

A free E-book

# Move for your Mind

Mental Health Awareness Week 2024



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# Movement & your mental health



A way to keep our minds healthy is to move regularly. Did you know? Your body and minds are connected. So, when you take care of your body, you are also helping your mental health!

Movement is a fantastic way to feel a lot better, especially on days when there's so much on your mind. Even 10 minutes of brisk walking can make you happier and more alert.

When you move regularly, you tend to relax and sleep better. Movement also helps you feel better about your body and boost your confidence.

When we say movement, we don't just mean exercise, everyday things like cooking and cleaning are also part of our everyday movements because they are physical activities that uses energy.

# 5 ways to get moving and feel better

## Start small

You don't have to run a marathon to feel better, short walk from time to time also counts



## Be kind to your self

Keep a diary to document your progress or tell a friend about your progress

## Everyday things counts

Things like gardening, vacuuming, mopping as long as you are moving



## Clear your mind

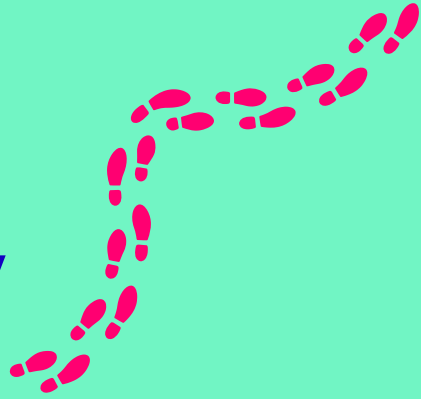
During movement activities, allow yourself to try to focus on other things that relaxes your mind

## Celebrate your achievement

Give yourself a nice reward



# Move for your Mind walking sessions this May



If you're looking to meet up with others whilst improving your mental health, then join us for a walk and talk whilst being surrounded by like-minded people.

All walks will be 2 to 3 miles long and run between 10am and 12pm. We've even route planned to account for bus route access (as best we can) and that all important pit stop at the end for a cup of tea!

For more information, see [here](#)

## Move for your Mind

Join us for a 2 to 3 mile walk  
and talk. 10am to 12pm.

Wednesday 22nd May  
Auckley. River Torne

Wednesday 29th May  
Thorne. Stainforth and  
Keadby Canal

18+  
Only

Interested?  
e: [wellbeing@doncastermind.org.uk](mailto:wellbeing@doncastermind.org.uk)  
07760 562448 / 07928821854

  
Mind  
Doncaster



# Other movement groups in Doncaster

Find a movement group  
that works for you



- ♥ Walking group - Friday at 10.30 -11.30am.  
Meet up point: Boston and Co Café, Bentley Pavilion, DN5 0HU.  
A 40-minute gentle stroll on flat terrain around Bentley.  
Contact: [julia.marshall@northdoncaster.org.uk](mailto:julia.marshall@northdoncaster.org.uk) or 07718 490056.
- ♥ Hatfield Woodhouse Walkers - Hatfield Woodhouse Village Hall  
Meet 3rd Tuesday of the month at 10am  
Meet 1st Friday of the month at 10am
- ♥ Walking for Health meet at Dunsville Community Centre  
Meet Monday 10.30am and walk round Quarry Park
- ♥ Sandall Beat Playground (technically Central but it's very near Armthorpe!)  
Ramblers Wellbeing Walk  
Meet Thursday at 10am
- ♥ New walking group starts on 30th April. They will be meeting every Tuesday at 6.15pm at Stainforth4All (Stainforth Library).
- ♥ Armthorpe  
Armthorpe Walkie Talks  
Thursday 11.30 Meet at St Leonards Church
- ♥ Inner Sun Shine's Yoga class - Wednesday at 1:30pm  
Lakeside Primary Community Hub, Sandy Lane, Hyde Park,  
Doncaster, DN4 5ES, It is for deep breathing and mindfulness.

# Other movement groups in Doncaster

Find a movement group  
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- ♥ Lake walk at Askern run by Rovers Connect - Wednesday at 10am-12pm  
Starts at: Askern Library, Station Road, Askern, Doncaster, DN60LA.  
A 40-minute walk and then a game of bingo and a drink back at the library.  
(10-10.40am Askern Lake walk and then 10.45am-12pm Askern Library for drinks, soup & bingo.)
- ♥ Armthorpe Walkie Talkies -Thursday 11.30  
Meet at St Leonards Church
- ♥ Caroliners is a Line Dancing class held at The Foresters Arms, Village Street, Adwick-le-Street, Doncaster, DN6 7AA, this is on every Tuesday at 12-1pm for beginners and 1-2:15pm for more advanced with a small charge of £2.50.
- ♥ Dance On.  
Location - The Point  
When - Wednesdays 4:30pm-6pm  
Cost - Free
- ♥ Walk and Litter Pick.  
Location - Smiths Cafe (Wheatley Wombles)  
When - Sundays 10am-12pm  
Cost - Free
- ♥ Gym at Rovers.  
Location - Eco Power Stadium, Lakeside  
When - Wednesdays 10am-11:30am  
Cost - Free

# Quick mindful movement practice for your spine



## Dynamic Mountain

To start, separate your feet hip-width apart. Inhale and reach both your arms forward and overhead. As you exhale, reach your arms out to the sides and down. Repeat this movement for three breaths.

## Downhill Skier Stretch

Inhale and reach up again. As you exhale, bend your knees slightly and place your hands on your knees like a baseball player. Take a deep breath in and out. Then, keep your knees bent as you reach your arms back behind you. Hold this for another breath in and out. As you inhale again, sweep your arms forward and up into a small backbend. Repeat for three breaths.

## Side Sways

Bring your arms overhead as you inhale. Exhale and sway to your right, reaching over your head with your left hand. Inhale and come back to the centre, and as you exhale, reach your right hand over to the left. Inhale and reach both of your arms up together. Repeat this for three breaths.



# #NoMindLeftBehind

Every year, 1 in 4 of us will experience a mental health problem. But too many of us aren't getting the help we need.



**Donate today to help us drive change and be there for more people who need us.**

Together, we can make sure that no mind is left behind.

**No**  
**mind**  
**left**  
**behind**

Over 2 million people are waiting for support.  
No one should have to struggle alone.  
**Join us in the fight for mental health.**



We are a local independent charity that fundraises locally and seeks grants and writes bids to be able to offer the services we do, to the Doncaster community.

So if you are able to donate your time or resources, please do not hesitate to reach out to us [here](#)

# How about volunteering?

Your life experiences, knowledge and skills can really make a difference



**Our mentoring service needs men and women from all backgrounds to support clients in achieving their wellbeing goals, [see here to apply](#)**

## Are you the friend that everyone turns to?

Can your own life experiences support somebody to meet their wellbeing goals? perhaps you're considering a future in the mental health sector?

**Join our volunteer mentoring team!**

**Our next volunteer training days are 8th and 15th June**

**[Email: volunteering@doncastermind.org.uk](mailto:volunteering@doncastermind.org.uk) to find out more or to request a call with our Volunteer Coordinators**

**[Interested in other volunteer roles? see here](#)**

# Training to understand your mental health better



## Level 3 Award in Supervising First Aid for Mental Health - Ofqual Accredited Course (2 days)

Dates: Friday 5th of July and Friday 12th of July 2024 (attendance on both days is required to qualify)

Time: 09:00-17:30 (both days)

Location: Doncaster Mind | Exchange Buildings | Second Floor | 35 Market Place | Doncaster | DN1 1NE

To book your place contact us on [training@doncastermind.org.uk](mailto:training@doncastermind.org.uk) or call 07516 050820

## Mental Health First Aid England - Licenced Course (2 days)

Dates: October 2024 - dates to be confirmed

Time: 09:30-17:00 (both days)

Location: Doncaster Mind | Exchange Buildings | Second Floor | 35 Market Place | Doncaster | DN1 1NE

To book your place contact us on [training@doncastermind.org.uk](mailto:training@doncastermind.org.uk) or call 07516 050820

## Contact us

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