Social Prescribing Directory

 (last printed December 2024)

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| **Mental Health and Wellbeing** |
| **Bradford Talking Therapies**Currently running online courses & telephone 1-2-1 support. Bdctalkingtherapies.nhs.uk0800 9521181* **Peer Talk**

Weekly Mondays 7.30– 9.00pm. Open peer support group for people living with depression in Skipton. Meet The Hub, Skipton Town Hall, High Street, Skipton, BD23 1AH07719 562 617* **Skipton Community Wellbeing Café**

St Andrew’s Church Hall, Newmarket StreetEvery Thursday 1-3.30pm – Arts table run by Pioneer ProjectsCall Peter 07740 530192* **Qwell** – online wellbeing community. Free to subscribe.

[www.qwell.io](http://www.qwell.io)* **Silverlines**

<https://www.thesilverline.org.uk>0800 4708090 Helpline for older people – open 24/7. Offers regular friendship calls, links people to local groups.* **Well Together**

[Well Together service - BDCT](https://www.bdct.nhs.uk/services/well-together-service/)Volunteer-led activities to improve health e.g. relaxation, peer support, walks etc01274 259190 * **Mental Health and Wellbeing Hub – Pioneer Projects**

Skipton Town Hall – call 015242 62672 to book a place |

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| **Weight management**  |
| * **Healthy Lifestyles** 12-week Course

<https://www.cravendc.gov.uk/craven-leisure/healthy-lifestyles/>* **Healthy Lifestyles** Fit Walks

Call Steph Harrison 07935 010318 to book or find out more* **Health Families**

North Yorkshire County Council service for 4-19 year olds (25 if SEN) to help reduce Childhood obesity[www.active.health@brimhamsactive.co.uk](http://www.active.health@brimhamsactive.co.uk) or ring on 01423 556106* **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/>* **Nutrition and diabetes cookery courses**

To book onto free online course, please contact Keighley Healthy Living: 01535 677177. Various courses throughout the year.* **Eat, Move be happy**

[www.eatmovebehappy.com](http://www.eatmovebehappy.com) |

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| **Learning disabilities**  |
| * **People First Keighley & Craven**

Currently offering online singing and dancing groups <https://peoplefirstkc.com>* **Exclusively Inclusive**

Social Support for isolation.<https://www.smallgoodstuff.co.uk/provider/exclusively-inclusive/>07545 546738 |

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| **Exercise Support**  |
| * Craven Healthy Lifestyles

\*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/>* **Park Run Skipton**

9am Aireville Park, Saturdays <https://www.parkrun.org.uk/skipton/>* **Eat Move Be Happy**

Seated exercise support<https://reesfitness.co.uk/services-available/getmoving/>  |

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| **Chronic Pain**  |
| * **Retrain pain foundation**

Online advice, support, and information. Free worksheets and newsletter[www.retrainpain.org](http://www.retrainpain.org) * **The Pain Toolkit**

Toolkits, online workshops and cafe[www.paintoolkit.org](http://www.paintoolkit.org) |

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| **Social and community activities** |
| * **Skipton Step into Action**

Befriending; volunteering, mindful walks, coffee & chat and creative mindfulness, yoga etc. Activities are varied and change throughout the year. <https://www.ssia.org.uk> 01756 802098* **Pioneer Projects**

Currently offering singing, cooking and mind&soul online social groups. <https://pioneerprojects.org.uk/>015242 62672 * **Creative Writing Online Group**

Keighley Healthy Living to book on 01535 677177 * **Dancing Online Group**

Thursdays 11:00am – 11:30am. www.facebook.com/groups/KlyComeDancing Live dance class with Alison, learn new moves and have fun. Suitable for all family!* **Just Sing Skipton** – for people of all abilities to sing and dance

Email: Sue Jackson on singskipton@btinternet.com or ring 01756 796967* **Knit and Natter**

Horseclose Community Centre North Parade, Skipton BD23 2SR 01756 701386* **Knit and Natter**

Skipton LibraryWednesdays 10.00 – 12.00 * **Incredible Edible Skipton**

Every other Wednesday 10am[www.incredibleedible.org.uk](http://www.incredibleedible.org.uk)/find-a-group/incredible-edible-skipton/* **Craven Crafters**

The Oddfellows Three Links ClubTuesdays 10am – 12.00pm* **Skipton Men's Shed**

Ings School Broughton Road, Skipton BD23 1TE, UKContact: Steve Hudson Phone: 07971 421370Email: skiptonmenshed2018@gmail.comCome and join us for a friendly environment enjoying a brew and chat or getting into a woodwork project, tools available for everyone.<https://www.facebook.com/Skipton-Mens-Shed-2270302546525038>* **Grassington Men’s Shed**

Monday and Thursday 10:00 – 12:00 Royal Oak Furniture Workshop off Moor Lane in Grassington.  * **Sporting Memories Virtual Group**

<https://www.sportingmemoriesnetwork.com> Dyneley Podcast: <https://www.youtube.com/watch?v=xK2yy43HO18>* **Friends of Dorothy**

A new tele-befriending service for over 50s LGBTQ+ community in West Yorkshire[www.friendsofdorothy.org.uk](http://www.friendsofdorothy.org.uk)befriending@openingdoors.lgbt |

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| **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 036* **Citizens Advice & NYCC money and benefits advice service**

Help with Universal Credit, money management and benefitsTelephone: 0300 303 1598* **DWP disability adviser service**

Advice on returning to work after illness or injury & support in employment Stuart Evans 01904 682176* **Craven Housing Support Team**

<https://www.cravendc.gov.uk/housing/>01756 706475* **Warm & Well**

Practical solutions to reduce fuel poverty and support people to stay warmTelephone: 01609 767555* **Ukraine Welcome**

[www.ukrainewelcome.org](http://www.ukrainewelcome.org). Website dedicated to all aspects of support for new settlers from Ukraine.Horton Housing[www.hortonhousing.co.uk](http://www.hortonhousing.co.uk)01274 370689**IDAS – Domestic Abuse**[www.idas.org.uk](http://www.idas.org.uk)03000 110 110 |

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| **Independent living** |
| * **Living Well Service**

[Living Well in North Yorkshire | North Yorkshire Council](https://www.northyorks.gov.uk/adult-care/living-well-north-yorkshire) |

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| **Cancer Support** |
| * Cancer Support Yorkshire

Online peer support <https://cancersupportyorkshire.org.uk/> |

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| **Arts and crafts** |
| * **Creative Art Online Sessions**

Thursdays 2:30pm on Zoom. Call to book on 015242 62672. <https://pioneerprojects.org.uk/what-we-do/pioneer-projects/> * **Wellbeing Café** at Swadford Street, Skipton includes arts and crafts activities.

Fridays 5–10pm; Saturdays 12-5pm01756 802098 or email pashton@ssia.org.uk* **Beginners Online Art Course**

To book on please call Keighley Healthy Living: 01535 677177 * **Beginners Patchwork**

Youtube tutorials and weekly phone calls. For more information, please call Keighley Healthy Living: 01535 677177 |

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| **Digital Support**  |
| * **Craven District Council**

Digital Champions to help you learn new skills. 0808 196 5883* **North Yorkshire County Council** – Reboot NY

Working to provide people with refurbished IT equipment [www.rebootny.co.uk](http://www.rebootny.co.uk)* **Skipton Library**

Free IT one-to-one support – ring 01609 534548 to book a session |

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| **Learning support**  |
| * **Adults Skills & Learning Courses**

Online and blended learning options <https://www.northyorks.gov.uk/view-adult-learning-courses-and-enrol-online> |

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| **Dementia support** |
| * **Dementia Forward**

Advice, information and support <https://www.dementiaforward.org.uk/> 0330 057 8592* **Becoming Dementia Friendly Skipton**

Thursday 11am breakfast club at Skipton Fire station[www.facebook.com/becomingdementiafriendlyskipton](http://www.facebook.com/becomingdementiafriendlyskipton)* **Memory Lane Social Group – Fisher Medical Centre**

Thursday afternoons 1.30 – 3.30pm. Call Audrey 01756 794136 or Pauline Jackson on 01756 799448* **Pioneer Projects – Making Connections sessions**

Carer’s Resource Monday 10.30–12.30 015242 62672* **Inspire North- New Dementia Hub launching in July 2023**
* [New Dementia Information Service Launches in Bradford | Inspire North](https://www.inspirenorth.co.uk/news/new-dementia-information-service-launches-in-bradford/)
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| **Alcohol and substance use**  |
| * **North Yorkshire Horizons (Craven)**

Substance use support in Skipton, Settle, Grassington and surrounding villages in Craven. Treatment support and recovery groups both online and face to face.0800 014 1480. <http://www.nyhorizons.org.uk/>Augment Community Workspace, High Street, Skipton |

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| **Food Bank** |
| * **Skipton Food Bank**

Referrals to Emma (Centre Manager) 07856 080194Pick up point – St Andrews Church |

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| **Family Support**  |
| * **SELFA**

Currently offering online services for children and young people. 01756 706384[www.selfa.org.uk/](http://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> * **Cellar Trust**

<https://parentsonline>.co.uk * **Skipton and Craven Ukrainian Refugee Support**

An informal group which helps people meet, settle in with and meet other Ukrainians. Please note they cannot support with finding hosts. There is also an active FaceBook page. 07917 418240 |

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| **Survivor’s support** |
| * **Counselling for survivors of sexual violence**

[www.survive-northyorks.org.uk](http://www.survive-northyorks.org.uk)). 01904 638 813 |

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| **Menopause support** |
| * Useful links:

[www.managemymenopause.co.uk](http://www.managemymenopause.co.uk)[www.menopausematters.co.uk](http://www.menopausematters.co.uk)[www.rockmymenopause.com](http://www.rockmymenopause.com)[www.nhs.uk/conditions/menopause/pages/introduction.aspx](http://www.nhs.uk/conditions/menopause/pages/introduction.aspx)[www.menopausedoctor.co.uk](http://www.menopausedoctor.co.uk)[www.balance-menopause.com](http://www.balance-menopause.com) |

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| **Bereavement support** |
| * **Childhood Bereavement Network**

A focus on the Ukrainian crisis. <https://childhoodbereavementnetwork.org.uk> * **The Good Grief Foundation**

<https://www.thegoodgrieftrust.org/i-have-lost-a/partner/>A very interactive website that is run by people who have experienced similar grief. Positive and moving forward. * **Silverlines**

<https://www.thesilverline.org.uk>0800 4708090 Helpline for older people – open 24/7. Offers regular friendship calls, links people to local groups.* **Cruse Bereavement**

Helpline: 01756 797799 (Craven &Bradford Area) 0808 8081677[www.cruse.org.uk](http://www.cruse.org.uk) * **Grief Kind Spaces**

Fisher Medical PracticeSecond and Fourth Friday of the Month 10-12pmandy.longden@suerydercare.org01535 640179* **Bradford Bereavement support**

[www.bradfordbereavement.org.uk](http://www.bradfordbereavement.org.uk)01274 619522 |

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| **Employment Support** |
| * **CAP Job Club**

Steve Hudson stephenhudson@capjobclubs.org. Also contact Steve for links with Men’s Sheds* **CAP Debt Support**

Ruth Howard-Birt ruthhoward-birt@capuk.org * **NYCC Adult Learning** - Jane Gibbs Jane.Gibbs@northyorks.gov.uk
* [Help and support for older workers - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/help-and-support-for-older-workers/help-and-support-for-older-workers)
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