



"She's the perfect IV and I don't think there could have been a better match for me. She's an enormous part of my life and means a lot to me as I do to her."

How can I get an IV?

Talk to your social worker, your carer or your Independent Reviewing Officer – or you can contact the person who works with the Independent Visitors:

Louise Williamson,
Independent Visitor Scheme Co-ordinator
Tel: 0330-222-4129
Mobile: 07753-428049
E-mail: louise.williamson@westsussex.gov.uk

How long will it take?

We will try and match you as soon as possible but you may need to go on a waiting list.



"My Independent visitor is someone to talk to not involved with anyone else"

Who can have an Independent Visitor?



"She comes when she says she is coming and always on time. She's also honest and trustworthy."

Who can have an Independent Visitor (IV)?

YOU can....

- if you are looked after and aren't going to be living with your family
- if you are between 8 and 17 years old
- if you don't have much contact with your family

So what does an IV do?

- visits you regularly
- has fun with you doing things you choose
- can advise you and help you speak up if you need support
- takes you out
- listens to you



"I was a bit shy to begin with. But then I started to build up my relationship and trusted him."



So, who are IV's?

- they aren't social workers or foster carers or keyworkers
- they're volunteers who want to help you get the best out of life and have fun
- they're adults who are safe to be with and are good listeners

What can you do with your IV?

You both decide. For example, going to the cinema or a museum, having a chat and a hot chocolate, walking on the beach, reading, having a bike ride – it's up to the two of you.



"We have a chat about how things are, then we go bowling or to the cinema..."

