

# 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 range of issues.

Call: 01302 735553 or email: [wellbeing@doncaster.gov.uk](mailto:wellbeing@doncaster.gov.uk)



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## Physical Health

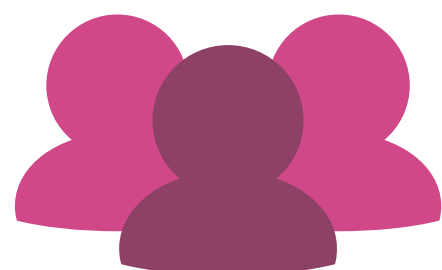
Do you need help with mobilising around your property, or have you had a number of falls? We can help you access the right equipment and support to give you back that confidence – We Can Help



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## 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 you're feeling – We Can Help



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## 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Do you feel lonely or have you become withdrawn – is your support network limited?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



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## 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



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## 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](http://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](http://www.yourlifedoncaster.co.uk/local)  
/local**



**Doncaster  
Council**



*Your Life Doncaster*