

# YOU DECIDE

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# WHERE

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# YOUR INDEPENDENT VISITOR

A GUIDE FOR YOUNG PEOPLE

### Young Lives Foundation

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# HOW WE HELP

Lauren was moving around from placement to placement and things were really difficult.



Lauren now has someone to talk to when things are difficult.



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

Five years on he's still visited by his IV and enjoys spending time with him.



Harry felt that he needed someone to talk to, one to one, separate from the children's home.



"You're my inspiration and I want to be like you when I'm an adult!"

William now has an IV to talk to when things are difficult and someone to spend time and do fun things with.



William had a difficult experience when he was younger and wanted someone he could talk to and to be listened to.



"It's just been a very happy experience with my IV, I wish more people were like him in the world, I can't ask for anyone better."

# AN INDEPENDENT VISITOR IS...



- An Independent Visitor/befriender
- A volunteer over 21
- Independent from the care system
- A positive role-model
- Someone to offer support and advice
- Someone to spend time with
- Someone to take a long term interest in your life and listen to you like a friend

# HOW & WHY?



We will match you with and introduce you to the right Independent Visitor for you.

- Your Independent Visitor will visit you 1-2 times a month for a minimum of 2 years, at evenings or weekends
- Will pick you up and take you home again
- Will want to get to know you
- Will go out, have fun and explore new hobbies and interests with you
- Will give support at reviews or advise with personal issues if you need help