

CRAVEN HEALTH PROMOTION PROGRAMME

Winter 2017/18



Monday

Skipton Walking for Health Group	Friendly walking group. Selection of short walks, suitable for all fitness levels. Meet every Monday, 1:45pm, Canal Basin, Coach Street	Group Leader Claire- 07850185360
South Craven Walking for Health Group	Mondays 9.30am, morning walks (up to 90minutes) in and around Crosshills/Glusburn, Silsden and nearby villages. Shared transport for getting to/from walk locations. Refreshments at the end of walks.	Group Leader Andy - 01535 632734
Seated Exercise Class (Silsden)	Keep fit with this gentle seated exercise class. Meet 9:30-10:30am Every Monday (except Bank Holidays) at Brierdene, Silsden, BD20 0QH . £3.50 includes refreshments.	Contact Liz: 07505 145153
SOUTH CRAVEN OVER 50s FORUM	3rd Monday of each month a 10am in the Community Centre, North Street in Sutton in Craven. New members welcome.	Contact Derek 07834713735
WELCOME PLACE CAFÉ – Free Hot Meals*	Good food available for all, served in the café in the Shared Church Hall, Market Street, Keighley, BD21 5AD. Eat free or pay as you can. Friendship, support and information.	

Tuesday

Just Sing	Learn how to sing in a choir and practice harmonies. All abilities welcome. 2-3:30pm Alternate Tuesdays, Skipton Baptist Church, Otley Street, Skipton. £2 per Session.	Group Leader Sue- 01756 796967
Community Allotments Group	Want to get out of doors more? Interested in growing vegetables, fruit or flowers? Come and visit our community allotment in Middletown! We get together on Tuesdays to enjoy the outdoors, catch up, do a few jobs on the site and have a brew together. Tuesdays 9.30-12 noon.	Group Leader Joel – 07710167855
Men's Cancer Support Group	Social & Peer Support Group for Men who have been affected by cancer. 1.30-3pm 1 st Tuesday of the Month, Cancer Support Centre, Otley Street, Skipton	Group Leader Debbie: 01756 228088
Parkinson's café	Social Group for people who diagnosed with Parkinsons. They meet on the First Tuesday of the month 7-9 p.m. in the conservatory, Heriots Hotel, Broughton Road, Skipton. Contact workingageskiptongroup@gmail.com	Contact Sheila 07794928071.
OVER 55s CLUB	Every Tuesday 10-12:30pm at Silsden Sports Club. A social group for active older people, offering board games, snooker, table tennis, croquet, quizzes and occasional speakers and outings. Just call in: £3 per session.	

Wednesday

Crafts, Games & Coffee	Friendly social group who enjoy crafts & art. 12:30-2:30pm. Alternate Wednesdays. Fisher Medical Centre, Coach Street, Skipton	Group Leader Pauline – 07522794264
Rehabilitation Swim Session	Full access to the pools. Support available to help get in and out the water safely. Wednesdays 12:15 – 1pm Craven Leisure Centre, Gargrave Road, Skipton. Suitable for people who are disabled or need rehabilitation.	Craven Leisure Centre – 01756 792805
SCOFF Café	A pop up café run by volunteers, Every Wednesday 12.30 to 2.30 pm, at Greatwood Community Centre. Two course meal £4.50.	Group Leader Karen 01756 701386
Women's Cancer Support Group	Social & Peer Support Group for Women who have been affected by cancer. 10-12noon, 4 th Wednesday of the Month, Cancer Support Centre, Otley Street, Skipton	Group Leader Debbie: 01756 228088
Breathe Easy	Support group for people with respiratory problems. The group meets on 1 st Wednesday of the month 1:45-3:45pm at The Hub, Stone Grove, Steeton. No booking required.	British Lung Foundation: 03000 030 555
Skipton Baptist Luncheon Club	3 course lunch every Wednesday 12-1pm at Skipton's Baptist Church. Anyone welcome, no booking required.	For further details: 01756 701099
Glusburn Luncheon Club	Luncheon club runs every Wednesday 12-1pm, at the Glusburn Institute. The cost of a 2 course meal and a brew is £4.50. Free transport is available on request.	Contact Pauline: 01535 635723 / 07436113748
Carers Hub	Come along and meet other carers, participate in activities, access information and take time out for your wellbeing. Meet Every Wednesday 12.30-3pm.	For further details: 01274 251112 (BDCT)

Thursday

Horton Community Café	Community café, with variety of activities & talks each week. 1-4pm St Andrews Church, Newmarket Street. (In partnership with Adult Skills & Learning)	Horton Housing – 07584015792
Memory Lane Café	Reminiscence Sessions, with films, music, and art. On the last Thursday of the Month 2-3:30pm at the Swadford Centre, Skipton.	Contact Emma - 07591067930
Social Strokes	The friendly group for anyone affected by stroke to receive support and advice, whilst meeting others in a similar situation. Meet on the 1 st Thursday of every month, 2-3:30pm at Dyneley Barn, Newmarket Street, Skipton.	Contact Joanne: 07751 741824
Rehabilitation Swim Session	Full access to the pools. Support available to help get in and out the water safely. Thursdays 12-1pm Craven Leisure Centre, Gargrave Road, Skipton. Suitable for people who are disabled or need rehabilitation.	Craven Leisure Centre – 01756 792805
Parkinson's Social Group	Parkinson's UK local branch. Third Thursday of the month 2.15 in the Soroptimist Rooms, Otley Street, Skipton. Talks, social events, information, friendship and support to local people with Parkinson's, their families and carers	Contact David 01535 633054
Tai Chi Taster Course	Group Gentle Exercise Class, to help balance, strength, and relieve stress. Free. Dates include: Thursday 23 rd November and 14 th December 1:45pm at Craven Leisure Centre	01756 792805
Healthy Horizons	Health Course that concentrates on finding easy, accessible and sustainable ways to improve your overall health & wellbeing. Thursdays 10am to 11.45am Starting 11th January 2018 for 12 Weeks at Dyneley Barn, Newmarket Street, Skipton FREE!	Contact Evoke: 0800 772 0845 or 07794 596805
South Craven Walking for Health Group	Thursdays 9.30am - morning walks in and around Crosshills/Glusburn, Silsden and nearby villages. Shared transport for getting to/from walk locations. Refreshments at the end of walks.	Contact Andy: 01535 632734
Food , Mood and You Course	Health Course: Learn how to develop a better relationship with food. Optional Gentle exercise class afterwards. Weekly Sessions ,Starting Thursday 18th January 12.15pm to 2.45pm at Greatwood & Horse Close Community Centre	Contact Evoke: 0800 772 0845 or 07794 596805
PAINT-A-LONG WATERCOLOURS CLASS	Small friendly art class, both beginners & experienced artists welcome. 9:30-12noon, at The Glusburn Institute, Colne Road, Glusburn. £5 per session (covers resources & refreshments)	Contact Brenda : 01535 215454
MOSAIC & CRAFTS GROUP	Meeting at Sutton Cricket Club, Thursdays, from 12.30pm until 3pm. The fee per session is £2 which includes all materials and tea/coffee and biscuits/cakes. People are free to come and go between these times, although most attend for the full session. Examples of projects include crafts, card making, mosaic, needlework and paper folding.	Contact Kate : 01535 630619

Friday

Making Art Memory Loss Group	Art group for people living with Dementia, led by experienced Art therapists and support workers from Pioneer Projects. 2-4pm, Dyneley Barn, Newmarket Street, Skipton.	Group Leader Philippa – 015242 62672
ARNI Stroke Rehab Exercise Group	Exercise Class for people with neurological conditions (stroke/Parkinson's/M.S) Every Friday 1:15-2:15pm at Craven Leisure Centre.	Booking Via: 01756 792805
GLUSBURN COFFEE MORNING	Every Friday 10-11am at St Peters Methodist Church.	Contact 01535 635140
GLUSBURN INSTITUTE CAFÉ AND COMPUTER DROP IN SESSION	Learn the basics of computers & the internet. 1-2-1 tutorials available on how to book GP Appointments online & order repeat prescriptions. Every Friday 10-12noon at Glusburn Institute, Crosshills. £3 per session	Derek: 07834713735

SUNDAY

SUNDAY TEA PARTIES FOR OVER 75s	Monthly Sunday Tea Parties for people aged 75+ , offering regular and vital friendship. Free of Charge, Transport provided. Available in South Craven & Skipton. Hosted by Contact the Elderly Charity,	Mary: 01535 632592
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LOCAL SUPPORT SERVICES

Social Services	Home Help, Benefits Assessments, Income Maximisation, Social Care packages & Safeguarding.	01609 780780
Exclusively Inclusive	Community group based in South Craven providing a range of inclusive social activities to help reduce isolation. Email: exclusivelyinclusive@gmail.com	07545546738
Making Space	Dementia Support Service	01535 609192
Cruse	Free Bereavement Support 1-2-1 or group sessions	01756 796004
Craven STAY	Advice on homelessness, finance support & mental health. Horton Housing Service.	01756 701110
Home Start	Information, Support and Advice Service for Parents & Families	01535 633782

Home from Hospital Service	Free short-term practical help i.e. shopping, cooking, house chores, collecting prescriptions ...	07921 373723
Carers Resource	Information, Advice & Support service for Carers.	01756 700888
CAP	Free Debt Counselling. CAP lifts people out of debt and poverty.	08003 280006
Citizens Advice	Advice on Benefits, employment, tax ,legal rights and finance support	01756 701731
SCAD	Disability Transport, Activities and Day Trips	01756 701005
Sight Airedale	Sight impairment support group and information service	01535 602354
Food Bank	Free Food Parcels for those in need. Please contact your GP Surgery to request a referral	
First Response 24/7	Support available 24 hours a day, seven days a week to people of all ages living in Craven experiencing a mental health crisis.	01274 221181
Cellar Trust	Tuesdays & Fridays : Support for unemployed adults experiencing mental health difficulties to improve wellbeing via voluntary work; activities; workshops; education / training etc.	01274 530448
XPERT	Diabetes Management Education Course. Available at Dyneley House & Fisher Medical Centre.	Contact your GP Surgery
Adult Skills & Learning Centre	Learn a new skill, complete a qualification & improve your CV. Variety of programmes on offer. Contact the centre for more details.	01609 780780
Skipton Cancer Support Centre	Available to anyone affected by a Cancer Diagnosis. Book an initial appointment to discuss how they can support you. Services include: Counselling, Complementary Therapies, Information, Transport, Art Therapy and Peer Support Groups. Drop in at: Cancer Support Yorkshire, 45a Armoury House, Otley Street, Skipton, BD23 1EL	01274 776688
Craven U3A	Series of talks and courses across Craven including languages, music, history, art, walking, and more. Enrolment £23 for year, which includes access to all talks. Contact Mick Riching Chairman for more details (07939007625) or visit the website: www.cravenu3a.org.uk	07939007625
On Demand Community Transport	Community Transport, assisting you from door to door. Please call between the hours of 10-12noon Mon- Friday and leave a message on the answer machine to organise your trip.	01609 533877
Ex-Forces Support North Yorkshire	Supporting older veterans and ex-National Service personnel over 65 in North Yorkshire. This could be anything from learning new things and reconnecting them with their local community to practical aspects such as home maintenance, a healthy home check and carers support.	01904 704 177
Training Opportunities		
Dementia Friends Training For Carers	25 th January 2018 2-3PM, Swadford Centre, Swadford Street, Skipton, Information session about Dementia for Carers. No booking required. Free of Charge	
Cruse Bereavement Volunteer Training	Cruse Bereavement Care, Craven & Bradford Area will be running a Foundation Training Course starting in February 2018 . To request an information pack: Tel: 01756 796004 Email: craven@cruse.org.uk	

For more information, please contact Health Promotion Officer Emma Taylor: emma.taylor42@nhs.net