

About Aquarius

We are **Aquarius**, a charity with services across the Midlands, supporting people affected by alcohol, drugs and gambling.

We have over **40 years' experience** providing evidence-based, high quality services to help change behaviour and change lives.

We are proudly part of **Recovery Focus**, a group of charities inspiring recovery from mental ill health, domestic abuse and the harms caused by alcohol, drugs and gambling. **recoveryfocus.org.uk**

Get in touch

If you or someone you know would like more information from our **Family Drug and Alcohol Service** in Derby please get in touch:

T: **01332 362 744**

E: **derby@aquarius.org.uk**

W: **www.aquarius.org.uk**

Family Drug and Alcohol Service



INVESTORS IN PEOPLE®
We invest in people Gold



What do we do?

We offer advice, information and support about drug and alcohol misuse and how this can impact on children and families.

We support parents to make changes in their substance use.

We talk to other professionals who are supporting you to ensure you have the support you need.

Our **'Choices' programme** provides one-to-one support for young people aged 5-18 affected by a parent/carers alcohol or drug use.

Our **Affected Family Member Team** provide 1:1 support to adult family members to explore the problems you are facing and how this affects you and to build insight and awareness to support looking at ways of responding

We support the resilience of adults and young people so they can cope and help the alcohol or drug user to make changes where appropriate.

Who do we help?

This service is for partners, parents, family and friends of someone misusing drugs or alcohol living in the city of Derby.

We provide support for family members in their own right as well as support for the person using drugs or alcohol.

What our support looks like

Support usually lasts for three to six months, further sessions can be held depending on the family's need.

We usually meet with a family for weekly support sessions for about an hour. Some sessions will be for the whole family, some for children and family members on their own.

Our support can be delivered within the family home, places local to the family e.g. school and children centres or at our office based in the city centre.

We work to ensure the family have enough support to help them even after our work finishes with them.

After support ends we contact the family three months later to check-in.

How to refer?

A family member can contact us directly at **derby@aquarius.org.uk** or by calling **01332 362 744**.

Alternatively, any professional who is already supporting the family can contact us on their behalf.

