

# FAQs about the Anchor Programme



This page answers common questions about what Anchor does, how it works, and what to expect.

## What the Anchor Programme Does and Does Not Do

### 1. Does Anchor provide therapy?

No. Anchor is **not a therapy service**. We can help you **find therapy** if you want this as part of your recovery.

Anchor is a **practical, goal-focused programme**. We work on everyday skills and goals.

### 2. Are Anchor trainers the same as support workers or carers?

No. We call ourselves **trainers** because our role is to:

- help you build skills
- support you to make your own choices
- help you work towards your own goals

One of our main values is **independence**.

This means:

- you are actively involved
- we work *with* you, not *for* you
- we support you to take more control over your own life

### 3. Is drug or alcohol addiction a barrier to referral?

Not necessarily. Anchor rules are that you:

- must not be noticeably under the influence of drugs or alcohol during sessions
- need to be stable enough to attend
- need to want to engage with the programme

We can support you to work alongside other addiction recovery services (for example, VIA).

## Money Matters

### 1. Do I have to pay to be on Anchor?

No. Anchor is **fully funded**. You do not pay to join. During sessions we will usually pay for:

- a drink at the Cavern or a café
- some occasional small treats during the year

## 2. What do I need to pay for?

You will need to pay for:

- Your own travel (public transport, petrol, parking)
- Costs of activities you choose (for example: sports, cooking ingredients, entry fees)

If you receive **PIP**, this is meant to help cover these costs.

With some levels of PIP you may be able to get a **free bus pass**.

You do **not** pay for Anchor staff to go with you to activities in your sessions.

## Time and Commitment

### 1. How long is the programme?

The programme lasts **up to one year**. Some people choose to finish earlier.

### 2. How often are sessions?

For the first 8 months:

- up to **5 days a week**
- up to **2 hours per day**
- Monday to Friday

You must be able to commit to **at least 3 sessions per week**, but we will build this up slowly during the first 4-6 weeks of the programme.

We will try to arrange your sessions around any important commitments you have. We ask you to prioritise your Anchor sessions as much as possible.

For the last four months of the year, we reduce the number of sessions so you can practise skills more independently.

### 3. Do you provide childcare?

No. You must arrange your own childcare.

## Where Sessions Happen

### 1. Where do sessions take place?

Most sessions happen in **Gloucester**. They may take place:

- in community venues
- at the Cavern

- in other Treasure Seekers buildings

We do work with people from nearby areas (e.g. Stroud, Cheltenham, Churchdown, FOD). Where possible, we will spend some sessions in your local area so that you can explore your own community. This will not always be possible, so be prepared to travel to Gloucester for some of your sessions.

## 2. Do you work in people's homes?

Not usually. We may work at home:

- if you have agoraphobia
- if physical health temporarily limits your mobility.

In both cases our aim would always be to help you overcome any barriers to accessing the community.

## 3. Can I take a holiday?

Yes. You can take holidays, as you would from a job.

# What Happens in Sessions

## 1. What happens at the start of the programme?

At first, we focus on:

- getting to know you
- understanding what matters to you
- building trust
- helping you decide on your goals

## 2. What kinds of things do people work on?

We can work with you on any practical goal that you have. Here are some examples of things previous Anchor trainees have worked on:

- visiting new places to reduce anxiety
- planning, shopping for, and cooking food
- trying community groups
- learning to use technology
- budgeting and money skills
- getting organised for and attending appointments
- using public transport
- Volunteering or finding/preparing for work
- finding hobbies and interests
- communication and time-keeping
- exploring housing options

- planning recovery from addiction

Your list may be completely different!

### 3. **What are sessions like?**

Sessions are relaxed, supportive, practical and go at your pace. We usually start with a drink and a chat.

You can expect to be stretched out of your comfort zone, however, we understand that:

- trust takes time
- learning takes time
- things don't always go right straight away

Working for a year with Anchor gives you **time** to practise things, to try them again (and again) if they don't go well, and to adjust or change your goals.