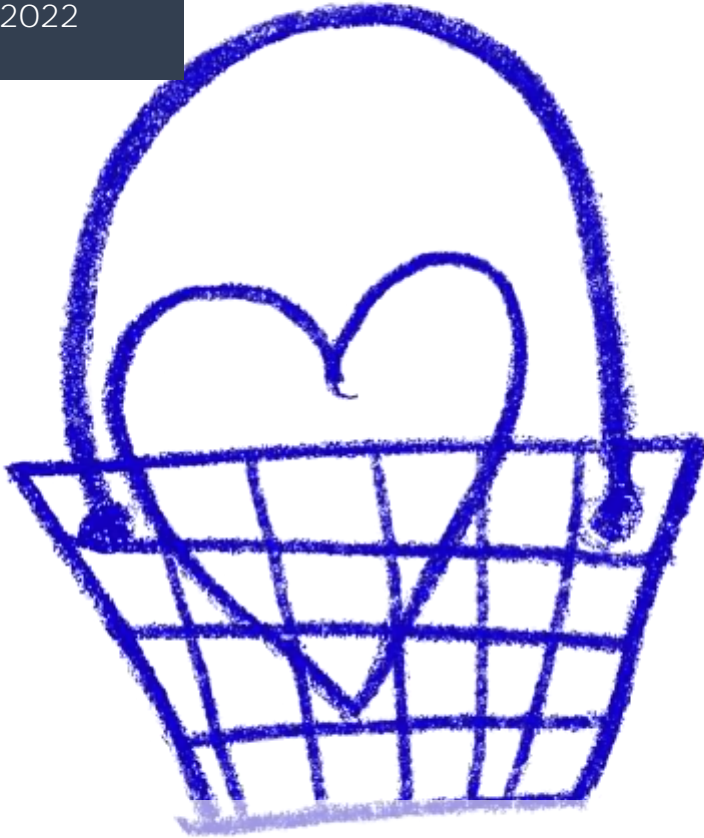


March 2021 –  
March 2022



# Wellbeing@DM

Doncaster Mind

You are not alone

*Shining a light on your mental health recovery*

Tel: 01302 812190

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## Doncaster Mind You are not alone

*The group and course activities due to take place this year to support your mental health and aid your recovery.*

# Caring for your Mental Health

Doncaster Mind successfully won the tender to deliver Mental Health and Wellbeing Activities within the DMBC area in 2017.

The activities programme is funded by Doncaster Metropolitan Council.

The Doncaster Mind Wellbeing Team offer 1-2-1 Support through Mentoring, Befriending and Counselling.

We offer Peer Support in the form of wellbeing groups, activity groups and courses.

Our Bereavement by Suicide Group (BBS) specializes in supporting those who have lost loved ones to suicide.

Thrive@DM support those who access lots of services such as A&E, 111 or their GP for their mental health.

If you are in crisis here are some useful numbers:

Samaritans: 116 123

Doncaster Rethink: 0808 801 0442

Access Team: 01302 566599



# Mentoring Project



## Mentoring for Lifelong Wellbeing.

Mentoring Project.

We provide 1-2-1 support for up to 12 sessions and will work with you to increase resilience, independence and coping strategies.

### How to Apply

Website:  
[www.doncastermind.org.uk/refer](http://www.doncastermind.org.uk/refer)

Call us on 01302 812190  
(leave a message and we will get back to you!)

Email  
[wellbeing121@doncastermind.org.uk](mailto:wellbeing121@doncastermind.org.uk)

mind  
Doncaster  
Registered  
Charity 1141146

# Enrolment Guidelines

The activities programme is open access for people resident in the Doncaster Metropolitan area, aged 18 and over, who have a mental health and wellbeing need, or are an unpaid carer where the activities attended support their wellbeing.

To attend any of the activities or courses on offer, an enrolment form needs to be completed first. Once the enrolment form has been received, Doncaster Mind will contact the person named on the form to confirm if they have a place on their chosen activity.

*\*\* We allocate places 2 weeks before the activity start date.*

Please do not attend, or advise anyone to attend any activities before they have confirmation of a place, as many of the courses and groups have a limit on participants.

Whilst participants may select more than one activity, they need to indicate which is their priority and first choice. This will help us manage demand if any activities are oversubscribed.

If you have any questions, please email [wellbeing@doncastermind.org.uk](mailto:wellbeing@doncastermind.org.uk) or telephone 01302 812190.

# Befriending Service



## Feel Better Connected

Volunteer Befrienders aim to reduce social isolation by supporting you to go to groups and meet other people. They boost your confidence, and play a big part in your recovery and spend time with you for a laugh and a chat. This support is for 2 hours a week for up to 16 weeks.

### How to Apply

Website:  
[www.doncastermind.org.uk/refer](http://www.doncastermind.org.uk/refer)

Call us on 01302 812190  
(leave a message and we will get back to you!)

Email  
[wellbeing121@doncastermind.org.uk](mailto:wellbeing121@doncastermind.org.uk)

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Doncaster  
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Charity 1141146

# Activities Programme



## Please Note:

Due to activities taking place throughout the year, some activities will not have finalised locations, start dates and times. These will be confirmed later, and up-to-date information can be obtained by emailing [wellbeing@doncastermind.org.uk](mailto:wellbeing@doncastermind.org.uk) or visiting [www.doncastermind.org.uk](http://www.doncastermind.org.uk) or our partner's websites.

Where details have been finalised, they will be noted under each activity type. There may be occasions where publicised dates and locations change. Any changes will be communicated in advance of start dates to enrolled participants.

# Guided Learning (Courses)

## Dealing with Anger

### Who should join?

If you struggle with being angry or dealing with other people's anger

### What will I learn?

- Support you to understand emotions,
- Practical ways of managing feelings of anger in yourself and others
- Better ways to communicate unmet needs.
- How to balance your emotions and feel more confident in your ability to react calmly
- This group will look at the barriers to inputting these steps and give tools to cope.

This is a 6 session course delivered at the same time weekly within a group either face to face or online.

Venue: F2F: 35 Market Place. Online: Zoom.

Dates & Times:

Wednesday 12 May 2021 - Online

Wednesday 23 June 2021 – Face to Face

Tuesday 14 September 2021 - Face to Face

January 2022 - Online



# Confidence Booster

## Who should join?

If you are finding that your confidence is holding you back, you put yourself down all the time or find it difficult to say how you feel.

## What will I learn?

- Practical ways of managing emotions, by exploring how we think and behave.
- How to reflect on how we could change our thoughts in order to feel more confident, resilient and connected.
- We will look at the barriers we face, and explore coping strategies to support positive well-being.

This is a 6 session course delivered at the same time weekly within a group either face to face or online.

Come along and take a step on the path to a more confident life!

Venue: F2F or Online

Dates & Times:

Tuesday 20 April 2021 – Online

Wednesday 15 September 2021 - Market Place  
February 2022

# Getting to know Anxiety

## Who should join?

If you are find that anxiety and stress are getting in the way of you enjoying your life or stopping you from doing what you want to do.

## What will I learn?

- What Anxiety and worry actually are,
- Tools and techniques to manage these issues in a way that can easily be incorporated into your everyday life.
- Why anxiety is a normal part of life
- How to prioritise the stressors in your life.

This is a 6 session course delivered at the same time weekly within a group either face to face or online.

Anxiety can be debilitating but it can also be overcome in the majority of cases, leading to better mental and physical well-being and even greater fulfilment and happiness in life.

Venue: F2F or Online

Dates & Times:

Friday 4<sup>th</sup> June - Online

29<sup>th</sup> October – Online. 10 – 11.30am

March 2022

I got so much from coming to this **course. It's just** changed how I sleep, how I do things and made me feel better

# Stress Buster Workshops

## Who should join?

If you are finding that stress is getting in the way of you enjoying your life and you want to know how to manage it.

## What will I learn?

These short workshops set out to help you:

- Manage situations that you find stressful,
- Check out your response to stress
- Help you be prioritise your workload

These workshops are delivered within a group either face to face or online.

Venue: Online: Zoom.

Dates & Times: November Date TBC 10 – 11,30am



# Communicating Better

## Who should join?

People who are feeling like they cannot express themselves or feel misunderstood when talking to the people in their lives.

## What will I learn?

These short workshops set out to help you:

- Think about what you need,
- Manage expectations of yourself
- Check your response to stress
- Help you be prioritise your stressors

This is a 6 session course delivered at the same time weekly within a group either face to face or online.

Designed to help you to communicate better with those around you

Venue: Online

When: TBC

Facilitator: Doncaster Mind



# Wellbeing Group Sessions

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## Peer Support Group

Learn how to **manage your mental wellbeing** through group activities, peer support and coping strategies

**CHANGING  
LIVES**

Venue: 35 Market Place

Time: 10am – 12 noon

Start Dates: Tuesday 14 September

Facilitator: Changing Lives



Contact us if you need support after losing someone to suicide by visiting our website.

[www.doncastermind.org.uk/refer](http://www.doncastermind.org.uk/refer)

 mind  
Doncaster

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## Boost Your Confidence Peer Support

A peer support group designed to **boost your confidence in new situations**, manage anxiety based situations, practice communication skills and learn team building skills over 8 weekly sessions.

Venue: 35 Market Place

Time: 1 – 3pm

Start Date: Wednesday 15th September

**Facilitator:** Ania and Jenni (Doncaster Mind)

Venue: 35 Market Place

Time: 10 – 12 noon

Start Date: March

**Facilitator:** Ania and Jenni (Doncaster Mind)

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## Laughter Yoga

Yoga with a difference. Laughter Yoga helps to **reduce anxiety and stress** whilst improving overall mental health in 6 weekly sessions.

This group will have limited numbers to provide a safe and accessible space.

Venue: 35 Market Place

Time: 10.30 – 11.30am

Start Date: Tuesday 13 thJuly

Facilitator: Yogalols



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## Mindfulness Online

Mindfulness is about living in the moment and staying present in life. It can help you to accept thoughts and experiences without judging them. Our 8 week course will provide you with [practical strategies and techniques to live more mindfully](#).

Venue: Online

Time: 1.30 – 3pm

Start Date: 19<sup>th</sup> March

Facilitator: Jo Holloway

Venue: Online

Time: 6 – 7.30pm

Start Date: 17<sup>th</sup> Jan 22

Facilitator Jo Holloway

Venue: Online

Time: 10.30 – 12noon

Start Date: 25 October

Facilitator: Rakesh Aggarwal

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## Get Pedaling

Delivered in a 12 week block, this group will support you to learn how to use a bike, [get active](#) and connect with other people, as well as [improve your confidence](#).

Venue: TBC

Time:

Start Date: TBC

Facilitator

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## Green Fingers

Delivered in a 16 week block, this activity will support the group to work on their journey towards mental health recovery by **connecting with nature**, learning about maintaining a natural environment, understanding about flowers and plants, working with others to create and nurture – both practical and theoretical approach to looking after the world around you.

Venue: TBC

Time: TBC

Start Date: TBC

Facilitator: Doncaster Mind

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**Volunteering at  
Doncaster Mind can  
make a real difference  
to someone's life.**

For more details on how to  
volunteer visit our website at  
[www.doncastermind.org.uk](http://www.doncastermind.org.uk)





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## Walking for Wellness

This 8 week group will encourage participants to make use of outside spaces, increase exercise, meet peers and socialise. This group aims to enable participants to become more present and self-aware of themselves and their surroundings. Why not come along, enjoy the beautiful outdoor spaces Doncaster has to offer, improve your fitness levels and meet others!

**Venue:** Doncaster

**Time:** 1.30 – 3pm

**Start Date:** May

**Facilitator:** Jamie Rosser



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## Crafternoon

Our 6 week group will offer a relaxed space for participants to enjoy learning how to make things in guided activities.

Venue: 35 Market Place

Time: 1 – 2.30pm

Start Date: Tuesday 22 June

Facilitator: Kim Munroe – Exploring Paint

Venue: 35 Market Place

Time: 1 – 2.30pm

Start Date: Wednesday 29<sup>th</sup> October

Facilitator: Jo Austin

Venue:

Time:

Start Date: February

Facilitator:

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## Creative Writing Group

Our 6 week group will give you the opportunity to talk about your writing and learn about how to write your very own story.

Venue: Online

Time: 10 – 11.30am

Start Date: Thursday 1 July

Facilitator: Rakesh Aggarwal

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## History of Cooking

Learning about our local History and how we can connect with where we live can reduce isolation. This 8 week peer support group helps you to know more about who we are, who we were and develop an interest in the world around you.

Venue: Potteric Carr (1<sup>st</sup> two weeks online)

Time:

Start Date: Wednesday 7 October



**Art Therapy  
Sessions available  
soon.**

**Visit:  
[www.doncastermind.org.uk/refer](http://www.doncastermind.org.uk/refer)**

 mind  
Doncaster

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## eConnect with Nature

Our 5 week online Connect with Nature Group takes you around Potteric Carr from your armchair.

Learn about how to be mindful in the natural world with the Yorkshire Wildlife Trust.

**Venue: Via Zoom**  
**Time: TBC**  
**Start Date: TBC**  
**Facilitator: Kat Woolley**

## Cook with Nature



6 weeks of Cooking and Story Telling

Cook outside on an open fire with a group of people to create a midday meal. Learn about how things were cooked outdoors by our ancestors and enjoy some delicious food made by your group.

Campfire Stories Optional!

**Venue: Potteric Carr**  
**Time: 11.30am – 1pm**  
**Start Date: Thursday 5 August**  
**Facilitator: Kat Woolley**

## Man 2 Man Peer Support Group

Men supporting men to talk about issues that directly affect men in a confidential space.

The Man 2 Man Peer Support Group will run for 12 weeks to offer support, insight and the opportunity to talk about issues that you may feel you cannot ask about elsewhere.

Venue: Market Place and Community Settings

Time: 6.30 – 8pm

Start Date: July

Facilitator: Jamie Rosser



# Special Dates for the Diary:

## April 2021 - Stress Awareness Month

During April, we will be running a series of Stress Busting Workshops, Stress Reducing Sessions and Stress Releasing Activities.

## 10 - 26 May 2021 - Mental Health Awareness Week

Mental Health Awareness Week is all about nature and environment. Building on our connect with nature campaign from Summer 2020, we hope to show you just how big an impact the great outdoors can have on your emotional and mental wellbeing.

## 10 October 2021 - World Mental Health Day

World Mental Health Day is a very important day for us at Doncaster Mind. We want to give opportunities to shine a light on mental health issues and give people opportunities to find their way to recovery. Keep an eye on our facebook page and website for more information.

# Working in Partnership with...

**mind**  
for better mental health  
Doncaster

in partnership with...

**CHANGING LIVES**

connecting to where you live

**HERITAGE DONCASTER**

gardening groups with...

**BENTLEY URBAN FARM**

laughter yoga with...

**YOGALOLS**  
LAUGHTER YOGA  
YOGA, LAUGH, SKETCH!

connecting to nature with...

**Yorkshire Wildlife Trust**

Making Art with

**Art**



## Be the Change

We believe no one should face mental health alone.

Our groups, peer support and courses are all designed to support the people of Doncaster on their journey to recovery.

Would you like to join us?

### **Freelancers**

Working around existing commitments and makes a contribution to your community.

### **How to Apply**

Website:  
[www.doncastermind.org.uk](http://www.doncastermind.org.uk) and download the Freelancer PPQ form.

  
Registered  
Charity 1141146



We give you three easy ways to refer:  
Visit us on the Web: [www.doncastermind.org.uk/refer](http://www.doncastermind.org.uk/refer)  
Email: [wellbeing@doncastermind.org.uk](mailto:wellbeing@doncastermind.org.uk)  
Call us 01302 812190