

# Get in touch

If you would like to find out more about having an Independent Visitor, talk to us:

**Nottingham IV**

T: 07435925216

[www.changegrowlive.org/young-people](http://www.changegrowlive.org/young-people)

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Visitor Service

Nottingham

# Independent Visitor service Information for young people



# Are you in care?

- Aged between 7-18?
- Want someone who is there just for you?

## What you need to know

An Independent Visitor is someone there just for you. They are someone to talk to about anything you want and who will make sure you are listened to. They can give you help and advice, be someone to do things you enjoy with, or give you the chance to try something new.

Independent Visitors are adults who give back some of their free time to support children and young people who live with a foster family or in residential care. They are there to be on your side - they are volunteers who are separate from social services.

**“I think everyone should have an Independent Visitor - mine’s great, he takes time to listen and helps me loads.”**

## Who are Independent Visitors?

- Independent Visitors are people who live in the local area and want to help support children and young people who live there too.
- Lots of different people are Independent Visitors, of all different ages and from all different backgrounds.

- Independent Visitors offer support for as long as you like or until you turn 18. You can decide, at any point, not to have one any more or reduce how often they come to see you.
- Independent Visitors generally visit once a month, but this could be more, or less depending on what works best for you.
- It’s always your choice to have one or not. It’s not something you have to do if you don’t want to.
- To make sure you have an Independent Visitor who is right for you, we look at what you like doing and what you don’t and try to match you with someone who has similar likes and dislikes.
- Sometimes it can take us a while to find you the right person. We do this to make sure we find someone you are comfortable with and who gets on well with you.

Visits are organised by you, your Independent Visitor and your carer(s).

## Can I have an Independent Visitor?

- Yes, if you are a child or young person who is in foster care or a children’s home and you are aged between 7-18 years old, you can have an Independent Visitor.