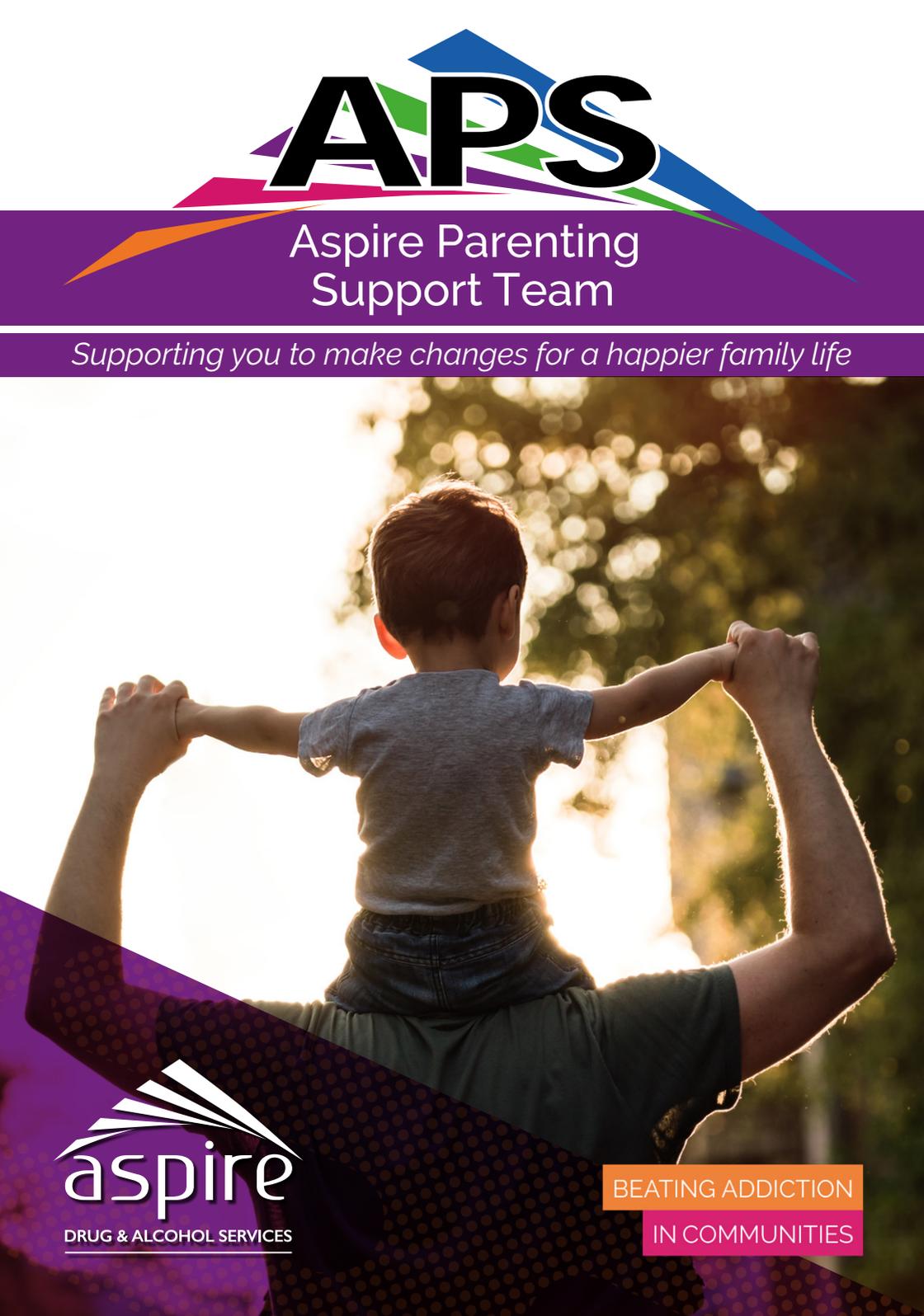


APS

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 aged 0-16 years of age
- Be open to understanding how your substance misuse impacts on 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: **01302 730956** 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 6 - 12 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:
01302 730956 and quote **"parenting"**



Or email us at: rdash.AspireParenting@nhs.net

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.