

**Time4u**  
group work  
FOR YOUNG PEOPLE

**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.

## TIME4U GROUP WORK: HOW TO MAKE A REFERRAL

Agencies and self-referrers can access Time4u Group Work by completing a referral form on the Time4u pages on the Embrace website at:

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

The referral system is secure and will be processed by Time4u staff.

For enquiries about Time4u Group Work, please telephone

**07889 623639**

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

**embrace**  
Child Victims Of Crime



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Published in 2018 by Embrace Child Victims of Crime, 27 Old Gloucester Street, London, WC1A 3AX, registered charity 1166103.

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Time4u is based at The Elms, Hinchingsbrooke Park, Huntingdon, PE28. Embrace CVOC has an office at 10 Crown Street, St Ives, PE27. Group Work takes place at locations across Cambridgeshire.

## INFORMATION FOR AGENCIES

**Time4U Group Work is a service offered by Embrace Child Victims of Crime, a national registered charity. It is a programme for young people aged 13 – 19yrs (or 24 with additional needs) who are, or have been, affected by domestic abuse and/ or sexual violence, and who are displaying violent, coercive or controlling behaviour at home or with a friend or partner. Time4u is a service delivered by Embrace Child Victims of Crime, a national charitable incorporated organisation (CIO).**

This six-week programme focuses on supporting young people to develop emotional understanding, foster healthy relationships and find constructive ways of participating in the wider community.



Home Office



## HOW ARE DOMESTIC ABUSE AND SEXUAL VIOLENCE DEFINED?

Domestic violence and abuse are terms used to describe any incident, or pattern of incidents, of controlling or threatening behaviour - including violence or abuse. Sexual violence is any sexual act, or attempt to force a sexual act, by violence or persuasion (coercion).

## WHAT CAN GROUP WORK OFFER?

**Time4u Group Work** is a six-week programme offering opportunities for young people to develop an insight into their behaviour and its impact on others as well as themselves. The course provides tailored activities and discussions to promote experience of more positive ways of relating

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## Time4u Group Work referral process

Visit our website:

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

complete a referral form and submit it online.

Once the referral is received, contact will be made with parents or carers as soon as possible.

The young person's needs will be assessed at an initial meeting and, if Group Work is appropriate, they will be matched to their nearest group.

## ELIGIBILITY FOR TIME4U GROUP WORK

To access the service, the young person should:

- have been a victim of, or witness to, domestic abuse and/ or sexual violence, and need support addressing destructive patterns of behaviour which might have arisen from this experience
- be safe from any offender;
- be willing to take part in a group and communicate verbally;
- be interested in working towards change, recognising that their behaviour is causing difficulties.

The law says young people can access support without parents or carers consent. We prefer a systemic approach involving working in partnership with parents where possible and practical. Young people will be offered a choice about this.

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