

## Why POCAR?

Most people who access POCAR are referred to the service because a health or social care professional thinks that drugs or alcohol are affecting their parenting.

Some people attend POCAR because they are required to as part of a court order.

The programme offers an opportunity to discuss the connection between substance misuse and parenting and to consider how one affects the other.

POCAR has two strands: one for men and one for women.

This leaflet contains all the information that you need to make an informed choice about taking part in POCAR.

## Contact us today



Call us on  
01273 696970



Email us at  
[sarah.acheson@oasisproject.org.uk](mailto:sarah.acheson@oasisproject.org.uk)

Your child's social worker will refer you to POCAR.



## POCAR

Parenting Our Children,  
Addressing Risk

A programme for parents who have  
problems with drugs or alcohol



# For Women

## POCAR for mothers

- Groups run for 16 weeks from our base at 11 Richmond Place and online or via the phone
- You'll meet twice a week online and once face-to-face and the groups are for women only
- Includes work around goal setting, relapse prevention, relationship support/self-esteem, parenting support and creative activities
- You will also have weekly one-to-one keywork sessions with your worker alongside additional activities such as peer support and acupuncture
- Once the programme has finished, there is more support available

“I enjoyed the groups, especially goal-setting as it gave me the push to get things done. I got a great positive experience from POCAR”

# Social Services?

## You may be wondering

POCAR isn't run by Social Services but we work closely with them.

Each month we will feed back on your progress to your children's social worker. We will tell them how many sessions you have attended. We may also attend Child Protection meetings to give an update on how you are doing.

We have found that parents who attend POCAR are more likely to be working towards their child being taken off a Child Protection Plan.

Social Services really values the work that POCAR does. By working with POCAR you can achieve the best possible relationship with your family.

# For Men

## POCAR for fathers

- The programme runs for 16 weeks
- You will have one 1-1 keywork session a week and one parenting group a week
- Keywork sessions take place on the phone and groups will mainly be online
- You will learn practical tools and techniques to support your development as a parent
- We can also let you know about other groups and services that run across the city

