

Adults & young people

in Doncaster

A guide to the next steps



City of
Doncaster
Council



in Doncaster

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Family Hubs in Doncaster



Here at the Family Hubs, we are one big family. We proudly provide support and advice both in-person and virtually for families of children from conception, to adolescence and beyond.

Your local Family Hub staff have a wealth of knowledge about the support and services that are available for you and your family. They will be able to signpost you onto the right service to ensure you receive the support that you need.



To find your local Family Hub, and to see their current timetable, scan the QR code below



Groups and events

From age specific groups such as Toddler time, to universal groups such as Stay and Play, as well as themed half term events. The Family hubs **friendly and approachable staff can tailor their sessions to suit your child's needs.** They offer multi-level, varied and accessible activities, and can provide sensory bags and quiet spaces to support children in session.

Your little ones have the opportunity to **socialise with other children**, and you have the chance to **meet fellow parents** and caregivers from your local area. All sessions are completely **free, with no need to pre-book!**



For all the latest updates and events search for your local Family Hub on Facebook and hit follow!



Support and guidance

Beyond the sessions and events Family Hub staff can offer support with a whole range of topics including:

- * **Parenting – both in-person and online parent classes and groups.**
- * **Young Carers – social support for siblings and children of SEND family members.**
- * **2 Year Funding – eligibility checks, and advice on finding a setting to suit your families needs.**
- * **Your mental and emotional wellbeing.**

Parenting courses

TEEN TRIPLE P(11-16YRS) Course length: 8 weeks in total

"A great course, I would recommend it to parents who have children in their teenage years."

You will learn about:

- ✳ **Setting goals and using strategies to help your teenager develop their skills.**
- ✳ **Managing inappropriate behaviour and negotiating boundaries.**
- ✳ **Supporting your teenager to deal with their emotions.**
- ✳ **How to plan for risk taking behaviour or risky situations.**

REDUCING PARENTAL CONFLICT Course length: 4 weeks, 2 hr sessions

For parents who are experiencing conflict in the family home and want to learn more about how to reduce this.

You will learn:

- ✳ **Relationships are one of the most important aspects of our lives.**
- ✳ **How important connections with other people are for our happiness.**
- ✳ **The different stages in a relationship.**
- ✳ **Couple, family and social relationships hold the key to good parenting, doing well in school, and mental and physical wellbeing.**
- ✳ **How the people around us, get us through life's ups and downs.**

FAMILY TRANSITIONS – Course length: 5 weeks, 2 hrs sessions

For parents who have separated or divorced but still co-parent their children. Parents will attend separate courses.

You will learn **new ideas, techniques and strategies to help you through the day-to-day dramas and ongoing trauma of your situation.** These can help you cope with stress, anger and change, resolve conflict, and communicate better with your ex.



Free Solihull Parenting Courses

SOLIHULL (10 week course, 2 hours per week)

The Solihull parenting course focuses on helping you to **understand your child's behaviour and to build a positive relationship** between you and your child

There are also online courses for everyone who wants to be an even better Mum, Dad, Grandparent or Carer.

A variety of courses from bump to 18 years including:

- Understanding Pregnancy, Labour, Birth and Your Baby.
- Understanding Your Baby 0-12 months.
- **Understanding Your Child 0-18 years** (also available in Polish, Urdu, Arabic, Bulgarian and Chinese).
- **Understanding a Teenager's Brain.**

To access these, please visit:



inourplace.co.uk

free code

STGEORGE

How to join:

Please contact the **Early Help Hub** for availability and referral process: **01302 734110**

Please note if you have a Family Support Worker or Social Worker they can make the referral for you.

The Early Help Hub will discuss your individual needs and decide which is the best parenting course for you.

BECOMING AN EPEC GROUP LEADER

Empowering Parents, Empowering Communities (EPEC) is a successful, popular and unique parenting approach. EPEC is for local parents, led by local parents.

As an EPEC Parent Group Leader you will:

- ✦ Receive amazing free training and support from our local EPEC Team.
- ✦ Learn to lead practical, caring groups for local parents.
- ✦ Share tried and tested methods that give children the best start in life.
- ✦ Join a group of like-minded parents to make a difference to your local community.
- ✦ Develop your skills and confidence.
- ✦ Gain experience that will fulfil your ambitions.

How to join: Tel: 01302 737350 (Jane Pearson EPEC Co-ordinator)

BEING A PARENT

A course for parents/carers, delivered by local parents

In this course you will...

- ✦ Learn how to encourage good behaviours and how to share more fun times together.
- ✦ Learn how to better understand your children's feelings and needs.
- ✦ Learn positive strategies to create a happier parent child relationship.
- ✦ It promotes self-care showing that there is truly no such thing as a 'perfect parent' and that your Good Enough is truly Good Enough.

Call your local Family Hub to book your place



AFCL Courses

AFCL- FUNCTIONAL SKILLS ENGLISH AND MATHS

Both of these courses use real life examples and situations to help adults **develop skills needed for work and day-to-day life**. Fully accredited by City & Guilds and recognised by employers and educators.

English - This course allows adults to work at their own pace and level. Classes cover **reading, writing, speaking, listening and communication**.

Maths - There are various levels adults can work towards, including Level 2 (equivalent of a GCSE 4 - old C). Classes cover **numbers, measuring shapes and space and handling data**.

AFCL- ESOL

About the course: These classes are for people whose first language isn't English. It will enable you to learn about the formalities of the English language, both spoken and written and will enable you to integrate better within your community. Essentially, these qualifications are proficiency tests to assess your ability to communicate in English, so you do not necessarily learn, but demonstrate your skills.

How to join:

Learners must be **19+ and a Doncaster resident** to enrol on AFCL courses. For more information, please email:

james.sandford@doncaster.gov.uk
ruth.precious@doncaster.gov.uk



AFCL VOLUNTEER PASSPORT

Here at Doncaster Adult, Family and Community Learning we recognise the **value of a volunteer**. Giving your time to support others is a wonderful thing to do and we think **you should be recognised for this**. We are able to offer a 5 week programme that is accredited to Level 1 by NCFE (Northern Council for Further Education). During the course you will complete an evidence booklet and in return will **receive a certificate and an ID card** which highlights to everyone the commitment to volunteering you have and the knowledge you have to utilise your role.

Sessions include:

- ✳ Equality and Diversity
- ✳ First Aid Awareness
- ✳ Safeguarding
- ✳ Health and Safety
- ✳ People Centred Approach

We provide the course **free of charge**, but you **must be a Doncaster resident aged 19 or over**. To take part you **MUST** be able to attend all 5 sessions. Please ask for more information if you are unsure as to whether the course is suitable for you.

Places are limited to the first 12 to apply so don't delay! (You will need to bring ID and your NI number to the first session to enrol on the course).

Tel: 01302 737995 Central Family Hub

AFCL ESSENTIAL DIGITAL SKILLS

About the course: Are you looking to **gain employment or simply want to gain confidence using computers**? This course could be for you. Accredited Certificate on successful completion.

How to join: email dan.garbutt@doncaster.gov.uk



Counselling

Personal Counselling

About the sessions: Offering **FREE 1:1** Therapeutic Counselling for children **from 7 years old up to adulthood** and for **parents/carers living within Doncaster**.

Counsellors work within locality based Family Hubs. Counselling sessions are **confidential** and counsellors work in ways that are **respectful and caring**, giving those accessing the service opportunities to be able to be **open and honest** about what they choose to bring to sessions.

How to access:

You can enquire or self-refer by contacting the **Early Help Hub** on **01302 734110**. Alternatively, you can **speak to a member of the Family Hub Team**.

DWP Support

Hi, I'm Andy, a DWP Supported Families Advisor. I will be here at Central Family Hub between 9am-12pm on the 3rd Friday of each month if anyone needs any **help or advice returning to training/work**.

- ✳ Information around child care costs in relation to Universal Credit
- ✳ Myth busting around working and UC payments
- ✳ Transport costs to training
- ✳ Flexible Support Fund
- ✳ Effective & realistic job search

***Please be aware, I do not have access to Income Support / Child Benefit / Tax Credits information.**

"A fantastic change to my life"



"you gave me hope and inspiration"



Volunteering opportunities



WHAT WE EXPECT FROM YOU

Volunteering opportunities are open to everyone and we welcome volunteers from all backgrounds and communities to share their skills and experience.

Completion of eLearning courses.

Follow practices outlined in the Volunteer Code of Conduct to contribute towards a positive and supportive environment.

Follow all organisation policies, processes, and procedures.

Undertake a Disclosure and Barring Service records check at an enhanced level.

WHAT YOU CAN EXPECT FROM US

Full training, support and supervision as part of the Family Hub team.

The opportunity to develop your confidence and transferrable skills.

Access to a variety of Adult Learning courses and training opportunities, including the Volunteer Passport.

Varied and interesting engagement within your local community.

Valuable experience and the opportunity for a work reference.

Support with travel costs and childcare vouchers.

The opportunity to support at community events on weekends and evenings to promote Family Hub services.

WHAT CAN YOU VOLUNTEER FOR?

BUSINESS SUPPORT

What will you do?

- Greet visitors and sign them into the building.
- Answer telephone calls.
- Input data.
- Keep the reception area tidy.
- Keep promotional information up to date.
- Set up rooms for meetings.
- Write emails.
- Review orders.
- Prepare displays.
- Organise stationery/keep inventory up to date.

EARLY YEARS

What will you do?

- Support in planning, delivering, and evaluating Early Years activities, services, and programmes.
- Prepare displays.
- Organise resources and Early Years materials cupboards.
- Support with keeping playrooms clean and tidy.
- Provide peer support to parents (and parents to be).
- Promote services to families.
- Support with Two Year Funding queries.
- Signpost & recommend activities and support to families.
- Support at community engagement events and activities.

How to find out more:

Contact any Family Hub on the phone, online or pop in for a chat.



Volunteering opportunities



PARENTING SUPPORT

What will you do?

Work with children and families.
Provide emotional and wellbeing support to parents.
Provide low level support to families and parents.
Support in delivering parenting courses.

EPEC

Contact your local Family Hub and ask to speak to our EPEC Coordinator.

Family Lives

Contact Lesley Brewin
LesleyB@familylives.org.uk

CARETAKING SUPPORT

What will you do?

Light gardening duties, such as planting and weeding.
Light decorating duties.
Support with health and safety requirements, water checks, fridge checks, spot checks of rooms.
Maintenance of outdoor areas.
Minor repairs.
Assembling equipment.
Setting up rooms for meetings.

YOUNG CARERS

What will you do?

Work with children and families.
Support in planning, delivering, and evaluating Young Carers activities.
Provide support to Young Carers.
Support in delivering Young Carers Social Groups

How to find out more:
Contact any Family Hub on the phone, online or pop in for a chat.

RDASH

RDash has some exciting Volunteering Opportunities on the horizon. From Volunteering in our wards and departments to supporting our patients and their families, there is a role for everyone. Some of the roles could be assisting in our admin teams or working in a peer support capacity. If volunteering at RDash is something you would like to explore, then please get in touch and we will arrange an informal chat with you.

How to find out more:

Call: **03000 218996**

Email: rdash.volunteers@nhs.net

FLOURISH

Flourish is a Community Interest Company, based at Woodfield Park in Balby. They serve as a vibrant wellbeing hub for the local community, offering training, work experience, activities, community groups & services. Their site boasts a very popular café, and a historic Walled Garden. Volunteering opportunities include catering, admin, reception, befriender, walk leader caretaking and working in our Walled Garden. Roles in the garden range from general garden maintenance right through to propagating, planting, harvesting and loads more. They also have opportunities for joiners, groundworkers and hard-landscapers.

How to find out more:

Call Liz: **07967842756**

Pop for a chat: Woodfield Park, Balby, Doncaster, DN4 8QP

Volunteering opportunities



HEALTH - BREASTFEEDING

Peer Support

What is a breastfeeding peer supporter?

- A woman who has breastfed a baby herself.
- Lives locally.
- Has undertaken training in breastfeeding and supporting women and can offer information, tips and hints to help you on your breastfeeding journey.
- Is able to listen to and support pregnant and breastfeeding women who may have questions, concerns or challenges.

How to find out more:

Contact the SPOC team to register your interest on **0300 021 8997**. Anyone interested in becoming a Breastfeeding Peer Supporter will need to complete an application form and undertake a six week Solihull course.

YWCA YORKSHIRE

The time you donate will help to support vulnerable young women children and families across South Yorkshire. In return for your generosity, YWCA Yorkshire can offer you training, community, friendship, experience and skills-development.

How to find out more:

Contact us at www.ywcayorkshire.org.uk/volunteer

Or you can email or call Nicole, our Volunteer Coordinator, nicole.cannon@ywcayorkshire.org.uk

WhatsApp contact @ **07908621469**

NEED A NANA PROJECT

Grandads Included

Are you retired or have some spare time? Would you like to spend time supporting a family? Then the Need a Nana Project might be for you.

The project is focused on supporting families, particularly new parents, with some basic skills. such as cooking and sewing. You do not need to be a grandparent to volunteer. You just need to be dedicated and able to offer families your wisdom and experience.

SPECIAL EDUCATIONAL NEEDS (SEND) COMMUNITY CHAMPION

Being a parent of a child with SEND can be confusing when it comes to knowing where to turn for advice and support. Nothing can be more helpful than the opportunity to meet people who have similar lived experiences to yourself and can empathise with your situation. A child may not have received a diagnosis but may still require some support.

SEND community champions will be a very important part of our team- reaching out to other parents and offering opportunities for social events and peer to peer support in a group environment.

PARENT CHAMPION

Parent Champion's will be a very important part of our team, promoting play and interaction and enrichment opportunities in their communities. They will also advise parents on how the Hubs can help and where to go to find out if they are eligible for support with childcare.

How to find out more:
Contact any Family Hub on the phone, online or pop in for a chat.

Dad Champion

We are currently recruiting a **'Dad Champion'** and looking for an individual who has experience of using services and is driven to **advocate on behalf of other dads and male carers**. The Dad Champion will carry out regular reviews of services and resources and deliver feedback to Family Hubs to celebrate what support works well and help to improve what doesn't.

This is a **voluntary role** with an incentive contribution payment of up to £125 per month plus expenses. Training opportunities are also available.

The post will also require **DBS check**.

This role is **temporary until 31st March 2025**.

Parent Carer Panels

Are you a parent/carer, or a part/carer to be? We want to hear from you, as someone with valuable insight and experience living in the Doncaster area.

Being part of our panel will give you the opportunity to share your experiences and use them to celebrate what support works well and help to improve what doesn't in areas such as;

- **Family Hub services**
- **Health services including mental health support**
- **Childcare and education**
- **SEND support**
- **Access to support/activities in the community**
- **Access to support for your family when times are tough.**

This includes expectant parents, mums, dads, carers, co parents and grandparents.

If you are interested in knowing more about our Parent Carer Panels, then please contact **Vicky** or **Louise** on the details below:
Vicky Houghton - **07977553677** or **vicky.houghton@doncaster.gov.uk**
Louise Canning - **07866987789** or **louise.canning@doncaster.gov.uk**

Be Well Doncaster

The 'Be Well' Doncaster Coaches will use motivational interviewing techniques and evidence based behaviour change tools to support residents in making **positive steps to improving their health and wellbeing**

Call **07974 602 043**

Open **until 4.30pm**

Light

PRE & POSTNATAL SUPPORT

Light is a charity working to support the **emotional wellbeing and mental health of parents and their families** in South Yorkshire, during pregnancy, birth and beyond.

Services provided:

- Peer support groups
- telephone/email support
- inter-agency working
- secure online forum
- face to face support
- support for dads



To learn more, please visit **www.lightpeersupport.org.uk**

Talking Therapies

Provides talking Therapies to adults who are experiencing common mental health problems such as **depression, anxiety and stress**.

Doncaster also offers a **long term conditions service** which offers support for adults diagnosed with long term health conditions and who are experiencing symptoms of depression, anxiety and/or stress.

Call **03000 211 556**

Your Place & Early Help



What is Your Place?

The Your Place team provide support and information that is unique to families and residents when **everyday issues** become difficult.

The team are on hand to chat with you about what's concerning you or anything you need support with.

Here are a few things you can chat to the team about:

- Benefits
- Family Support
- Local groups and activities
- Childcare
- Anti-social behaviour
- Housing support
- Employment
- Debt and financial concerns
- Education support for both children and adults.

Scan the QR code below to find your local team:



[www.yourlifedoncaster.co.uk/
your-place-your-family-team](http://www.yourlifedoncaster.co.uk/your-place-your-family-team)



What is Early Help?

Early Help is a way of thinking and working together as services with families that have **additional or more complex needs**.

It's for children and young people of any age and their family. Help can come from all kinds of services and organisations who work together to support your family. You might be using some of these services already, but we want to make sure they are providing the right support for you and your family's needs.

It could be that you're worried about your child's health, development or behaviour, or perhaps because you are caring for a disabled child.

Maybe you, your child or your whole family are affected by relationships within the family, drugs or alcohol or you are experiencing personal distress or anxiety, financial or housing problems.

By getting help from the right services at the right time, and as early as possible, we can help prevent or reduce potential problems for children as they grow up.

Scan the QR code below to find out more:



[https://www.doncaster.gov.uk/services/schools/early-help-
what-is-it-in-doncaster](https://www.doncaster.gov.uk/services/schools/early-help-what-is-it-in-doncaster)



We know every family is different and faces problems unique to them and their circumstances. Where can you find support?

Citizens Advice Doncaster provide free advice and support to meet the needs of the community. This includes advice on a range of problems, such as **debt, benefits, immigration, housing and more**. We're here to help everyone who lives, works or studies in the Doncaster Borough.

<https://www.cadoncasterborough.org/>
Tel: **01302 243057**

DEBT SUPPORT

The best thing you can do if you are in debt is to face the problem and **get as much help and support as possible**. By taking action you will feel more positive and in control, reduce your worry and anxiety and feel better.

<https://www.donnydot.co.uk/debt/>

CHANGING LIVES

A vibrant, multicultural resource centre, providing a huge range of services for **girls and women** all under one roof. Working at grass roots level with the most marginalised girls and women in society and we have a track record of achieving **excellent outcomes and targets**.

Changing lives
2-5 Prince's street
Doncaster DN1 3NJ



HOUSING SUPPORT

Find out about affordable housing, applying for housing in a council house or housing association property, home alarm service, renting a house, home improvements, energy saving advice and grants.

<https://www.doncaster.gov.uk/services/housing>

ST LEGER HOMES - DONCASTER'S SOCIAL HOUSING COMPANY

If you are struggling with your finances, have rent arrears, are trying to manage debts or getting confused with benefits then our Tenancy Support Team can help you.

St Leger Homes of Doncaster Ltd, Civic Office, Waterdale,
Doncaster DN1 3BU
Open Monday to Friday 8am-5pm
Tel: **01302 862862**

SUPPORT FOR SEPARATED PARENTS

Support and information for parents who are separating or separated. <https://www.gingerbread.org.uk/>

When you are going through divorce and separation it can be really hard to find support from others who know what you are going through. It **can feel like an extremely isolating time** and sometimes it is nice to know that there are others who know how you are feeling and can understand how difficult it is.

<https://www.familylives.org.uk/advice/divorce-and-separation/thinking-about-divorce/finding-support-during-divorce-separation>

There are certain things you need to do when you separate from your partner

<https://www.gov.uk/separation-divorce>



Food Banks

GIVEN FREELY, FREELY GIVEN

St Johns Church and Multibank, Balby

Gives free access to **food, toiletries, clothes, bedding and small household items**. Also offers a free café, Cuppa Kindness, at the same time.

No referral or voucher needed.

The Parish Church of St John the Evangelist: Balby
312 Balby Road
Doncaster DN4 0QF
Tel: **07598 877 592**
Email: onekathtwojohns@outlook.com



Health and Wellbeing

NHS YORKSHIRE SMOKE FREE SERVICE

Quitting can be hard but it's easier with our NHS specialist support. We can help in lots of different ways depending on your preference and what's available in your area. We offer **telephone support, face to face sessions, and our online quit program**.

Our services are **free, friendly and flexible** and you will always have access to our specialist advisors who have helped 1000s of people to go smoke-free.

Yorkshiresmokefree.nhs.uk

Tel: **01302 561 722**

0800 612 0011 FREE from Land lines

0330 660 1166 FREE from most mobiles

Opening times

9.00am–5.00pm Monday to Friday

and

10am–1pm on Saturdays

ASPIRE DRUG & ALCOHOL SERVICES

We provide a full range of **drug and alcohol services** to people aged over 18 across the borough of Doncaster

Aspire is a partnership organisation set up by Rotherham Doncaster and South Humber NHS Foundation Trust (RDASH) and registered charity The Alcohol & Drug Service (ADS).

We pride ourselves on being innovative and forward thinking and work closely with the recovery communities we serve to **provide flexible, responsive services**, which offer the best possible recovery outcomes for all our service users.

Tel: **01302 730956**

www.aspire.community

If you are a Young person aged 18 or under go to Zone 5 to 19 website.

Nutrition & weight management

Having a balanced diet made up of a variety of foods allows you to get all the nutrients your body needs to function, grow, and repair itself. This is important to maintain good health and to feel your best.

<https://www.doncaster.gov.uk/services/health-wellbeing/healthy-eating-and-weight-management>

INFORMATION ON
NUTRITION AND
ACCESSING A
PROFESSIONAL
NUTRITIONIST

<https://www.nutritionist-resource.org.uk/>

GET
DONCASTER
MOVING

<https://www.doncaster.gov.uk/services/health-wellbeing/getting-active>

INFORMATION AND
ADVICE FOR ADULTS
AND CHILDREN ABOUT
HEALTHY WEIGHT,
INCLUDING HOW TO
FIND OUT IF YOU'RE A
HEALTHY WEIGHT.

<https://www.doncaster.gov.uk/services/health-wellbeing/getting-active>

INFORMATION AND
GUIDANCE ABOUT
EATING A HEALTHY,
BALANCED DIET

<https://www.doncaster.gov.uk/services/health-wellbeing/getting-active>

FOODSWITCH IS AN APP THAT ALLOWS
YOU TO SCAN THE BARCODES OF
PACKAGED FOODS AT THE
SUPERMARKET, YOUR DESK OR AT
HOME. IT THEN PRESENTS YOU WITH
IMMEDIATE, EASY-TO-UNDERSTAND
INFORMATION ABOUT THAT PRODUCT'S
NUTRITIONAL MAKE-UP.

<https://www.actiononsalt.org.uk/foodswitch/>

Join us at your local Family Hub!



We're one big family in Doncaster!

Become a member today – it's free and easy to do online by visiting:

www.doncaster.gov.uk/familyhubs

..or find your nearest Family Hub and pop in to complete a membership form. Find us at



North

Bentley Family Hub

The Avenue, Bentley,
DN5 0NP – 01302 737350

Askern Family Hub

Spa Pool Road, Askern, DN6 0HZ
01302 737099

Adwick Family Hub

Central Avenue,
Woodlands, DN6 7RU
01302 737717

Central

Wheatley Family Hub

Old School Way, Beckett Road
Wheatley, DN2 4AJ, 01302 737790

Balby Family Hub

Sandycroft Crescent, Balby,
DN4 0TY – 01302 736880

Central Family Hub

Welcome Way, Doncaster,
DN1 3LE
01302 737995

East

Stainforth Family Hub

Junction Road, Stainforth,
DN7 5DH – 01302 734048

Moorends Family Hub

Marshland Road, Moorends,
DN8 4SB – 01302 737470

Armthorpe Family Hub

Mere Lane, Armthorpe,
DN3 2DG
01302 736760

South

Rossington Family Hub

Grantham Street, Rossington,
DN11 0TA – 01302 737440

Mexborough Family Hub

Wath Road, Mexborough,
S64 9ED – 01302 736869

Denaby Family Hub

School Walk, Conisbrough,
DN12 4HZ
01302 737436

Useful Contacts



Family Hubs

Contact Numbers:

North

Bentley: 01302 737350

Askern: 01302 737099

Adwick: 01302 737717

East

Stainforth: 01302 734048

Moorends: 01302 737470

Armthorpe: 01302 736760

Central

Wheatley: 01302 737790

Balby: 01302 736880

Central: 01302 737995

South

Rossington: 01302 737440

Mexborough: 01302 736869

Denaby: 01302 737436

www.doncaster.gov.uk/services/schools/family-hubs-and-services

Family Support

Early Help Hub (& Short Breaks)

Contact number: 01302 734110

www.doncaster.gov.uk/earlyhelp

Your Place Team

Contact numbers:

North team: 01302 736787

South team: 01302 736644

East team: 01302 736336

Central team: 01302 736409

www.yourlifedoncaster.co.uk/family

Young Carers' Service

Contact number: 01302 736099

www.doncaster.gov.uk/youngcarers

Domestic Abuse Hub

Contact number: 01302 737080

www.doncaster.gov.uk/domesticabuse

Health & Wellbeing

Health Visiting Team

Contact number: 0300 021 8997

www.healthvisitors.rdash.nhs.uk

Facebook: 'doncasterhealthvisitors'

Perinatal Mental Health Service

Contact number: 03000 211839

www.rdash.nhs.uk/services/perinatal-mental-health

LIGHT Peer Mental Health Support

Contact number: 0114 438 8962

www.lightpeersupport.org.uk

Doncaster MIND

Contact number: 01302 812190

www.doncastermind.org.uk

Childcare Support

Doncaster Families Information Service:

Contact number: 0800 138 4568

www.doncaster.gov.uk/FIS

Employability Support

Doncaster Job Centre Plus

Contact number: 0845 604 3719

Adult Family & Community Learning Service (AFCL)

Contact number: 01302 862688

www.doncaster.gov.uk/afcl

Housing & Finance Support

Citizens' Advice

Contact number: 0808 278 7955

www.citizensadvice.org.uk

St Leger Homes

Contact number: 01302 862862

www.stlegerhomes.co.uk

Other Useful Websites

Your Life Doncaster

www.yourlifedoncaster.co.uk

Donny Dot

www.donnydot.co.uk

