

DMBC Wellbeing Team

Are you concerned about yourself, a friend, or a family member?

Doncaster Council's Wellbeing Service is available to support adults who might need extra help or support to stay healthy and independent in these difficult times. The team is on hand to advise and support you with a whole of range issues.

Call: 01302 735553 or email: wellbeing@doncaster.gov.uk



Physical Health

Do you need help with mobilising around your property, or had a number of falls? We can help you access the right support to give you confidence – We Can Help



Mental Health

Are you struggling with anxiety or need some guidance on how to access support? You might need someone to talk to about how your feeling – We Can Help



Isolation

Do you feel lonely or have you become withdrawn – is your support network limited? Local befrienders and support groups are still running – We Can Help



Home

Is managing your property and/or garden getting more difficult? The team can support you to find support with day to day tasks – We Can Help



Finance

Find yourself struggling to pay the bills or even buy food? We work with a range of agencies that can help maximise your income – We Can Help

If you have access to the internet and want to find information on your local area, or for COVID19 Advice and guidance please visit:

www.yourlifedoncaster.co.uk/local



The team can support with a whole range of issues that might be affecting your day to day life. Please don't hesitate to make contact with us!

Someone to listen

Live your life how you choose

Stay in control

Advice and support to find solutions to problems

Improve health, wellbeing and confidence

Maintain independence safely

WE CAN HELP

www.yourlifedoncaster.co.uk/local



Your Life Doncaster