

Mental Health and Wellbeing Activities Programme

Delivered in partnership with



Activities Delivered between November 2020 and
March 2021

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Covid-19 Good Practice

We are committed to providing activities, which are safe, effective, and support participant health and well-being.

During the Covid-19 pandemic, ensuring the health and safety of all participants, and staff, is our priority. Activities will be delivered in line with Government guidelines and social distancing restrictions. Initially activities will be delivered using online platforms, like Zoom. As the project progresses we will re-establish some activities in local venues and locations, across the town, including libraries, community venues and parks.

Start dates, times and locations may change, as a result of Covid-19. We will update the brochure with fixed dates when known. For up to date information, please contact us:

Email: wellbeing@doncastermind.org.uk

Phone: 01302 812190

Or view our website: www.doncastermind.org.uk

Background

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.

Doncaster Mind in partnership with Changing Lives, Yorkshire Wildlife Trust, Heritage Doncaster, Yogalols, Brighter Days and Bentley Urban Farm will deliver wellbeing activities between November 2020 and March 2021.

The model of delivery is based on the ethos that mental health and wellbeing is supported and maintained by a combination of activities. These activities will fall under three pathways: **Learning and Development**, **Well-being**, and **Social**, with the underpinning principles of **Connect**, **Hope** and **Grow**.

The ethos and values of Connect, Hope and Grow aim to support individual's well-being and recovery journey by creating opportunities for social interaction, emotional support, and facilitate opportunities to build wider, and more sustainable networks of support, with both peers and local services.

Doncaster Mind will provide a single point of access and one key contact point for the activities programme.

Participants can enrol on the programme and devise and select their own pathway of support from a menu of activities, from each of the three pathways.

A combination of activities will be delivered by Doncaster Mind and partners throughout the week, including evenings and weekends. Activities and groups will be delivered with staggered start dates, to help reduce waiting times and enable access to timely support.

Activities vary in length and frequency from one-off sessions, to 8 week groups, and span more formal interventions such as courses, vocational learning and informal support. Some activities are linked to existing local community events, with the intention that annual events can support individuals continued participation in their community, beyond the lifetime of the programme.

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 or telephone 01302 812190.

Doncaster Mind

Doncaster Mind is an independent provider of high quality mental health services in the Doncaster Metropolitan area.

They offer a wide range of services including Counselling, Mentoring and Befriending services. They deliver a variety of training opportunities and have an active presence in the local community through fundraising activities and events.

Doncaster Mind support individuals recovering from mental ill-health, to achieve their goals and promote social inclusion, by raising awareness of mental ill-health and tackling the stigma surrounding mental health conditions.

Doncaster Mind aims to be an inclusive and accessible organisation, emphasising the importance of acceptance and tolerance of the beliefs, opinions and wishes of individuals accessing their services.



Doncaster Mind also provide the following services **outside** the activities programme. Please contact us direct for more information.

Counselling – Doncaster Mind works with Changing Lives to provide a 1-2-1 Counselling Service in the town centre. We offer telephone, online and face to face counselling.* *Face to Face Counselling services depend on our local covid rating and may be suspended.*

Mentoring Service – This service offers Mentoring and Peer Support to adults aged 18+, who are experiencing difficulties with their emotional wellbeing.

Befriending Service – This service aims to reduce the social isolation of people who are experiencing mental ill-health by supporting them to access activities and meet other people.

Changing Lives

In Doncaster, we have a holistic Women's Centre and Community Hub that provides 2 bases for a wide range of services aimed at supporting women in the community. Our Centres are located in the heart of Doncaster providing a warm welcome to women from a range of backgrounds and lived experience.

The Community Hub: Offers signposting and access to services via our friendly reception team, English language classes: for speakers of other languages - Health promotion workshops and support-accessing health services for women from a BAME background, counselling, 1-2-1 support and therapeutic group work, bereaved by suicide support groups. Free on-site childcare facility.

The Women Centre provide support for people with experience of sex work, survival sex and sexual exploitation, community and custody interventions to women involved with the criminal justice system, other therapeutic engagement activities.

Complex Lives and WEA and several other services rent space in our centre, providing referral opportunities between our services.



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Contact: 01302 309800

carmelle.harold@changing-lives.org.uk

Yorkshire Wildlife Trust

Yorkshire Wildlife Trust is a charity dedicated to conserving, protecting and restoring wildlife and wild places in Yorkshire.

Their vision is for a Yorkshire that is abundant in wildlife, with more people having a genuine and meaningful connection with nature.

They were established as a charity in 1946, and are part of The Wildlife Trusts movement. They look after over 100 nature reserves right across Yorkshire, and are involved in hundreds of other conservation-related projects. Their work inspires people to understand the value of nature and to take action for it.

The Yorkshire Wildlife Trust provide peer support and wellbeing activities to encourage connection with nature.

Contact: 01302 325736 or email: info@ywt.org.uk



Heritage Doncaster

Heritage Doncaster is part of Doncaster Council and oversees Doncaster Museum and Art Gallery, Cusworth Hall and Park, Doncaster Local Studies Library, Doncaster Archives and the King's Own Yorkshire Light Infantry Museum. Heritage Doncaster cares for almost 1 million objects, documents and artworks that date from millions of years ago to today.

Heritage Doncaster's History, Health and Happiness is funded by Arts Council England and aims to tackle isolation and improve wellbeing in four key areas of Doncaster through history and storytelling.

You can find out more about History, Health and Happiness at

www.heritagedoncaster.org.uk/happyhistory.

Contact:

Telephone: 01302 737339 or email

YourMemories@doncaster.gov.uk.



Brighter Days

Brighter Days are a Community Group that support people to improve their Mental Health and Wellbeing through active changes and host a number of walking groups in the Doncaster area.

Established Walking Groups:

Together Tuesdays, include workouts and walks.

Survivor Saturdays, takes place weekly.

Steady Sundays are held fortnightly for children and their adults.

A Donation of £1 per walk is gratefully received.

Contact: brighterdaysdoncaster@outlook.com



Yogalols

Yogalols provides an accredited, insured and experience Yoga Teacher and Laughter Yoga expert.

Laughter Yoga is an easy, low impact exercise for all abilities and ages. It is great to reduce stress and anxiety, whilst improving overall mental health.

Group, Work, School and Party sessions available.

Contact: 07917 728863 or email

yogalols2@gmail.com



Bentley Urban Farm

Bentley Urban Farm, (BUF) is an award winning upcycled market garden based in Bentley, Doncaster. They use reclaimed materials to repair and maintain a former horticultural training centre, turning it into a growing project capable of providing affordable, fresh, local food whilst creating new opportunities for education, training, skill sharing, employment and entrepreneurship. As well as growing food for people, we grow habitats for our wilder friends.

Ecology and rewilding is central to what we do.

Contact: 07422 966115 or visit

www.bentleyurbanfarm.com



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 or visiting 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 delivered by Doncaster Mind.

Stress & Anxiety

Starting Wednesday 4th November 2020 – 25th November 2020

This is a 4 week course.

Venue: Initially delivered over Zoom online platform.

Time: 2 – 3pm

Our 4 week anxiety & stress course will look at what anxiety and stress are, the main causes of stress, our biological and mental reaction to stress and how to manage these issues within our lives. Delivered by an experienced facilitator in a group to support each other.

Confidence Booster

Starting 11 January 2021

Venue: Initially delivered over Zoom online platform.

Time: 10 – 11am.

Our facilitated 6 week course will look at practical ways of managing emotions, by exploring how we think and behave. In doing this we will be able to reflect on how we could change our thoughts in

order to feel more confident, resilient and connected. As a group, we will look at the barriers we face, and explore coping strategies to support positive well-being. Come along and take a step on the path to a more confident life!

Managing Anxieties

Starting early 2021

Venue: Initially delivered over Zoom online platform.

Time: TBC

This 6 week course sets out to explain what Anxiety and worry actually are, and then offers tools and techniques to manage these issues in a way that can easily be incorporated into your everyday life. 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. We will learn together, as a group in a relaxed and friendly atmosphere, facilitated by an experienced trainer – so sign up today and take the first step towards greater peace of mind.

Dealing with Anger

Starting early 2021

Venue: Initially delivered over Zoom online platform.

Time: TBC.

This 6 week course aims to support you to understand emotions, practical ways of managing feelings of anger in yourself and others and learning improved ways to communicate unmet needs. This group will look at the barriers to inputting these steps and give tools to cope. Learn how to balance your emotions and feel more confident in your ability to react calmly.

Well-being and Social Activities

will run at different times and locations throughout the year.

Crafternoon

Starting Monday 16th November – 14th December 2020.

Venue: Facebook Crafternoon Group, further sessions may be delivered face to face.

Time: 1pm.

Our 5 week group will offer a relaxed space for participants to enjoy learning how to make a more homemade festive season, learning activities such as making gift tags, using items around the home for gift wrap and creating homemade cards.

A further 8 week course will be delivered before June 2021.

Friday Fun Activities Group

Starting Friday 6th November – Friday 18th December 2020

Venue: delivered over Zoom online platform.

Time: 2pm.

A group to support participants to connect with others, socialise online to reduce isolation and enjoy a fun filled activities and quiz based session.

Boost Your Confidence Peer Support

Starting **March 2021**

Venue: delivered over Zoom online platform initially, but with option for face to face if possible.

Time: TBC

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

Community Socials

TBC from January 2021 at venues across Doncaster.

Further information will be given by emailing wellbeing@doncastermind.org.uk

Mindfulness Sessions

Starting January

Afternoon Sessions: 8 Sessions starting Friday 8th January 1 – 2.30pm.

Evening Sessions: 8 Sessions starting Monday 18th January 6 – 7.30pm.

Venue: Delivered online via Zoom

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.

Well-being Activities – Connect with Nature

Delivered by Kat Woolley, Yorkshire Wildlife Trust

Dates: Wednesday 4th November 2020 Run in 6 week blocks – Weather may affect sessions as they are delivered from outdoors!

Venue: Zoom online.

Time: 11am

Sessions:

1. 4th Nov *Introduction to Yorkshire Wildlife Trust, History of the reserve and what to do if you want to visit.*
2. 11th Nov *Kat's favourite places*
3. 18th Nov *The Big Draw - Huxterwell Marsh*
4. 25th Nov *The Beauty of Seasonal Changes*
5. 2nd Dec *Making some easy natural crafts in the woods*
6. 9th Dec *To celebrate the upcoming Winter Solstice – How to make a fire*

There will be opportunity to ask about the reserve, find out more about how Potteric Carr is managed, or simply watch and enjoy the scenery as Kat makes Potteric Carr accessible, demystifies how to get into the reserve and shares the connection of nature.

Well-Being Activities- Writing for Wellbeing

Delivered by Heritage Doncaster

Dates: Wednesday 13th January 2021

Run in 8 week blocks.

Venue: Zoom online.

Time: 2pm – 3pm

Sessions will encourage working together on pieces of writing, and learning how to write to promote your own mental wellbeing whilst learning about the history of our own area in Doncaster.

Topics covered will include a variety of ways of writing, for example personal writing like diaries and letters, to public expression in newspaper and script writing.

Sessions will include topics like:

- **Diaries and journals**
- **Letters: First World War**
- **Poetry: Wheels, Wings and Moving Things**
- **Newspaper: Suffragettes**
- **Script writing**

Similar groups will be delivered over the year.

Well-being Activities- Mindful Walking Group

Delivered by Brighter Days

Starting Saturday 9th January 2021

This 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!

Initial meeting point: St George's Church, Doncaster Town Centre.

Locations and weekly meeting points will be provided in session 1.

Time: 1.30 – 3pm.

A further 8 week group will be delivered before June 2021.

Well-being Activities - Laughter Yoga

Delivered by Becky at Yagalols

Yoga with a difference. Laughter Yoga helps to reduce anxiety and stress whilst improving overall mental health.

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

Starting Wednesday 10 February 2021

Time: 10.30 – 11.30am

Venue: Doncaster Mind, 35 Market Place,
Doncaster, DN1 1NE

Well-Being Activities - Green Fingers

Delivered by Bentley Urban Farm

Start date: TBC March/April Run in a 12 week block

Venue: Bentley Urban Farm

Time: TBC

Delivered in a 12 week block, this activity will support the group to work on their journey towards mental health recovery by connecting with nature,

growing plants, working on raised beds and nurturing their green fingered skills

Social Activities - Peer Support Group

Delivered by Changing Lives

Starting January 2021

Dates: TBC

Meeting Venue: TBC

Time: TBC

Delivered in 12 week blocks to support the group to work on their journey towards mental health recovery.

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Dates: TBC

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