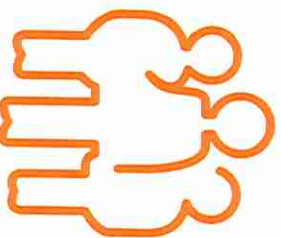


What is an Independent Visitor?

Independent Visitors are adults who give up some of their free time to support children and young people who live with a foster family or in residential care. They will visit once a month and are there to be on your side - they are separate from social services and do not get paid for their time.

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.
- Your Independent Visitor will go through checks and be carefully selected to make sure they are the right person for the role.
- Your Independent Visitor will be trained and supported during their time as a volunteer so they can be the best one for you.
- Independent Visitors are separate from social services.
- Lots of different people are Independent Visitors; of all different ages and from all different backgrounds.
- Your Independent Visitor will build a trusting relationship with you by visiting regularly.
- Your Independent Visitor is a volunteer, meaning they are not paid for the time they spend with you.



What activities can I do with my Independent Visitor?

- Bowling
- Ice skating
- Museum visits
- Going to the cinema
- Shopping
- Picnics in the park
- Sporting activities

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 gets on well with you. Independent Visitors are there to listen. They will only discuss you or anything you say with other people if they are worried about your safety.

Independent Visitors are long term and offer support for as long as you like or until you turn 18.5. 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. 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 are aged between 8-18.5 years old, you can have an Independent Visitor. It's always your choice to have one or not, unlike other things it's not something you have to do if you don't want to.



Who we are

Change Grow Live is a health and social care charity that works with individuals who want to change their lives for the better and achieve positive and life-affirming goals.

Our service users are people whose lives have been affected by a range of social issues and concerns including substance misuse and other forms of addiction, homelessness, poverty, unemployment, domestic abuse, mental health issues and offending.

Our services will encourage you to find your inner strength and resources to bring about the life and behavioural change you wish to achieve.

Our goal is to help you regain control, change your life, grow as a person and live life to its full potential.

Equality, Diversity and Inclusion

As an organisation that works with some of the most vulnerable and stigmatised people in our communities, the actions we take to make our society more equal and inclusive can have a real impact.

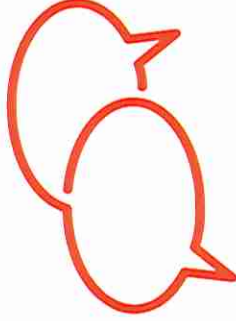
Our organisational values of social justice and respect, mean we are committed to taking these steps ourselves - improving the accessibility of our services, enhancing our culture and recruiting a more representative workforce.

Doing so makes us a more effective organisation capable of delivering the best possible outcomes for service users. You can find out more about our approach to equality, diversity and inclusion on our website at www.changegrowlive.org

Confidentiality and consent

Our services are confidential and are available to everyone. However, situations may arise where we will be obliged to notify the relevant authority if you want to know more about this then just ask. We will also share information with other treatment providers if we refer you on.

Consent means giving permission for something to happen or agreement for something to be done. In relation to Change Grow Live's services this means giving your permission for our teams to provide you with a range of support packages and also giving permission about what we do with the information we hold about you. To find out more about how we use your data please visit www.changegrowlive.org/privacy-notice



Get in touch

If you would like to find out more about having an Independent Visitor you can call or text Peshva on 07880 185629/peshva.sharif@cgl.org.uk or Choven on 07880 185861/choven.mcintosh@cgl.org.uk

For more information visit
www.changegrowlive.org

This service
is part of
the charity



We work in partnership with: