London Borough of Barking & Dagenham

Independent Visitor Service

Supporting Children & Young People with Trusted Relationships

Who is it for?

Children and young people aged 10–18 years who would benefit from additional emotional support and positive relationships.

What is an Independent Visitor?

A trusted adult volunteer who builds a consistent and supportive relationship, offering friendship, guidance, and opportunities for fun and enriching activities.

What support looks like

Regular meet-ups for fun days out and activities, time to talk and build trust, and a positive role model offering additional emotional support.

Commitment

Visits typically take place every 2 months (or during school holidays if more suitable). Relationships usually last a minimum of 2 years but can be shorter or longer depending on the young person's needs and wishes.

Flexible & Inclusive

If a child or young person lives out of borough, we can match them with a local Independent Visitor or commission an external provider to deliver the service.

Why it matters

An Independent Visitor can help reduce isolation, build confidence and resilience, and provide a consistent, caring adult relationship.

Contact

Sally Allen-Clarke
Sally.Allen-Clarke@lbbd.gov.uk