



Dementia
Friends

An Alzheimer's Society initiative

making
space



DONCASTER CARERS' WELLBEING SERVICE



If you're living in Doncaster and are an unpaid carer for a loved one, relative or neighbour then we are here to help.

We can support you in your caring role, help you to stay connected in your community and provide you with guidance and advice.



www.makingspace.co.uk



Being a carer can be physically and emotionally demanding. If you support someone with a long term health condition or disability, we can help you to do so, without it having a negative impact on your life.



1-TO-1 SUPPORT

We know that being a carer can be challenging at times, which is why our friendly and compassionate team are with you every step of the way to make sure you receive the best possible support.

PEER SUPPORT

We believe that being a carer is easier when you have people around you who understand what you are going through. Our peer support groups will bring together a network of carers in your local community who will help pick you up when you're down and celebrate the everyday successes of being a carer.

INFORMATION AND GUIDANCE

Our job is to make sure that your commitment is recognised by those that matter, and that positive steps are taken to enhance, prioritise and protect your wellbeing. We will identify support services available to both yourself and the person you are caring for.

OUR SOCIAL GROUPS

CARERS AND FORMER CARERS



All our social groups feature bingo, arts and crafts, group quizzes with light-hearted chat and refreshments.

DONCASTER CENTRAL GROUP

Every Thursday
11:30am - 1:30pm

ASIAN LADIES GROUP

Every 1st Friday
of the month

NORTH SOCIAL GROUP

Every 2nd Tuesday
of the month

EAST SOCIAL GROUP

Every 1st Wednesday
of the month

SOUTH SOCIAL GROUP

Every 3rd Tuesday
of the month

Please note, these dates are subject to change.



If you would like to join one or more of the social groups available, then please contact the Doncaster Carers' Wellbeing Service using the contact details provided on the next page.



Doncaster
Council




CONTACT US

Get in touch today to find out how we can support you

 01302 986900

 DoncasterCarers.WellbeingService@makingspace.co.uk

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 www.makingspace.co.uk

 @DoncasterCarersWellbeingService

 @CarersDoncaster



If you would like this leaflet in a different language or format, please contact marketing@makingspace.co.uk

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