

CAN I TRUST MY INDEPENDENT VISITOR?

You can chat to your Independent Visitor just like you would any other friend. What you say to them is completely confidential. They won't tell anyone unless you or someone else is in danger.

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My Independent Visitor takes me places I wouldn't normally get to go. It's nice to get out and act like a kid. I trust her with anything and she has helped me plan for my future.



If you would like to know more about Independent Visitors, you can ask your Social Worker or visit our website below.

WHO ARE WE?

- Since 1998, we have provided person-led advocacy across England
- Our services are high quality, confidential and free
- We are a charity that is independent of professional services including Social Care, the NHS and the police
- We help people live the lives they want to live.

Charity Number 1086151



advocacy
focus



Independent



Free



Confidential

A Young Person's Guide to Independent Visitors

Find out what an Independent Visitor is and how they can support you during your time in care.



What does an Independent Visitor do?

What's in it for me?



Speak to an Advocate now online:

www.advocacyfocus.org.uk



0300 323 0965



www.advocacyfocus.org.uk



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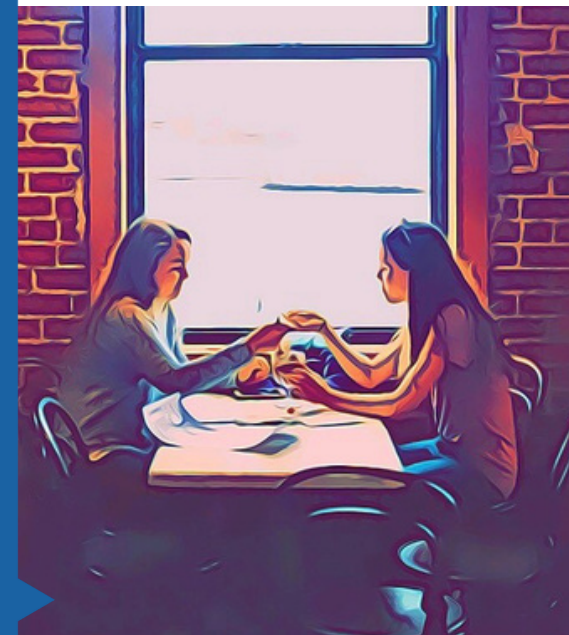
An Independent Visitor is a volunteer who can befriend and support you during your time in care.

WHAT IS AN INDEPENDENT VISITOR?

An Independent Visitor is someone who is independent from your social worker and carers. They will visit you on a regular basis and be a source of support when you need it.

An Independent Visitor is interested in you and **you only**. They will help and guide you during your time in care and be someone you can trust and talk to.

You can ask your Independent Visitor anything or talk to them about what's on your mind. Independent Visitors are real people with real life experiences and can be very interesting people to talk to. Sometimes we call them 'role models' because they can inspire and motivate you.



WHAT'S IN IT FOR YOU?

Your Independent Visitor will:

- Visit you on a regular basis
- Talk to you about things you are interested in
- Listen to you about anything - whether it's a funny story or something more serious
- Respect you and not judge you
- Support your hobbies and interests and help you develop new ones
- Support your future and help you achieve the things that matter to you
- Be completely separate from children's social care or care homes
- Be someone who will help you during difficult or confusing times

Your Independent Visitor will have been carefully matched to you based on their hobbies and interests.

Independent Visitors are not professionals. They do not work for Children's Social Care, the police, your local council or your care placement.

They are people who are there to support and help you. They are not paid to be there, they are there because they want to be.

