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.uk  0800 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 1AH  07719 562 617   * **Skipton Community Wellbeing Café**   St Andrew’s Church Hall, Newmarket Street  Every Thursday 1-3.30pm – Arts table run by Pioneer Projects  Call 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 etc  01274 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](mailto:singskipton@btinternet.com) or ring 01756 796967   * **Knit and Natter**   Horseclose Community Centre  North Parade, Skipton BD23 2SR  01756 701386   * **Knit and Natter**   Skipton Library  Wednesdays 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 Club  Tuesdays 10am – 12.00pm   * **Skipton Men's Shed**   Ings School Broughton Road, Skipton BD23 1TE, UK  Contact: Steve Hudson Phone: 07971 421370 Email: [skiptonmenshed2018@gmail.com](mailto:skiptonmenshed2018@gmail.com)  Come 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](mailto: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 benefits  Telephone: 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](tel:01756706475)   * **Warm & Well**   Practical solutions to reduce fuel poverty and support people to stay warm  Telephone: 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 12-5pm  01756 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 080194  Pick 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 pandemic  01535 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](tel:01904638813) |

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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 Practice  Second and Fourth Friday of the Month 10-12pm  [andy.longden@suerydercare.org](mailto:andy.longden@suerydercare.org)  01535 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](mailto:stephenhudson@capjobclubs.org).  Also contact Steve for links with Men’s Sheds   * **CAP Debt Support**   Ruth Howard-Birt [ruthhoward-birt@capuk.org](mailto:ruthhoward-birt@capuk.org)     * **NYCC Adult Learning** - Jane Gibbs [Jane.Gibbs@northyorks.gov.uk](mailto: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) |