



Registered with limited liability in England and Wales No. 3182827

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What is Project CARA?

CARA is an intervention designed to raise awareness of domestic abuse. As part of your conditional caution you are required to complete a pair of CARA interventions within a specific time period. CARA is part educational and part designed to help you reflect on your choices. NB. Partners are not permitted to attend.

Why do I have to attend CARA?

As part of your conditional caution you are required to engage with the CARA interventions in order to give you an opportunity to reflect on your current circumstances. CARA is very much an opportunity, not a punishment and is designed to raise your awareness and understanding of domestic abuse.

How long is the course?

You will be required to complete two interventions, 4-5 weeks apart. You must engage in both interventions (Part A and Part B).

I haven't been booked onto a course, what can I do?

We aim to contact anyone required to complete the CARA interventions, however sometimes the contact details we are provided with are incorrect. If you have not heard from us within 14 days please call the Hampton Trust Northern Regional Office on **07917968402**. If you are unable to get through call the Hampton Trust Main Office on **02380001061**.

What happens if I do not engage?

The course is **not optional**– if you do not engage, you are breaching the conditions of your caution and you will be referred back to the police for further action.

Who can I contact if I have any problems?

Please contact the Hampton Trust Northern Regional Office on **07917968402**. Office hours are 9-5pm, Monday – Friday. If you ring outside these hours then please leave a message with your name and a contact number.



“Innovation to rebuild lives”