

CRAVEN HEALTH PROMOTION PROGRAMME

Monday

Walking for Health	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
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Tuesday

Singing for Fun	A small supportive singing group for people with additional needs (i.e. Stroke, M.S, Parkinson's disease and dementia). Meets alternate Tuesday's 2-3.30 at Skipton Baptist Church, Otley Street, Skipton.	Group Leader: Sue 01756 796967
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 – 0771017855
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: 07753227892
Walking Football	Social sport, walking paced football for the over 50s. Weekly football sessions run by qualified FA licensed coach. Every Tuesday 12noon at Sandylands Sports Centre.	Coach Bernie Lyons- 01943 430499 or 07866100072

Wednesday

Crafts, Games & Coffee	Friendly social group who enjoy crafts & art. 1:30-3:30pm. Alternate Wednesdays. Fisher Medical Centre, Coach Street, Skipton	Group Leader Pauline – 07522794264
Diabetes Education Programme	Learn to live well with Diabetes. Educational talks led by Professionals. 6-7:30pm, Every 6 th Wednesday, Dyneley Barn, Newmarket Street, Skipton	Group Leader Barry – 07922117299
Disability Swim Session	Full access to the pools. Support available to help get in and out the water safely. Wednesdays 12:30-1:30pm, Craven Leisure Centre, Gargrave Road, Skipton. Transport Available.	SCAD – 01756 701005
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: 07753227892
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
Luncheon Club	3 course lunch every Wednesday 12-1pm at Skipton's Baptist Church. Anyone welcome, no booking required.	

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.	Group Leader Emma - 07591067930
Skipton Stroke Support Group	Social group for people who have had a stroke. Various talks and activities throughout the year. Meet on the 1 st Thursday of every month, 2-4pm at Dyneley Barn, Newmarket Street, Skipton.	Group Leader Barry- 07922117299
Group Relaxation Cancer Support Group	Relaxation & Peer Support Group for anyone who has been affected by cancer. Weekly, Thursdays 11:15-12:15pm, Cancer Support Centre, Otley Street, Skipton	Group Leader Debbie: 07753227892
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 Rehabilitation 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
LOCAL SUPPORT SERVICES		
Social Services	Home Help, Benefits Assessments, Income Maximisation, Social Care packages & Safeguarding.	01609 780780
Making Space	Dementia Support Service	01535 609192
IAPT	Mental Health Psychological Therapy	0300 555 5551
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 Bureau	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
The Haven	The Haven provides a calm safe space for adults experiencing mental distress during the day. Open 10am-6pm, Shipley, referral via First Response	01274 221181
Cellar Trust	Tuesdays & Fridays : Support for unemployed adults experiencing	01274 530448

	mental health difficulties to improve wellbeing via voluntary work; activities; workshops; education / training etc.	
XPERT	Diabetes Management Education Course. Available at Dyneley House & Fisher Medical Centre.	Contact your diabetes nurse
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 535945

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