. By using outdoor experiences and group support, we create opportunities for personal growth, connection, and long term skills.



WHAT MAKES US DIFFERENT?

At Venture Scotland we take a person-centred approach, but what does that actually mean? It means that everyone we support is treated as an individual, with their own goals, challenges, and pace of progress. Rather than a “one size fits all” approach, we support people in a way that works best for them, helping to build trust and confidence over time.

What makes Venture Scotland different is our focus on learning through experience. Instead of only talking about change, we give people the opportunity to challenge themselves through outdoor activities and new experiences. This helps them step outside their comfort zones, build resilience, and realise what they are capable of.

Our programme creates a supportive environment where people encourage each other, build strong connections, and grow together. Our aim is to help individuals see their own potential and feel more confident in taking positive steps towards their future!

LAST YEAR

109 PEOPLE SUPPORTED

We supported 109 people through our long-term programme and partnership work, providing them with the tools and opportunities to transform their lives.

2,457 VOLUNTEERING HOURS

Our volunteers have dedicated 2,457 hours of their time helping us to support our participants, maintain our Glen Etive bothy and collate our evaluation.

118 OUTDOOR ACTIVITIES FACILITATED

From canoeing to gorge walking, we have provided the space to discover new skills, step beyond comfort zones and experience the Scottish outdoors.

208 1-2-1 SUPPORT SESSIONS FACILITATED

Alongside our activities and residentials, we facilitate 1-2-1 sessions to support our participants through the changes and challenges they face.



SOME WAYS WE HELP



Outdoor expeditions
(walking, climbing,
canoeing).



Improving mental
health and
wellbeing.



Building confidence
and resilience.



Goal setting and
personal
development.



Teamwork and
communication
skills.



Connecting with
nature.



THE DIFFERENCE £3000 COULD MAKE

£3000 could make a life changing difference to young people taking part in the Venture Scotland programme. For example:



150 young people provided with essential clothing, helping them feel comfortable and prepared.



Over **1,360** journeys to weekly sessions and outdoor expeditions, ensuring young people can attend and stay involved.



200 months of Ambassador support, helping young people develop leadership skills and mentor others.



375 meals provided during residential trips, ensuring young people are well fed throughout their experience.



15 outdoor group trips (supporting around **120** young people), giving participants the chance to build confidence and resilience.



I have become more confident in myself and can achieve anything I put my mind to. I've overcome many fears and grown in so many ways for the better! When I first started my programme with VS, I was generally at rock bottom. Now I am in a much better headspace and can face life head-on.



VS YOUNG AMBASSADOR

