

APS

Aspire Parenting Support Team

Supporting you to make changes for a happier family life

aspire
DRUG & ALCOHOL SERVICES

BEATING ADDICTION
IN COMMUNITIES

What is the Aspire Parenting Support Team (APS)?

As a service we work with parent(s) whose alcohol or drug use has become problematic for you and/or your family.

What can we offer?

Following an assessment of your needs we would create a personalised support plan with you around your own goals.

This could include some or all of the following, depending on your needs:

- Information and harm reduction advice around your substance misuse
- One to one keyworker support for up to 3 months (can be extended to a maximum of 6 months) where we support you in reaching your goals around your substance misuse and family life
- Enhanced support in the form of some home visits or appointments at more “family friendly” locations such as, Family Hubs and Changing Lives
- Supporting you to access our wider Aspire groups or other local support
- Create individualised self-help packages that you can access in a way to suit you (workbooks, virtual recovery support groups, online self-help)
- Onward referrals to other organisations such as, our main Aspire Service, Changing Lives, Family Hubs, MIND, Domestic Abuse Hub or Mental Health Services.





Are we the service for you?

- You must live within Doncaster borough
- Be an adult aged 18+ years who has caring responsibilities for children
- Be open to understanding how your substance misuse impacts yourself and the wider family
- Express a willingness to engage in creating a plan of support to meet your goals around your substance misuse and family life.

How to refer?

Call: **03000 213900** and quote **"parenting"** or speak to your family support worker/Early Help coordinator for more information.



Working together
for stronger families



Aspire Parenting Support Team (APS)...

We are a new service in Doncaster who can help you to **Rethink Your Drink** and live a healthier lifestyle.

We offer structured sessions that will help educate people around the impacts of increased alcohol intake.

Question...

- Do you know what a unit of alcohol is and how many you are drinking?
- Do you suffer from a long term condition and know how an increase in alcohol might impact this?
- Have you thought about how increased alcohol intake in later life might impact your health?



To speak with a member of our team call us on: **03000 213900** and quote **"parenting"**

Alcohol units

National guidelines...

Men & women are advised not to regularly drink more than 14 units a week.

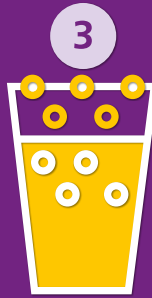
Alcohol units



1 single measure of spirits



Medium glass of wine (175ml)



Strong pint of beer or cider (568ml)



Bottle of alcopop (275ml)



Bottle of wine (750ml)

Is it time to **Rethink Your Drink**? If **YES** call us on the number above.