

## Time 4 Children

### Our Mission Statement

Time 4 Children is a charity which aims to increase the emotional wellbeing, self-confidence and self-esteem of emotionally vulnerable children between the ages of 4 and 12 in Mid Sussex and surrounding areas, by providing weekly sessions for children to explore their worries, fears, anxieties or experiences with trained volunteer practitioners.

We provide individual sessions of Reflective Listening & Non-Directive Play techniques, to support and help needy and vulnerable children who have experienced, or are experiencing emotional distress and/or have behavioural problems and are unable to express and communicate their thoughts and feelings positively.

We provide a high standard of training for volunteers to support the many children who desperately need a safe listening ear.

We further help children by offering a workshop for parents and carers in the basic skills of Reflective Listening & Non-Directive Play to help them engage and communicate with their children better.

## A Listening Ear

### Support us

You can support us by making a donation through our website. Click on the donation button.

Or through  <http://www.btplc.com/mydonate>

### 'Friends of Time 4 Children'

By becoming a 'Friend of Time 4 Children', you can bring new ideas to help our team plan and organise fundraising events or give your time to help at events.

What's in it for you?

You will be helping to make a real difference to the lives of emotionally vulnerable children.

You can make new friends and be part of a much valued and friendly team.

To find out more, please email: [time4childrencharity@gmail.com](mailto:time4childrencharity@gmail.com)

 Time 4 Children Charity

 <https://twitter.com/T4Ccharity>

## Time to Listen



### Providing 'A Listening Ear'

Children can go through  
difficult and stressful times in  
their young lives.

We can help

Time 4 Children is committed to  
safeguarding and promoting the  
welfare of children and young people

Time 4 Children is a Registered Charity.  
Charity number 1111837

01444 413893  
[time4childrencharity@gmail.com](mailto:time4childrencharity@gmail.com)  
[www.time4children.org.uk](http://www.time4children.org.uk)



## Time 4 Children

All children need to be listened to. There are lots of children who need the help and support of a 'listening ear' and that's where we can help.

The children we support can be struggling with:

- ◆ The upheaval of family breakdown
- ◆ Painful shyness
- ◆ Bullying
- ◆ Drug and/or alcohol misuse in their family
- ◆ Domestic abuse
- ◆ Learning difficulties/special needs
- ◆ Behaviour problems
- ◆ Parent/carers ill health

It's helped me because I can talk about things I worry.

### What we do

At Time 4 Children we give one-to-one emotional listening support to children who find it hard to express their thoughts and feelings safely and in positive ways.

### How we do this

We have a team of volunteers who are trained to 'listen' to children using Non-Directive Play and Reflective Listening. Our volunteers give each child a weekly session where there is the time and space to explore their worries, fears, upsets or anxieties.

## Time to Listen

### Where our help & support takes place

Wherever children go to school we can go too. We are a charity that works well with local schools and most schools in Mid Sussex and surrounding areas know Time 4 Children well.

### How long is a session?

Usually 50 to 60 minutes. This of course depends on a child's age. A 5 year old might only manage 30 minutes.....a 10 year old normally wants an hour.

### How many sessions do children have?

Because every child is different the number of sessions needed can vary widely. Some children need short term support whilst others need a lot longer. Experience has shown us that most children have between 15 and 20 sessions.

It's a nice feeling – when a balloon gets more air in it, it can pop and when you talk it can empty.

### The children benefit from

Increased emotional well-being, self-confidence & self-esteem; Feeling better about who they are and what they can achieve; Improved social skills; More able to learn at school.

## Time to be Heard

### How to get help and support for a child

Usually schools contact us about making referral for a child but other family support agencies and parents or carers call on us too.

When we receive a referral, a home visit to the parents or carers is arranged by us. The parent or main carer must consent to their child being supported. We cannot support a child without consent.

It helps you concentrate at school. It's harder to work if somethings on your mind. Out of the way is much better.

### Our Volunteers

- ◆ Our volunteers have all completed an intensive 60 hour training course.
- ◆ When supporting children, our volunteers are provided with individual supervision and group supervision.
- ◆ All of our volunteers have NSPCC training in Safeguarding Children and are cleared through the Disclosure & Barring Service.

It's like sitting in a big comfy armchair.