



WINTER WELLNESS

Although Christmas is a time of joy it can be a challenging and difficult time for some people.



Thrive at Doncaster Mind

Placing recovery at the heart of mental health and well-being.

doncastermind.org.uk



IM;PACT, Thrive & Safe Space work in partnership and have come together to develop a useful booklet which includes coping strategies, who to turn to for financial guidance, tips to overcome isolation and loneliness and more. This will be available from the 23rd November. Please see our contact details below and get in touch if you if you would like to know about an individual service, or if you would like access to this booklet.

Safe Space (The People Focused Group (PFG))

Are a peer focussed group that offer help and support to anyone in need or in times of crisis. They will be open throughout the Christmas period.

They have a 7'oclock social club available every night available through zoom. A link to the club will be posted on the PFG Facebook daily at 6PM.

Access to the Citizens Advice is also available through PFG Mon-Fri 10AM-1PM

Call 01302 4490 330 to book an appointment.

Thrive@DoncasterMind Provide a service to support the needs of high intensity users who frequently attend Doncaster A&E more that is typically expected.

Thrive@DM use a person-centred and trauma informed approach to build resilience and independence. They aim to strengthen a network around service users, promoting a joined up approach to care.

Thrive@DM will be offering weekly 1 hour zoom sessions for advice and guidance surrounding Christmas and winter well-being. These will be advertised on Doncaster Mind social media pages.

IMP;ACT Is a service based at Open Minds Doncaster supporting services users who have attempted suicide in the last 12 months. The IMP;ACT team provide service users with support around acute life concerns that contribute to increased negative thoughts, suicidal thinking and ideation.

The aim is to build coping skills and a social environment to help prevent future suicide attempts.

Safe Space:

Tel: 01302 618507

Email: safespace@gmsil.com

www.peoplefocused.org.uk



IMP;ACT:

Email: donccg.impact@nhs.net

www.counsellingdoncaster.com



Thrive@DoncasterMind

Tel: 01302 812190

Email: thrive@doncastermind.org.uk

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