

## What is an Independent Visitor?

Someone new to get to know and spend time with

Someone who comes to see you regularly

Someone to talk to

Someone there just for you

Someone to listen to you

Someone to go out and about with

Someone to keep you company

Someone to do fun activities with

An Independent Visitor (we call them an IV for short) is an adult from Barnardo's.

An IV **isn't a social worker, carer or teacher**. They are someone interested in **getting to know you** and **listening to you** so that you can become **good friends**.

An IV will **take you out** so you can enjoy some **time together** to do something **fun**.

You can have your very own IV who will come and spend time with you every four weeks.

Meeting someone new can sometimes feel a bit scary, but an IV is a friendly person, and you can tell us the type of person you think could be the right IV for you.

When we have found an IV who we think you'll get along with, we will introduce you to them to see what you think.

## What can I do with my IV?

This depends on what you like to do in your free time...

- You could do activities that you already know **you like**
- You could go to **new places** together
- You could try **new activities** that you haven't done before.

## How could this help me?

- You can make a **new friend**
- You can **try new things** and go to **new places**
- You can spend some **time out the house**
- You can become **more confident** so talking to people and trying new things feels easier
- An IV is **someone to talk to** who can **ask you how you are**.

## Watch our [video](#) to find out more!

My IV is amazing!

We laugh a lot.

My IV is somebody to talk to that I trust.

I want to be like my IV when I'm older.