



Mental Health Awareness Week

Date: Monday 13 May, 12 – 2pm:

Event: Social Café Bingo.

Venue: At the Doncaster Mind Wellbeing Hub on Princes Street.

Date: Monday 13 May, 3pm – 4.30pm

Event: Relaxation Positive Body Image Rock Painting.

Venue: At the Doncaster Mind Wellbeing Hub on Princes Street.

Date: Tuesday 14 May, 10 – 12 noon

Event: Thorne Social Café

Venue: Vermeyden Centre, North Fieldside

Date: Tuesday 14 May, 1 – 3pm

Event: Art Group - Positive Body Image

Venue: At the Doncaster Mind Wellbeing Hub on Princes Street

Date: Tuesday 14 May, 3 – 8pm:

Event: An informal Drop In session to help people to learn some mindfulness techniques.

Venue: At the Doncaster Mind Wellbeing Hub on Princes Street.

Date: Wednesday 15 May, 10 – 4pm

Event: Extended Women's Space

Venue: Leeds Armoury

Meet at the Doncaster Wellbeing Hub on Princes Street at 9.30am.

Getting the 10.26 Train to Leeds and returning on the 15:21 train to Doncaster

Women Only session.

Date: Thursday 16 May, 5 - 8pm

Event: Social Café Evening Quiz

Venue: At the Doncaster Mind Wellbeing Hub on Princes Street.

Date: Friday 17 May, 12 – 2pm

Event: Social Café "Mad Hatters" Tea Party.

Venue: At the Doncaster Mind Wellbeing Hub on Princes Street.

Date: Friday 24 May, 12 – 5pm:

Event: Introducing Fitness and Health to promote better Body Image through the Walking Football fundraising Tournament. Teams to raise a £25 minimum donation.

Venue: Goals Doncaster

For all enquiries around any of these activities, please speak to our Information Desk on 01302 812190.