



With you in Mind! – Choose Day!

Today at Doncaster Mind we are asking you to support Choose Day! To do this we are asking you to celebrate choice, this could be through various ways:

- Choosing to access support or simply contacting us
- Choosing to volunteer for us
- Choosing to fundraise
- Choosing Doncaster Mind as a training provider
- Choosing to promote Doncaster Mind through sharing posts on social media or telling your friends and family about us!

You may ask why Choose day?

There are many benefits to having a choice for example:

- Helps you feel in control
- Builds confidence
- Gives a sense of value
- Develops responsibility taking
- Fosters creativity
- Develops problem solving skills

So why not have a look at the way you are going to celebrate choice today!

#Doonething

 **mind**
Doncaster

www.doncastermind.org.uk

Registered Charity No: 1141146



Choose our Support Services!

The services we have here at Doncaster Mind are as follows:

- Wellbeing Courses & Activities including Stress Buster Course, Getting to know anxiety, Mindfulness, Walking for Wellness and many more
- One to One Support – Mentoring and Befriending
- Counselling (online and Face to Face)
- Thrive
- Keeping Families in Mind
- Bereaved By Suicide Group

To access support or for more information please either:

Visit our Website
www.doncastermind.org.uk

Email us on
office@doncastermind.org.uk

Call us 01302 812190

Please note self referrals are accepted


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Choose to volunteer within our Services!

At Doncaster Mind we have lots of opportunities for volunteering these could be:

- As a Befriender
- As a Mentor
- As a Trustee
- Volunteer Counsellor
- Student Place

There are so many benefits to volunteering these include:

- Make a difference
- Meet new people
- Learn new skills
- Gain Confidence
- Give something back
- Get experience for University Application

To find out more or for more information please either:

Visit our Website

<https://www.doncastermind.org.uk/get-involved/volunteering/>

Email us on office@doncastermind.org.uk

Call us 01302 812190

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Choose us as a Training provider!

At Doncaster Mind we are able to provide the following training:

- Mental Health Awareness Training
- Wellbeing Awareness
- Mindfulness Workshops/Courses
- Stress Workshops
- Mental Health First Aid (Accredited)
- Bespoke Training to meet the organisation need and structure

By choosing Doncaster Mind you will be:

- Supporting a local business
- Enabling us to continue supporting residents of Doncaster as our training income allows us to continue the work we are not funded to provide.
- Accessing training from experts in the mental health field
- Raising awareness of Doncaster Mind and Good Mental Health

To find out more or for more information please either:

Visit our Website

<https://www.doncastermind.org.uk/training/>

Email us on office@doncastermind.org.uk

Call us 01302 812190



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Choose to Fundraise!

Money here at Doncaster Mind is limited and unfortunately during Covid we lost a large amount of our fundraising income.

In order to continue Doncaster Mind's good work and provide the services which are not funded, we rely on fundraising to help us achieve this.

This World Mental Health Day you could choose to Fundraise for Doncaster Mind by joining one of our events or planning one on your own.

By choosing to fundraise for Doncaster Mind you are:

- Raising Awareness of Doncaster Mind and Mental Health
- Raising much needed funds
- Helping us to support the people of Doncaster

To find out more about fundraising please either:

Visit our Website:
<https://www.doncastermind.org.uk/get-involved/fundraising/>

Email us on
office@doncastermind.org.uk

Call us 01302 812190

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Choose to promote our Socials!

If you don't have a lot of spare time for fundraising or volunteering why not help us to spread the word by liking our social accounts and sharing the work we do.

We all know that one in four of us will experience mental ill health so who knows some of those people who follow you may just need our support right now!

#Do one thing!

Our accounts are as follows:

Get social

 @DoncasterMind

 @doncastermind

 @doncastermind

 Doncaster Mind

For more information:

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www.doncastermind.org.uk

Email us on
office@doncastermind.org.uk

Call us 01302 812190


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