

**Time4u**  
TALKING THERAPIES FOR  
YOUNG VICTIMS OF CRIME

**Time4u** is part of the Cambridgeshire and Peterborough Prevention and Intervention Project. It is funded by the Home Office's Violence Against Women and Girls (VAWG) Transformation Fund, in partnership with the Office of the Police & Crime Commissioner, Cambridgeshire County Council and Peterborough City Council.

We welcome referrals from all young people regardless of gender identity.



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Home Office

## SECURE REFERRAL

Visit Time4u at our website:

[www.embracecvoc.org.uk](http://www.embracecvoc.org.uk)

to complete a referral form and submit it online. The referral process is secure and will be processed by our team. For enquiries about the counselling service for young people, please telephone

**07889 623639**

**or email [time4u@embracecvoc.org.uk](mailto:time4u@embracecvoc.org.uk)**



Embrace Child Victims of Crime has an administrative office at 10 Crown Street, St Ives, Cambridgeshire, PE27 5EB.

Time4u is based at The Elms, Hinchingsbrooke Park, Huntingdon, PE29 6NT. Therapy rooms are located around the county.



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**Time4u talking therapies is delivered by Embrace Child Victims of Crime (CVoC), a national registered charity.**

**Time4u** is a counselling and psycho-therapy service for young people aged 13 - 19 years (and up to 24 years with additional needs) who have been affected by domestic abuse or sexual violence. This includes young people who have witnessed, or have been affected by, violence in their home.

**Time4u** offers the opportunity for young people to talk to someone who is trained to listen carefully and not judge. Sometimes it's easier and helpful to talk with someone who doesn't already know the young person or their family.

The therapist will listen to what is said and help the young person find ways to move forward – without telling them what to do.

## WHAT ELSE DO I NEED TO KNOW?

To be referred to the service, young people will be aged between 13 -19 years (up to 24 with additional needs) and:

- **have been a victim of, or witness to domestic abuse and/ or sexual violence**
- **be safe from the offender**
- **be able to make an informed choice about therapy and what it might offer them at this stage**

Time4u is a community-based service, committed to seeing young people at a convenient time and location for them.

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**embrace**  
Child Victims Of Crime



## HOW TO MAKE A REFERRAL

Visit the Time4u website on:  
**[www.embracecvoc.org.uk](http://www.embracecvoc.org.uk)**  
to complete a Time4u referral form and submit it online.

Once the referral is received **Time4u** staff will make contact with the parent/carers as soon as possible, usually within three working days.

An assessment will be arranged and carried out at a suitable location.

Following the assessment, if the young person wishes to embark on counselling, they will be matched with a therapist with the skills and experience to meet their needs.

[www.embracecvoc.org.uk](http://www.embracecvoc.org.uk)