



Information for participants

Thinking Ahead for Women (TA4W)

What is Thinking Ahead for Women?

You have agreed and been sentenced to an activity called Thinking Ahead. This is a women-only activity of up to 14 days, designed to reduce the chances of you offending again. Failure to attend any session could result in an immediate return to court for resentencing and possible custody. .

How will it help me?

 We will work with you to look at the reasons why you have offended and ways to avoid re-offending in the future.

 There are 12 sessions, plus an induction session beforehand and a review session afterwards, which makes 14 sessions in all.

 You will have been told whether you're in a group or taking part in this activity on a one-to-one basis. Either way, the facilitator will report back to your supervising officer regularly.

 Each session lasts for about 1.5 hours when delivered one-to-one and about 2 hours if you're in a group.

What happens if I miss a session?

You have to come to every session. If you miss a session you will have to catch up on the work you have missed before you can carry on. However, missing sessions without good reason will lead to a return to court.

How will I know if I am making progress?

How you get on will show how much your skills and views have changed. We also report back regularly to your supervising officer who will talk to you about what you have learned. At the end of the activity, we will meet with you and your supervising officer to discuss your progress report.

Who do you share information with?

Our staff keep information about you in paper records and electronically. We keep all records safe and secure. This confidential information is used to help us measure the value of the activity. If you wish to know

What will I do?

Topics covered over the sessions include:

- Communication and assertiveness skills
- Thinking skills
- Problem-solving skills
- Relaxation skill and stress management skills
- Identifying, expressing and managing emotions
- Addressing self-doubts and self-esteem
- Coping with financial strain and stresses of daily living.



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more, please ask your supervising officer for details.



Diversity

Thames Valley Community Rehabilitation Company recognises that everyone is different and that, sometimes, difference can be seen as an obstacle to learning.

We will do all we can to help you make best use of this activity. If you have any concerns or questions about it, or if you have any



Remember...

You must attend this activity. If you don't, we will arrange to have you taken back to court if you fail to attend two group sessions or other appointments without good reason.

learning or specific difficulties, such as childcare or travel issues, please discuss this as soon as possible with TA4W staff or your supervising officer.

For more information about Thames Valley Community Rehabilitation Company and the work we do, visit our website at: www.thamesvalleycrc.co.uk