

Women's Wellbeing Hub

New Topic Every Month!

**A Hub for
Women,
Built by
Women!**



It's Back in the New Year - Open to all women & girls living in Doncaster!

Join us in a safe, welcoming space to learn about health & wellbeing, connect with other women and enjoy a relaxing, insightful activity to brighten your morning!

Bullcroft Memorial Hall, Carcroft

New Month, New Topic!

February → **Cancer**
Friday 6th & 20th 10AM - 12PM

More dates coming soon!

March → **Diabetes**
April → **Physical Activity**
May → **Confidence & Self-Esteem**
June → **Mental Wellbeing**



Join the Facebook Group!

Drop us an email to stay updated on future Hubs!

Bewelldoncaster@doncaster.gov.uk

Well Doncaster

Be Well



Peer support

Meet and share your experiences with people in a similar situation - and find the advice and support you need to live better.

What is peer support?

Peer support is when people use their own experiences and knowledge to help one another.

The support comes from other people in similar circumstances rather than a healthcare professional or coach, so it's a less formal way to cope with chronic health conditions and live well.

Everyone in the group is seen as an expert in their health and wellbeing, and everyone's views and experiences are treated equally. And because peer support involves getting together as a group, it can also help you feel less isolated.



“Hallelujah, finally, there’s a group; I’m not on my own anymore. And to be with likeminded people, it’s a relief.”

– chronic pain group member.

What happens at a peer support group?

Our peer support groups meet monthly for about an hour in community venues and GP surgeries across Doncaster. The group decides what to discuss and how to structure the session.

Groups can invite guest speakers, like local GPs or pharmacists. They can also organise sessions of yoga, tai chi, mindfulness, art therapy, or anything else they think would be helpful. Sometimes, they might just have a cup of tea and a chat.

Every session is free, you don't have to book, and there's no pressure to contribute — turn up and spend time with people who understand and share your situation.

Our groups include:

- **Chronic Pain**
- **Diabetes**
- **Respiratory conditions**
- **Wellbeing**
- **Long COVID**

Start a group

Can't find what you're looking for? If you'd like to set up a group, get in touch — we can help you apply for funding, reach new members, find places to meet and more - email BeWellDoncaster@doncaster.gov.uk. We also have a Peer Support Toolkit, which is filled with valuable resources to help you get started.

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More Information

Visit our website, where you can access calendars for all our Peer Group Support meetings across Doncaster. You can also download the Peer Group poster pack with images to spread the word about Be Well.



For further questions, please email us at:

BeWellDoncaster@doncaster.gov.uk

Check out our website: **www.well-doncaster.uk**

You can also follow us on Facebook by searching 'Be Well Doncaster.'

Well Doncaster

Community Led Health and Wealth

Empowering people in Doncaster to live better, healthier, and happier lives.

www.welldoncaster.uk



City of
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Be Well

1:1 Health Coaching



"I have started seeing so much change in myself that I thought would never happen, so thank you."

– Kerry, East Doncaster.

Why choose 1:1 coaching?

1:1 coaching with Be Well is a positive, non-judgemental way to make changes to your day-to-day life. You can come to us for help with anything that's making it hard for you to live well, including low mood, difficulty sleeping, chronic health conditions and anxiety.

Your coach will be focused entirely on you, listening to what you have to say and offering lots of support, encouragement and guidance.

You'll share ideas and plans that work for you, which means you're more than likely to come away with something you can stick to and start taking steps towards a healthier, happier life.

It's easy to get started

Text **BeWell** followed by your
full name and location to 82228.

(you will receive a message to let you know a Health Coach will be in touch within five working days)

What is health coaching?

A health coach is just like a sports coach. But instead of cheering you on towards scoring a goal or winning a game, they inspire you to make changes in your everyday life.

They won't push you to do uncomfortable things or make you feel bad if something doesn't go to plan. It's up to you what you do — and they're here to guide, support, and advise you along the way.

Is Health and Wellbeing Coaching for me?

Health Coaching is for anyone who wants to make lasting changes in their life – big or small. By focusing on how you eat, sleep, move and relax, we can help you with all sorts of things, including:

- **Healthy weight management**
- **Sleep issues**
- **Low mood**
- **Stress and mild anxiety**
- **Managing long-term health conditions such as Type 2 diabetes, chronic pain, and respiratory conditions**

Real-life stories

Learn how Doncaster residents have taken ownership of their health with Be Well.

“At the beginning of the five weeks, I was a mess and didn’t have a direction. I didn’t know where to go; I didn’t know what to do. At the end of the five weeks, I was telling [my Be Well coach] where I’m going, what I’m doing and everything else.”

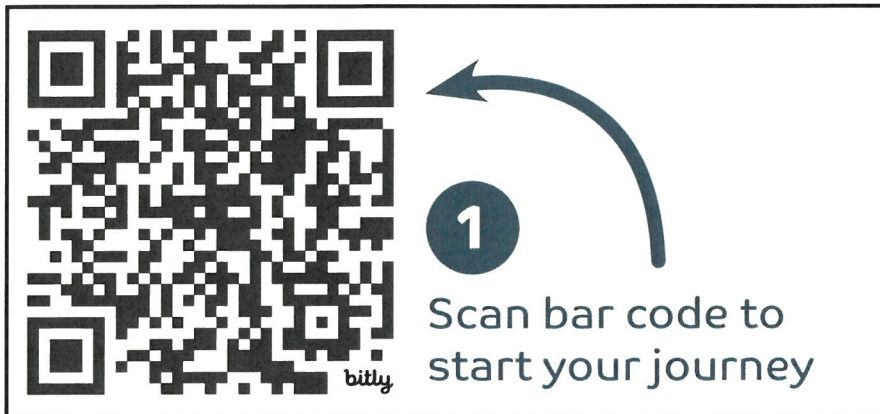
– David, South Doncaster.

Read more Real-life stories at:
www.well-doncaster.uk/for-me/1-1-coaching

Well Doncaster

Be Well

How it works



- 1 Fill in the Coach referral form**
- 2 You'll be connected with a Coach**
- 3 You'll get up to 6 sessions with 1:1 support**

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