



A variety of workshops took place throughout the day, offering residents the chance to unwind and connect. From soothing therapies like aromatherapy and reflexology to mindful activities such as Qi Gong and cooking sessions, there was something for everyone. Attendees appreciated the hands-on, calming nature of the experiences, which added a relaxing and reflective element to the event.



Over 20 stalls filled the main hall, offering local women access to a wide range of support and services. Topics covered included mental health, menopause and family support, among others.

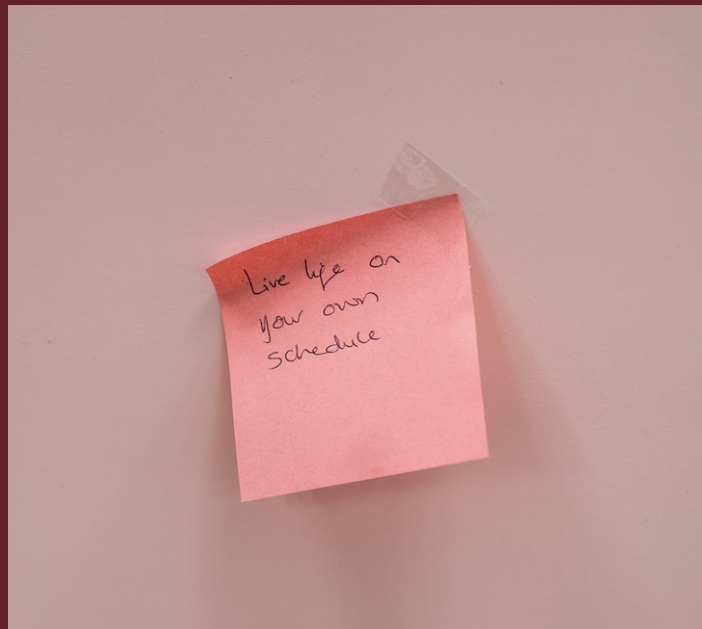
It was truly inspiring to witness so many women coming together—connecting with one another and discovering the resources available to them.





Dr Karen Forshaw joined us to share valuable health information and offered blood pressure checks to residents.

Brioni Ball from Sojourn Doncaster offered an informative session around a compassionate overview of perimenopause, menopause, and the years beyond.



Three interactive boards were set up in the main hall, each inviting women to reflect and share their thoughts.

The prompts included:

- 'Who inspires you and why?'
- 'What is one change you're going to make after today?'
- 'What advice would you give to your younger self?'

Throughout the day, the boards filled up with heartfelt and inspiring responses from women in attendance.

Primary Care Doncaster joined us on the day and brought along ‘Vinnie the Van’, offering walk-in cervical screenings for women.

A big thank you to Vinnie for helping make this important service so accessible!



FREE NHS HEALTH CHECKS IN DONCASTER

WOMENS WELLBEING EVENT
BULLCROFT MEMORIAL HALL
Saturday 27th September
10.00 - 16.00

BOOK YOUR APPOINTMENT TODAY
<https://nhshcdoncaster.randox.com>
or scan our QR Code
Alternatively call us on **0800 2545 452**

Randox Health joined us on the day, offering residents free and accessible on-site health checks.

We’re incredibly grateful to Randox for helping bring vital healthcare services directly to the community in Adwick & Carcroft!

The National Literacy Trust generously donated 75 books, allowing women to take one home for free—along with a tea bag!

All 75 books were claimed within the first couple of hours. We hope everyone enjoyed their ‘Blind Date with a Book’ experience!

BLIND DATE WITH A BOOK!

Take a moment for yourself...

Pick a mystery book, grab a soothing tea bag, and enjoy a relaxing evening of self-care, stories and surprises.

You won’t know what you’re getting — but that’s part of the fun!



The Be Well Team — Hannah, Evie, Kate and Beth — were joined by Rachel to help ensure the day ran smoothly and successfully.



A beautiful hamper, worth over £60 and filled with wellbeing goodies for women, was proudly displayed at our table throughout the day!

Residents who shared their feedback and let us know what they thought about the event were entered into a prize draw to win it.

Thank you to everyone who took part - congratulations to the lucky winner!



Spirits were high and faces were bright! We offered all-day face painting for everyone – no matter their age, and it brought smiles and colour to the event from start to finish.

We were thrilled to welcome Sarah to the Women's Wellbeing Event! She captured the spirit of the day beautifully with her incredible illustration. It was a real pleasure having her with us!



The digital versions of her fabulous illustrations can be seen on our Facebook!



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Be Well Doncaster