

CONTACT US

You can contact us directly or ask your social worker or foster carer to contact us on your behalf.

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“Children in Care say that they see adults come and go like buses, once they start to trust them they move on. It’s not like that with YLF. Every time you need them you know they will be there to offer help and advice”

Young Lives Foundation

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Independent Visitors



a guide for young people



What & Who

Independent visitors are positive role models, trained to support you. They will be there to help you when you need them.

Independent visitors are volunteers over 21 who are independent from the care system. They are there just for you!

Independent visitors are:

- Friends for young people who have similar interests and hobbies
- Interested in your life and listen to you, like a special friend
- Up for having lots of fun and taking you out on activities

How & Why

We will make sure you meet your independent visitor before you decide that you want them to be your friend. You can then make plans with them about what to do.

It's important for us to know what you want so you get to choose the type of person you would like to be your independent visitor.

They are there:

- To give you support at reviews or advice with personal issues
- To have someone who will be around for a long time (at least two years) and want to get to know you
- To have fun and explore new hobbies or interests you may have



When & Where

You can meet twice a month in the evenings or weekends and your visitor will pick you up and take you home again.

You can decide together where you go. You might do things like:

- Picnics Ice Skating Tobogganing Country Walks Museums
- Castles Golf Cycling Exploring Archery Beach
- The Zoo Going to the Park National Trust
- Swimming Arts & Craft Skimming stones
- Flying kites Swimming Trampolining



What Others Say

"Not only do we do things I like to do, but I'm learning new things that I hadn't thought would be interesting, like photography."

Lots of young people enjoy having an independent visitor. Here's what they think...

"When I was moving around a lot and things were difficult for me, it was my independent visitor who visited me and supported me"

"We love going to new places. I rely on her and she's a good friend. She listens and is there for me"

"I get to enjoy things like horse riding and the cinema"