

Way2Change



Five Ways To Wellbeing

Taking steps to living well

The Five Ways to Wellbeing are simple, accessible and achievable for everyone. Choosing to act and engage in the five ways to wellbeing will result in living well and can support you in your recovery

BEATING ADDICTION

IN COMMUNITIES



The group sessions will be held at Sinclair House, 29-31 Thorne Road, Doncaster DN1 2EZ on Fridays at 10:30am to 12pm.

Ask your keyworker to book you a place **01302 303900**

   www.aspire.community



The Alcohol & Drug Service

NHS
Rotherham Doncaster
and South Humber
NHS Foundation Trust

Aspire Drug and Alcohol Services are provided in partnership by Rotherham Doncaster and South Humber NHS Foundation Trust (RDaSH) and The Alcohol and Drug Service (ADS).