

Who we are and what we do:

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 peer support 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

Exchange Buildings
35 Market Place
Doncaster
DN1 1NE

Phone: 01302 812190
Email: Office@doncastermind.org.uk

Wellbeing@DM

The Wellbeing Service



Who are we?

Doncaster Mind is an independent local charity, providing high quality mental health services in Doncaster and its surrounding area.

We believe that no one should have to face a mental health difficulty alone. Whether you are stressed, anxious, depressed or in a crisis, we're here to listen and offer support. We won't give up until everyone experiencing a mental health difficulty gets the support they need and deserve.

*The Dealing with Anger course **changed** how I talk to my family, and how we communicate together. **Thank you.***

Groups and Activities

All of our activities are subject to an assessment. Places are limited.

Why do we assess?

We want to make sure that you get the most appropriate support. To do that we will talk to you to find out what you feel you need, what you're struggling with and decide with you what is going to be of the most benefit to you.

Why are we doing closed groups?

We've found that closed groups allow for the most personal growth of our clients, provide a safe space for the necessary work and give a routine for the clients to be able to start their journey to recovery. Limiting the number means everyone can play an active role.

Supporting you to support your employees mental health.

We have visited lots of organisations including Amazon LBA 4 for World Mental Health Day and had some great conversations with staff; Amazon LBA 2 during Stress Awareness Week, we also had a brilliant time with colleagues from Citizens Advice Bureau and Webasto Thermo & Comfort Ltd during Mental Health, Wellbeing and Me sessions, when we explored what we can do to optimize our levels of mental health and well-being... because it feels great to feel great!

It is extremely heart-warming and comforting to see that organisations are starting to participate in the process of educating around mental health and raising awareness amongst their colleagues of what they can do to improve their wellbeing. The link between good levels of mental health and wellbeing and increased productivity at work is no secret!

Are you interested in us supporting your organisation?

If you would like us to come to you to speak to your team about mental health, wellbeing and find out what support we offer please email training@doncastermind.org.uk

Did you know we provide off the shelf as well as bespoke training sessions? If you would like to have a chat on how we can support with your training needs, please give Ania a call on 07516 050820 (Weds-Fri).

Training

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Getting Started

To Refer

To start your wellbeing journey with Doncaster Mind, you can get in touch in the following ways.

Website: www.doncastermind.org.uk/refer

Phone 01302 812 190 and leave a message.

Email Office@doncastermind.org.uk

“Joining the Peer Support Groups gave me a routine, and helped me to grow in confidence over my time here. Thank you.”

—Group Participant



Wellbeing Awareness Intro

With You in Mind

Scientists discover on daily basis that it's predominantly our lifestyle choices which impact our levels of wellbeing in significant ways.



Volunteering

Volunteering opportunities at Doncaster Mind are really rewarding experience.

Volunteers are a valued part of our team and we work hard to ensure that our volunteers have a rewarding experience. As a volunteer, you will receive a full induction, training and ongoing support.



Volunteer Opportunities

Get in touch to find out more about how you can support others in the following roles.

- Volunteer Mentor
- Volunteer Befriender
- Volunteer Facilitator
- Volunteer Counsellor

Email: volunteering@doncastermind.org.uk

Weekly Groups Available

Mondays	Crafternoon	A Craft and Art based group designed to help you use art to support mental health recovery
Tuesdays	Peer Support Group	A Facilitator led group to help clients overcome challenges, face difficulties and help each other become more confident to make changes to support their journey to recovery.
Wednesdays	Active Peer Support Group	A Facilitator led group to support participants to use movement, exercise and sport to manage their emotional wellbeing and learn new skills.
Fridays	Green Fingers Gardening Group	A gardening group to develop a plot of land into a beautiful garden/vegetable plot and create something from nothing.. The group focusses on how being in nature can support your wellbeing.
TBC	Shared Reading Experience	A Facilitator led reading group. Reading together in real time, talking about poetry and stories to unlock meaning and feelings.



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 and download the Freelancer PPQ form.



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

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

Email: wellbeing121@doncastermind.org.uk



The Wellbeing Service

Guided Learning (Courses)



Our workshops and courses run once a quarter. We deliver both online and face to face groups. Our courses are all weekly for 6 sessions.

Peer Support Groups



Our groups all run on a weekly basis with a limited number of spaces. Each group has a different focus to support your mental health and well-being. You are asked to attend each session (up to 16 weeks) to get the most from the work we do towards mental health recovery. We take in new participants every 4 weeks.

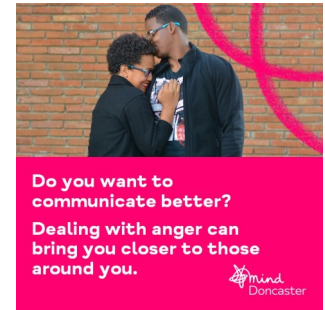
1-2-1 Support



Our 1-2-1 support is designed to give you the space to explore your thoughts and feelings supportive setting. We ask that you attend each session. These sessions are weekly and time limited.

Courses Available:

- Dealing with Anger
- Confidence Booster
- Getting to Know Anxiety
- Communicating Better
- Mindfulness



Peer Support Available:

- Peer Support Group
- Active Peer Support Group
- Gardening Group
- Shared Reading Experience Group
- Crafternoon Group



1-2-1 Support Available

- Befriending
- Counselling
- Mentoring
- Art Therapy
- Bereaved By Suicide

