Social Prescribing Directory

 (Updated 20/12/21)

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| Mental Health and Wellbeing |
| My Wellbeing College Currently running online courses & telephone 1-2-1 support . Waiting List<http://bmywellbeingcollege.nhs.uk/>Peer Talk Weekly open peer support group for people with Depression in Skipton<https://www.peertalk.org.uk/>Chill & Chat Group Every Monday 10-11am https://www.bdct.nhs.uk/services/cstw/Body and Mind Relaxation SessionsRelease stress and anxiety in movement session focussing on breath work and yoga. Thursday’s 10:30-11:30am (Online). Book on via Pioneer Projects 015242 62672Skipton Community Wellbeing Café St Andrew’s Church Hall, Newmarket StreetEvery Thursday 1-3.30pm – Arts table run by Pioneer ProjectCall Peter 07740530192Qwell – online wellbeing community[www.qwell.io](http://www.qwell.io)Bereavement Support GroupCRUSE – Skipton 01756 797799Well Together – Relaxation GroupVia teams – ring 01274 259190Mental Health and Wellbeing Hub – Pioneer ProjectsSkipton Town Hall – call 015242 62672 to book a placeCarers Resource – Monthly Carer’s GroupSecond Monday of the month 10.30 – 12.30pmRonaldsway House, Skipton |
| Weight Management  |
| Healthy Lifestyles 12 week Course <https://www.cravendc.gov.uk/craven-leisure/healthy-lifestyles/>Healthy Lifestyles Fit WalksCall Steph Harrison 07935010318 to book or find out moreLive Better Programme Virtual and face to face support for people struggling to make lifestyle changes<https://eatmovebehappy.com/livebetter/>Weight Watchers Virtual / Workshop options available [https://www.weightwatchers.com](https://www.weightwatchers.com/uk/weight-loss-plans-digital?&msclkid=63e7e51c03f61291fef5ba29220909f4&utm_source=bing&utm_medium=cpc&utm_campaign=BND%20-%20Prospecting%20-%20Weight%20Watchers%20-%20Pure%20-%20%5BExact%5D&utm_term=weight%20watchers%20uk&utm_content=Weight%20Watchers%20-%20Pure%20-%20%5BExact%5D&gclid=CO-H_vCHmOsCFQrcGwod0r8CNQ&gclsrc=ds)NHS 12 week programme Self help option<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>Hungry for Change Nutrition Course To book onto this free online course, please contact Keighley Healthy Living : 01535 677177Eat, Move be happy [www.eatmovebehappy.com](http://www.eatmovebehappy.com) |
| Learning Disabilities  |
| People First Keighley & Craven Currently offering online singing and dancing groups [https://peoplefirstkc.com](https://peoplefirstkc.com/#:~:text=People%20First%20Keighley%20and%20Craven%20used%20to%20be,evenings%20or%20weekends.%20In%202003%20we%20had%20)Exclusively Inclusive Social Support (currently virtually Zoom meetings) <https://www.smallgoodstuff.co.uk/provider/exclusively-inclusive/> |
| Exercise Support  |
| Exercise on Prescription \*needs a referral by a Health Professional <https://www.cravendc.gov.uk/craven-leisure/healthy-lifestyles/exercise-referral/>Couch to 5km Programme Self help programme <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>Stroke Rehabilitation<https://www.cravendc.gov.uk/craven-leisure/healthy-lifestyles/arni-neuorological-injury-and-stroke-recovery/>Park Run Skipton9am Aireville Park<https://www.parkrun.org.uk/skipton/>Get Moving Seated exercise supporthttps://reesfitness.co.uk/services-available/getmoving/Seated Exercise To book onto the weekly online sessions please call Keighley Healthy Living : 01535 677177 |
| Social Isolation  |
| Sporting Memories Virtual Group<https://www.sportingmemoriesnetwork.com> Dyneley Podcast: <https://www.youtube.com/watch?v=xK2yy43HO18>AGE UK Good friends Befriending : \*open to all ages 01756 529654<https://www.ageuknyd.org.uk/area/south-craven/>Skipton Step into Action : 01756 802098Nurturing Growth including mindful walks, coffee and chat and creative mindfulnessSkipton Town Hall Every Thursday from 10am<https://www.ssia.org.uk> Pioneer Projects Currently offering singing, cooking and mind&soul online social groups . <https://pioneerprojects.org.uk/>015242 62672 Creative Writing Online Group – phone Keighley Healthy Living to book on 01535 677177 Dancing Online Group Thursdays 11:00am – 11:30am. Facebook www.facebook.com/groups/KlyComeDancing Live dance class with Alison, learn new moves and have fun. Suitable for all the family!Just Sing Skipton – for people of all abilities to sing and danceEmail: Sue Jackson on singskipton@btinternet.com or ring 01756 796967Knit and natterHorseclose Community CentreThursday 9.30 – 12.00Incredible Edible SkiptonEvery other Wednesday 10am[www.incredibleedible.org.uk](http://www.incredibleedible.org.uk)Craven CraftersThe Oddfellows Three Links ClubTuesdays 10am – 12.00Pioneer Projects - Sing a long with every SongOnline – everyone welcome!Telephone: 015242 62672 |
| Welfare  |
| Citizens Advice Benefits , employment issues, housing issues, and consumer problems. Online advice is available 24/7 at <https://www.citizensadvice.org.uk/> Email: <https://cachd.org.uk/email> Telephone 0300 3309 036Citizens Advice and North Yorkshire County Council money and benefits advice serviceHelp with Universal Credit, money management and benefitsTelephone: 03003031598DWP disability advisor service Advice on returning to work after illness or injury & support in employment Stuart Evans 01904 682176Information and advice for the over 50’s – North Darlington and Craven Age UkTelephone: 01756 529654Craven Housing Support Team <https://www.cravendc.gov.uk/housing/>01756 706475Action Towards Inclusion SkiptonSupport to progress towards work, education or trainingTel: 01423 500905Warm and Well – support with practical solutions to reduce fuel poverty and support people to stay warmTelephone: 01609 767 555 |
| Support Worker  |
| Living Well Service <https://www.northyorks.gov.uk/living-well-north-yorkshire>01609 780780 |
| Cancer Support |
| Cancer Support Yorkshire Online peer support <https://cancersupportyorkshire.org.uk/> |
| Art Therapy  |
| Creative Art Online SessionsThursdays 2:30pm on Zoom .Call to book on : 015242 62672. <https://pioneerprojects.org.uk/what-we-do/pioneer-projects/> Beginners Online Art Course To book on please call Keighley Healthy Living: 01535 677177 Beginners Patchwork You tube tutorials and weekly phone calls . For more information please call Keighley Healthy Living : 01535 677177 |
| Digital Support  |
| Craven District CouncilDigital Champions to help you learn new skills 0808 196 5883North Yorkshire County Council – Reboot NYWorking to provide people with refurbished IT equipment[www.rebootny.co.uk](http://www.rebootny.co.uk) |
| Learning Support  |
| Adults Skills & Learning Courses Online & blended learning options <https://www.northyorks.gov.uk/view-adult-learning-courses-and-enrol-online> |
| Dementia  |
| Dementia Forward Helpline for advice and support <https://www.dementiaforward.org.uk/>03300 578592Becoming Dementia Friendly SkiptonThursday 11am breakfast club at Skipton Fire station[www.facebook.com/becomingdementiafriendlyskipton](http://www.facebook.com/becomingdementiafriendlyskipton)Memory Lane Social Group – Fisher Medical CentreThursday afternoons 1.30 – 3.30pmCall Audrey 01756 794136 or Pauline Jackson on 01756 799448Pioneer Projects – Making Connections SessionsCarer’s Resource – Monday 10.30 – 12.30 015242 62672 |
| Alcohol & Substance Misuse  |
| North Yorkshire Horizons Online & telephone support available at present01723 330730<http://www.nyhorizons.org.uk/> |
| Food Bank |
| Skipton Food BankReferrals to Phil (Centre Manager) 07856 080194Pick up point – St Andrews Church |
| Family Support  |
| SELFA Currently offering online services for children and young people. 01756 706384<https://www.selfa.org.uk/>Home Start Craven Supporting families (child under 5) to access support during pandemic01535 633782<https://www.home-start.org.uk/home-start-craven> |