

Doncaster CVS

# Health & Self-Help Groups



This booklet is a list of the key health related support and self help groups that are registered with Doncaster CVS. The organisations range from small self help groups, fund-raising groups for national health related charities and local service providers.

The A-Z index of organisations is at the back of the booklet.

If any of the information is incorrect, or you wish to add an organisation to the list contact Lynne Molloy, Health & Self Help Group Development Worker on 01302 343300 ext 206 or [lmolloy@doncastercvs.org.uk](mailto:lmolloy@doncastercvs.org.uk)

Visit our website at [www.doncastercvs.org.uk](http://www.doncastercvs.org.uk) for updates

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## **ALCOHOL/SUBSTANCE MISUSE SERVICES/ ADDICTIONS**

### **Al-Anon - For families and friends of alcoholics**

[www.al-anon.org.uk](http://www.al-anon.org.uk) Confidential helpline 020 7403 08888 10am – 10pm

Al-Anon offers understanding and support for families and friends of problem drinkers, whether the alcoholic is still drinking or not.

Meetings held on at Doncaster Women's Centre, 21 Cleveland Street, Doncaster, DN1 3EH on Sunday (6.15pm) and Tuesday (7.00pm). Sunday meeting is open to non-members; the 4<sup>th</sup> meeting of the month on Tuesday is open to non-members.

### **Alcoholics Anonymous**

Graham Dickens

c/o 27-29 Netherhall Road

Doncaster

DN1 2PZ

07946 127446

To help Alcoholics recover from alcoholism. Meetings 7.30pm Monday (Living sober) Alcoholics meeting.

### **Alcohol Services (Doncaster)**

19 Hallgate

Doncaster DN1 3NA

01302 368705

[advice@doncasteralcohol.co.uk](mailto:advice@doncasteralcohol.co.uk)

To help all people in Doncaster and surrounding areas with alcohol related problems by providing a range of high quality services.

### **Bentley Substance Misuse Advice Service**

St Peter's Community Hall

Bentley

Doncaster DN5 0AA

01302 876011

[bsmas@tiscali.co.uk](mailto:bsmas@tiscali.co.uk)

A service which gives help with substance/alcohol misuse and family and friends of people who experience alcohol/substance abuse.

## **Gamblers Anonymous**

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

c/o 5/6 Trafford Court  
Doncaster DN1 1PN

Meetings held at 5/6 Trafford Court (opposite Doncaster Railway Station) every Tuesday at 7.00pm.

## **AUTISM / ASPERGERS**

### **Aspergers No Limits**

Karena Collins 01302 320879 [neena40@googlemail.com](mailto:neena40@googlemail.com)

Meet on a Wednesday term time to provide opportunities for young autistic spectrum disorder people to socialise. The aim is to provide peer support, friendship and companionship for children and young adults with Aspergers to increase self esteem and reduce social isolation.

### **Autism Plus**

Field Road  
Doncaster  
DN8 4AG

01405 812128 [www.autismplus.org](http://www.autismplus.org)

Seeks to be a centre of excellence dedicated to addressing the individual needs of those affected by autistic disorders.

### **Autistic Society (Doncaster)**

Marianne Bilbe  
PO Box 792  
Doncaster  
DN2 5WT

07896190495 [doncasterautisticsociety@googlemail.com](mailto:doncasterautisticsociety@googlemail.com)

To support people in the Autistic Spectrum, their parents, carers and families. Hold a coffee morning on the 2<sup>nd</sup> Tuesday of each month at the Children's Centre, Ardeen Road, Intake.

## **Little Rainbows Autism Group**

Louisa Cheshire

01302 768847

[enquiries@littlerainbows.com](mailto:enquiries@littlerainbows.com)

[www.littlerainbows.com](http://www.littlerainbows.com)

To provide information and support to parents/carers of children with ASD, with play opportunities for any children in the family (youngest under 6).

## **BEFRIENDING**

### **Doncaster Live at Home Scheme**

Carole Killgallon

Carr House Wesley Methodist Church

Bentinck Close Doncaster DN1 3ST 01302 769898

[doncomlah@hotmail.com](mailto:doncomlah@hotmail.com)

Registered charity offering support to people aged 60+ who, for a variety of reasons are experiencing social isolation within their own homes. The scheme aims to provide services to break social isolation thereby avoiding or delaying the need for more intensive services.

### **The Tricon Foundation Community Care**

(Rossington Advice & Care for a Healthier Extended Lifestyle) – **RACHEL**

Holmes Carr Centre

Grange Lane

Rossington Doncaster DN11 OLP 01302 860036

Befriending service. Volunteers provide help around the house, shopping, provide a listening ear.

## **BEREAVEMENT**

### **Forward After Bereavement**

Ann Leonard

c/o 5/6 Trafford Court

Doncaster DN1 1PN

0870 7875217

[violetannleonard@hotmail.com](mailto:violetannleonard@hotmail.com)

To offer emotional support, friendship and social outings to anyone bereaved of a partner.



## Peace of Mind

07950760942

[julie@dust-blue.co.uk](mailto:julie@dust-blue.co.uk)

Support group to inform, support and encourage carers of people who are experiencing first episode psychosis. Meet first Thursday of every month at the Rainbow Rooms, Netherhall Road, 6.00pm – 8.00pm.

## CHILDREN & YOUNG PEOPLE

### Attention Deficit Disorder/Attention Deficit Hyperactive Disorder Doncaster Support Group

Jan Kilburn

01302 322894

[jan@roger.f9.co.uk](mailto:jan@roger.f9.co.uk)

Support group led by parents to support parents and carers of children affected by ADD/ADHD. Informal meetings held monthly, ring or email for details.

### Home-Start (Doncaster)

Julie Cade

Welcome Way

Doncaster DN1 3LE

01302 340856

Recruit, train and support volunteers, who then provide emotional and practical support to families with at least one child under 5 in their own home.

### Route 2000 [www.doncaster.gov.uk/route2000](http://www.doncaster.gov.uk/route2000)

Parents and carers of disabled children and professionals working together to improve services.

## COMMUNITY ACTIVITIES (GENERAL)

### Cantley Community Coffee Shop

Cantley Methodist Church Community Centre

Highbury Avenue Cantley Doncaster

To provide a place to meet and make friends, irrespective of sex, age or disability, ethnic minorities and people of any faith welcome. Open from 9.30am to 12 noon on Mondays For further information contact Margery White on 01302 370927

### **Armthorpe Tea and Coffee Shop**

Armthorpe Community Centre  
Church Street Armthorpe Doncaster DN3 3AN

01302 833572      [maggieanngreen@aol.com](mailto:maggieanngreen@aol.com)

To offer facilities for people to drop in for coffee and a chat, offering company for the lonely. Opening times 10am till 12 noon Monday, Wednesday and Friday.

### **Avalunch Community Services**

01709 577688      [avalunch@btconnect.com](mailto:avalunch@btconnect.com)

To provide a healthy meal at a reasonable cost and to promote healthy living and reduce social isolation. Community café Wednesday 12noon to 1.30pm. Plate for a Mate takeaway service on café days and meals to the door service for Mexborough.

### **Bentley Association for Supportive Help (BASH)**

Elaine Kee

01302 876011      [bash-bentley@yahoo.co.uk](mailto:bash-bentley@yahoo.co.uk)

Support organisation for the benefit of the community of Bentley, Toll Bar, Arksey and district. Provision of welfare benefits information and advice.

### **Fit 4 Five**

Moorends & Thorne

01405 818830

Exercise for adults in a safe and friendly environment, includes all abilities with a professional trainer. Monday 2.00pm – 3.00pm at The Winning Post, Moorends, exercise to music. Friday at Thorne Leisure Centre, 1.30pm to 2.30pm, gentle circuit training supervised by a professional trainer.

### **Ryedale Walk Social Group – Scawsby**

Kath Ellis

01302 783719

To provide a social meeting for older people to prevent isolation. Meetings held every Monday from 1.30pm to 3.30pm at Ryedale Walk Community Centre with a speaker and activities and a monthly coffee morning.

## **Young at Heart**

Barbara Hepplewhite  
19 Mayfield Crescent  
Askern Doncaster DN6 0JL

01302 700112

Meet every Wednesday morning, 10.00am at the Community Hall, Askern, for gentle exercise with a qualified instructor followed by health and social issues discussions.

## **DEMENTIA**

### **Alzheimer's Carers Support Group**

01302 325628  
[doncaster@alzheimers.org.uk](mailto:doncaster@alzheimers.org.uk)

Monthly carer support group, staff organised with speakers and the attendance of health and social care staff, at Charles Court, Charles Crescent, Armthorpe.

Cafés, held fortnightly providing social opportunity for people with dementia and their carers, entertainment provided, health and social care staff also attend to talk individually and give advice, held at The Linney Centre, Balby, 2<sup>nd</sup> and 4<sup>th</sup> Thursday, 2pm – 4pm.

## **EATING DISORDERS**

### **Eating Disorders Group Endeavour (EDGE)**

Julie Stacey                      01302 708568                      [edge-group@hotmail.com](mailto:edge-group@hotmail.com)

To raise awareness of eating disorders, a small self help group offering support for both sufferers and carers. Meet at Armthorpe Community Centre every Friday morning 10am to 12 noon.

### **Overeaters Anonymous**

Mary  
c/o 27-29 Netherhall Road  
Doncaster DN1 2PG

01302 530362

A self help group for anyone with an eating problem, meets at 27-29 Netherhall Road, Sunday evenings 7pm – 9pm.

## EMOTIONAL HEALTH

### **Samaritans**

36 Thorne Road  
Doncaster  
DN1 2JA

08457 90 90 90

01302 327474

[www.samaritans.org](http://www.samaritans.org)

To provide non judgemental support by telephone or face to face, for those in emotional crisis, including those who feel suicidal.

## LEARNING DISABILITIES

### **Doncaster Advocacy**

24 Sandringham Road  
Doncaster  
DN2 5HU

01302 356142

[www.doncasteradvocacy@btconnect.com](mailto:www.doncasteradvocacy@btconnect.com)

To support people who have learning disabilities and who live in the Doncaster Metropolitan Borough area to speak out and have their voices heard and views and opinions taken into account by those who plan the services they receive.

### **Doncaster Mencap**

Arendal House  
95 Thorne Road  
Doncaster  
DN1 2JT

01302 360617

To provide social, leisure educational clubs for people with a Learning Disability and to help understand Learning Disabilities.

### **Thorne Family Support Group**

Sylvia Goldspink

01405 812403

Providing sports and leisure activities for people with special needs.

## MENTAL HEALTH

### ACCORD

Eluned Foulds

01302 742963

[ElunedF@aol.com](mailto:ElunedF@aol.com)

To offer mutual support and encouragement to anyone suffering from depression, panic attacks, phobias and other related disorders. Meet at Tickhill the last Wednesday of the month 1.45pm – 3.45pm.

### Doncaster Mind

27-29 Netherhall Road  
Doncaster  
DN1 2PG

01302 812190

To provide services and support to people vulnerable to, or experiencing mental health or emotional distress. To raise awareness of mental health issues and campaign for improved mental health.

### The Involve Project

01302 812484

Based at Doncaster Mind, seeks to communicate the service-user viewpoint on mental health services in the Doncaster Borough.

The Involve Forum meets weekly with regular speakers from mental health services. This is open to anyone with experience of mental distress who is interested in mental health services and issues. We usually meet at Mind, but have a monthly meeting at the Opal Centre at St Catherine's. Some people, though, just go on our mailing list and receive our newsletter.

We visit the acute wards at St Catherine's with PALS to keep in touch with patient issues there. We send representatives to NHS meetings, such as the Mental Health Partnership Board and the User/Carer Partnership Council.

The group of us who meet are friendly and supportive and also socialise after the meetings, as well as having occasional social events.

If you'd like to know more, please ring Graham (the co-ordinator) on 01302 812484 (Tues to Friday), or email us at [involve@doncastermind.org.uk](mailto:involve@doncastermind.org.uk)

## **Out Hand About Club**

Shirley Ann Edwards

01302 739886

Self Help club for anyone who has or has had a mental health problem and would like to meet each week in a safe, friendly environment to socialise and take part in activities. Meet every Wednesday at Grove Park Community Centre, Armthorpe Road, 10.00am – 3.00pm.

## **Wellness Recovery Action Planning (WRAP)**

Kirsty Green (Occupational Therapist)  
c/o Haynes House  
Thorne  
DN8 5HS

01302 736761

Informal group, meeting every Tuesday 9.30am at Prego Coffee Shop, Hallgate, Doncaster.

## **OLDER PEOPLE**

### **Doncaster Mature Action Group**

Rose Cullingworth

01302 365139

To improve the prospects and quality of life for those over 50 years of age and living in the Doncaster area. Monthly meetings held at Doncaster Central Library the last Tuesday of the month (except December), 1.30pm – 3.30pm

### **Relatives and Residents Association (Doncaster)**

Bernard Rounthwaite

01302 744459

Represent the relatives of those people in care homes, or the people who are themselves in a care home. Meetings held on the third Wednesday of the month in the Women's Centre, 21 Cleveland Street, Doncaster at 7.00pm.

## **Age Concern**

109 Thorne Road  
Doncaster  
DN2 5BE

01302 812345

[www.acd.org.uk](http://www.acd.org.uk)

To promote the well being of older people throughout Doncaster. Cleaning service, day care, respite, domiciliary care, computer courses, advice and information.

## **PHYSICAL/SENSORY IMPAIRMENTS**

### **Doncaster Access Group**

01302 743200

[zipbutton@btinternet.com](mailto:zipbutton@btinternet.com)

A voluntary group with members who have a mixture of disabilities. Meet and discuss how to achieve better Access for all, working society as a whole bringing people with disabilities together with the enabled showing equality for all really can work.

### **ADD (Amputees of Doncaster and District)**

01302 323044

[add.treasurer@talktalk.net](mailto:add.treasurer@talktalk.net)

To provide a support network to amputees and people who know they are facing amputation, also their families, friends and carers. Meetings held on the second Tuesday of every month at the Linney Centre, Weston Road, Balby, 7.00pm – 9.00pm.

### **Asthma (UK) Ltd – Doncaster contact**

Sue O'Brien

01302 391024

[info@asthma.org.uk](mailto:info@asthma.org.uk)

[www.asthma.org.uk](http://www.asthma.org.uk)

Local contact to receive donations and distribute publicity materials.

### **Backcare**

Margaret Murphy

[www.backcare.org.uk](http://www.backcare.org.uk)

01302 886161

Telephone information only given.

## **Blind Inspirations Club**

Eileen Thompson

01302 853530

[tusky@blueyonder.co.uk](mailto:tusky@blueyonder.co.uk)

A visually impaired club who meet every Tuesday 11.00am – 3.00pm, at the Gladys Ambler Centre, Balby. Lunch is provided for a small donation and transport can be arranged.

## **British Heart Foundation**

Stephen Shorthouse

01302 710163

To raise money to help fund the fight against heart and circulatory disease and to inform and educate members of the public and health professionals.

## **Cancer Information and Support (Macmillan)**

Joanne Shepherd  
Cancer Information & Support Facilitator  
St John's Information and Support Centre  
Weston Road  
Balby  
Doncaster DN4 8JS

01302 796853

Offer people affected by cancer access to good quality, comprehensive and appropriate information and support, including anyone who has cancer, their relatives, friends and carers. Open Monday to Friday 9.30am – 4.00pm (except Bank Holidays)

## **Cancer Service Users Group (Doncaster and Bassetlaw)**

[joanne.gilleard@dbh.nhs.uk](mailto:joanne.gilleard@dbh.nhs.uk)

01302 366666

Represent the views of cancer patients and carers at both community and hospital based planning and strategy meetings. Meet at St John's Information and Support Centre, second Wednesday of every month, 6.30pm – 7.45pm

## **Cancer Support (Doncaster)**

Janet Ryles  
DRI Armthorpe Road  
Doncaster DN2 5LT 01302 381331 [janet.ryles@dbh.nhs.uk](mailto:janet.ryles@dbh.nhs.uk)

To encourage cancer patients and their families, friends and carers to meet in an informal and friendly setting to share experiences and support each other.

Meetings held on the first Wednesday of the month in the DRI boardroom, 6.30pm – 8.30pm. Professionals are on hand for individual counselling if required.

## **Cancer Support (Macmillan)**

Sue O'Brien 01302 391024

[Information-line@macmillan.org.uk](mailto:Information-line@macmillan.org.uk)

Fundraising and awareness raising for Macmillan and the service it offers. Improve treatment and care for cancer sufferers and their families.

## **Colostomy Association**

Roger Barrett 01302 701121

To offer free counselling and advice on matters of aftercare and rehabilitation in medical matters and concentrates mainly on the psychological problems that may arise following the operation.

## **Deaf Society (Doncaster & District)**

Deaf Community Centre  
Milton Walk  
Doncaster DN1 3QG 01302 321874

Provide recreational activities for Deaf and hard of hearing people living in Doncaster

## **Diabetes UK**

June Sheridan 01302 855409  
[june.sherridan@btinternet.com](mailto:june.sherridan@btinternet.com) [terry.abel@tiscali.co.uk](mailto:terry.abel@tiscali.co.uk)

To support and educate people and their carers about diabetes by listening to talks and presentations given by the experts in this field. Meeting held first Tuesday in the month except August at Doncaster Royal Infirmary Diabetes and Endocrine Centre 7.30pm until 9.30pm. Anyone with an interest in diabetes is welcome.

## **DIAL Doncaster**

Unit 9  
Shaw Wood Business Park  
Shaw Wood Way  
Doncaster DN2 5TB 01302 327800

To provide an easily accessible disability information and advisory service for people that live in the Doncaster borough.

## **Disabled People's Alliance (Doncaster)**

Hay Wake House  
28 Christchurch Road  
Doncaster DN1 2QL 01302 349490

To empower disabled people to make decisions for themselves, which will also bring about equal opportunities for disabled people within the community. DPPA provides a consultation service to promote disability awareness and equality for disabled people to enable them to be socially included in society.

## **Doncaster Take Heart**

Joe Gibson 07727161998 [josephmichaelgibson@yahoo.com](mailto:josephmichaelgibson@yahoo.com)

A support and advice group open to all who have experience of heart problems. Monthly meetings held on the last Friday of the month at the Gladys Ambler Community Centre, Balby.

## **Epilepsy Action (Doncaster Branch)**

Irene Beevers

01302 783599

To provide support for people in the Doncaster area with Epilepsy and their families, also information to the public to raise knowledge about this condition.

## **Fibromyalgia Support Group (Doncaster and District)**

Mel 0845 458 2110 [doncastersupportgroup@goolemail.com](mailto:doncastersupportgroup@goolemail.com)

Fibromyalgia is a chronic condition of widespread pain and profound fatigue. Support group meets monthly.

## **Headway (Doncaster)**

Ms J Brignall Morley

01302 892956

[headwaydoncaster@tiscali.co.uk](mailto:headwaydoncaster@tiscali.co.uk)

Headway is a national charity that supports people with a brain injury and their carers. The local Doncaster branch depends on volunteers, therefore the service is limited, but offers local support and information, regular social meetings as well as educational talks.

## **Lymphoedema Support Group (Doncaster and Bassetlaw)**

Vanessa Whaley

St John's Information and Support Centre  
Weston Road, Balby  
Doncaster  
DN4 8JS

01302 796670

Support group meets 2nd Thursday of the month 7.00pm – 8.30pm at St John's Information and Support Centre.

## **ME Support Group (LEGER)**

Michael Valentine                      01302 787353

[mike@danum.me.uk](mailto:mike@danum.me.uk)

[www.leger.me.uk](http://www.leger.me.uk)

Regular monthly meetings start at 1.00pm and take place at The Redmond Centre, High Street, Carcroft, Doncaster, DN6 8DN. (01302 724501) on the third Friday in the month.

## **Multiple Sclerosis Society (Doncaster)**

Debby Bird

Tel: 0845 0505 314 or National Helpline 0808 800 8000

Email: [debzy2@btinternet.com](mailto:debzy2@btinternet.com)

[www.mssociety.org.uk/branches/yorkshire/doncaster/index.html](http://www.mssociety.org.uk/branches/yorkshire/doncaster/index.html)

To help people affected by Multiple Sclerosis including families and carers.

## **Osteoporosis (Doncaster Support Group)**

Enid Suddaby

07952 750110

[nosdonc@tiscali.co.uk](mailto:nosdonc@tiscali.co.uk)

To raise awareness of Osteoporosis and give help and support to sufferers in the Doncaster area. Monthly meetings held 1.30pm – 3.30pm on the 4th Wednesday of each month at the Laurels, Thorne Road, Doncaster.

## **Partially Sighted Society**

Norman Stenson

7 Bennetthorpe

Doncaster

DN2 6AA

08444774966

Help partially sighted people make best use of their remaining sight. Offer advice and information, catalogue of aids useful for improving independence; publishes bi-monthly magazine 'Oculus'.

## **Pituitary Group**

Judith Kershaw

01472 872247

To raise awareness of an illness very few GPs know about. Meetings held twice yearly at the Diabetes and Endocrine Unit at Doncaster Royal Infirmary.

## **South Yorkshire Centre for Inclusive Living**

M & M Business Park

Doncaster Road

Kirk Sandall

Doncaster DN3 1HR

01302 892949

[joyce.d@sycil.org.uk](mailto:joyce.d@sycil.org.uk)

[www.sycil.org.uk](http://www.sycil.org.uk)

To enable disabled people to secure independent living and establish their equal and effective participation in daily life. Information, advice, assessments and support through a range of services.

## **Speakability (Doncaster)**

Marilyn and Norman Silcock

01302 722970 - or

Graham Johnson, (Regional Development Worker) 1 Stonegate Drive, Pontefract.  
01977 796219 [goj@oxoponte.orangehome.co.uk](mailto:goj@oxoponte.orangehome.co.uk) [www.speakability.org](http://www.speakability.org)

A self-help support group for people who live with aphasia (difficulty communicating after stroke, head injury or illness). The group meets on the first Wednesday of the month between 1.30pm and 3.30pm at The Laurels, 66 Thorne Road, Doncaster.

## **Stammering Association (Doncaster)**

Bob Adams [bluewhale911@hotmail.com](mailto:bluewhale911@hotmail.com)  
[www.doncaster-stammering-self-help-group.org](http://www.doncaster-stammering-self-help-group.org)

Meeting every 2nd Wednesday 6.30pm – 8.30pm – all welcome. Ring or email to confirm venue. 07944550540

## **Stroke and Carer Group**

Patient and Friends Lounge  
Tickhill Road Hospital  
Balby  
Doncaster DN4 8QL

To give stroke sufferers and their carers advice and a better social life. The group has meetings every Wednesday afternoon at the Patients and Friends Lounge between 1pm and 4pm. Anyone who has suffered a stroke or their carer and family are welcome.

## **Stroke Support Group (Doncaster)**

Contact Gerald 0771 9383636

Meetings held at The Glasshouse, Kirk Sandall 1.00pm the first Monday of each month

## **Doncaster Stroke Club**

National Spiritualist Church  
College Road  
Doncaster DN6 7NJ 01302 727634

Meetings held Wednesday 11.00am – 1.00pm for people affected by strokes and their carers. Outings and leisure activities.

## **Visually Impaired (Doncaster & District Association for the)**

Mrs V E Rolph  
Clark Memorial Hall  
Bennetthorpe  
Doncaster DN2 6AA 01302 539055

To provide a social life and activities for visually impaired people in Doncaster. Weekly meetings held on Monday's 10.00am – 2.00pm, including lunch at the Clark Memorial Hall, Bennetthorpe.

## **Visually Impaired (Mexborough)**

Mary Oliver 07948393561 [vision.mex@hotmail.co.uk](mailto:vision.mex@hotmail.co.uk)

Focal point for visually impaired over 18 to meet regularly and socialise. Offer mutual support and exchange information. Raise awareness of visual impairment, twice monthly meetings at Mexborough Library, every second and fourth Monday, 2.00pm – 4.00pm.

## **SEXUAL HEALTH**

### **Doncaster Rape and Sexual Abuse Counselling Service**

PO Box 470  
Doncaster  
DN1 3XW 01302 360421 / 341572

To relieve the distress of people who have suffered sexual violence, also their supporters. Advance education, cause awareness and conduct research around sexual violence.

## **WOMEN**

**Women's Aid (Doncaster)** 01302 326411

To support women and their children living with or fleeing domestic violence.

**Women's Centre (Doncaster YWCA)** 01302 309800

To provide support, counselling, information for women facing poverty, discrimination or abuse and the opportunity to learn and develop.

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