

Social Prescribing Directory

(Updated 26/11/20)

Mental Health

My Wellbeing College

Currently running online courses & telephone 1-2-1 support . 6 week wait at present

<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 Sessions

Release 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 62672

Weight Management

Healthy Lifestyles 12 week Course

<https://www.cravenc.gov.uk/craven-leisure/healthy-lifestyles/>

Live Better Programme

Virtual Support for people struggling to make lifestyle changes

<https://eatmovebehappy.com/livebetter/>

Weight Watchers

Virtual / Workshop options available

<https://www.weightwatchers.com>

NHS 12 week programme

Self help option

<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

Creative Cooking

Make delicious nutritious meals, using ingredients that are in season and in your cupboard! Book on via Pioneer Projects 015242 62672. Tuesdays 2pm Online.

Hungry for Change Nutrition Course

To book onto this free online course, please contact Keighley Healthy Living : 01535 677177

Learning Disabilities

People First Keighley & Craven

Currently offering online singing and dancing groups

<https://peoplefirstkc.com>

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.cravenc.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.cravenc.gov.uk/craven-leisure/healthy-lifestyles/arni-neurological-injury-and-stroke-recovery/>

Park Run Skipton

*Currently on hold

<https://www.parkrun.org.uk/skipton/>

Get Moving

Seated exercise support

<https://reesfitness.co.uk/services-available/getmoving/>

Seated Exercise

To book onto the weekly online sessions please call Keighley Healthy Living : 01535 677177

Ballet Strength and Conditioning

Online weekly class , please book on via Keighley Healthy Living : 01535 677177

Social Isolation

Sporting Memories Virtual Group

*send task to Emma Taylor to request further information about the new Skipton 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 802098

Friendly phone call, walk & Talk, meeting on an outer space, small group meetings, assistance with shopping

<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!

Welfare
<p>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 036</p> <p>DWP disability advisor service Advice on returning to work after illness or injury & support in employment Stuart Evans 01904 682176</p> <p>Craven Housing Support Team https://www.cravendc.gov.uk/housing/ 01756 706475</p>
Support Worker
<p>Living Well Service https://www.northyorks.gov.uk/living-well-north-yorkshire 01609 780780</p>
Cancer Support
<p>Cancer Support Yorkshire Online peer support https://cancersupportyorkshire.org.uk/</p>
Art Therapy
<p>Creative Art Online Sessions Thursdays 2:30pm on Zoom .Call to book on : 015242 62672. https://pioneerprojects.org.uk/what-we-do/pioneer-projects/</p> <p>Beginners Online Art Course To book on please call Keighley Healthy Living: 01535 677177</p> <p>Beginners Patchwork You tube tutorials and weekly phone calls . For more information please call Keighley Healthy Living : 01535 677177</p>
Digital Support
<p>Champions Show the Way Able to do training & hand out free devices to get people online https://www.bdct.nhs.uk/services/cstw/ 01274 321 911</p>
Learning Support
<p>Adults Skills & Learning Courses Online & blended learning options https://www.northyorks.gov.uk/view-adult-learning-courses-and-enrol-online</p>
Dementia
<p>Dementia Forward Helpline for advice and support</p>

<https://www.dementiaforward.org.uk/>

03300 578592

Alcohol & Substance Misuse

North Yorkshire Horizons

Online & telephone support available at present

01723 330730

<http://www.nyhorizons.org.uk/>

Food Bank

Skipton Food Bank

Referrals to Phil (Centre Manager) 07856 080194

Pick 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 pandemic

01535 633782

<https://www.home-start.org.uk/home-start-craven>