

# Could you be an Independent Visitor?

## What is an Independent Visitor?

An Independent Visitor is an adult who visits a young person regularly, offering them support, guidance and a listening ear. As an Independent Visitor you will give young people the opportunity to build trusted relationships with adults and build their confidence and self esteem through engaging in activities together.

## How much time will I need to give?

Independent Visitors provide opportunities for children and young people to develop meaningful, long term relationships with adults. Therefore we would ask that you commit to visiting the young person regularly, usually once a month for a minimum of two years.

## What qualifications do I need?

You do not need any qualifications but you must be honest, reliable and young person focussed. You must be willing to attend initial training and receive on-going support and guidance to help with your role.

## How can volunteering help me?

Making a positive difference to the life of a vulnerable child or young person is an amazing feeling; Independent Visitors and advocates are hugely valued by the young people as they are often the only people involved in their lives that are not paid to be there. As well as feeling good about helping others, volunteering can open up new opportunities for employment and is a good way to meet other volunteers, have new experiences and gain new skills. In return you will receive on-going support, opportunities for further training and expenses to cover activities and travel.

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