

Wellbeing Activities at Doncaster Mind – Autumn 2017

Doncaster Mind, Oracle House 2 – 5 Princes Street, Doncaster

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Monday

12 – 2pm Social Café

3 – 4.30pm Relaxation Group

Tuesday

10 – 2pm TUF Group

1 – 3pm Arts & Crafts

1 – 3pm Men's Space

4.30pm Cinema Club (Monthly)

Wednesday

1 – 3pm Ladies Club

Thursday

5 – 8pm Social Café

Friday

10 – 12pm TUF Group

12 – 2pm Social Café (Once a month Long Walk)

Saturday

Social Café 11 – 2pm (Once a month at the pub 11 – 1pm)

Thursday at Mexborough Library

10.30 – 3pm Social Café

1 – 2pm Music Group

2 – 3pm Games/Activities/Bingo

Friday at Mexborough Library

10.30 – 12pm Women's Group

12.30 – 2pm Relaxation