

## The Craven Mental Health & Wellbeing Hubs Network

### **What is it?**

The Craven Mental Health & Wellbeing Hubs are a network of independent community organisations across Craven offering consistent, accessible, and local adult mental health and wellbeing support, managed by local arts and wellbeing charity Pioneer Projects, with support from specialist mental health providers in the Voluntary, Community, and Social Enterprise sector, North Yorkshire Council, Bradford District Care Trust, and the Modality and WACA Primary Care Trusts.

### **Local Craven Organisations**

Pioneer Projects (Craven wide)  
The Place in Settle (Settle)  
Skipton Community Wellbeing Café (Skipton)  
Skipton Step into Action (Skipton)  
Glusburn Community & Arts Centre (Glusburn)  
Broughton Road Community Centre (Skipton)  
Greatwood & Horseclose Community Centre/Yorkshire Housing (Skipton)  
Grassington Hub (Grassington)

### **Specialist Partners**

Mind in Bradford  
The Cellar Trust  
North Yorkshire County Council Health & Adult Services  
WACA & Modality Primary Care Networks  
My Wellbeing College (Bradford District Care Trust)  
Bradford District Care Trust Community Mental Health Teams

### **Why is it needed?**

Craven is big and rural, and public transport is poor. Too often specialist services are based far away in cities like Bradford. For local people experiencing poor mental health to get the help they need to stay well, increased support in our own communities is a necessity.

## **What's on offer?**

The network brings together a three-tiered mental health & wellbeing support offer consisting of:

- Low level, open access groups and support tailored to local need and provided by organisations that have trust and reach within their community.
- District wide access to keyworker support, specialist wellbeing focused creative activity, onward referral to partner provision, and network management provided by Pioneer Projects.
- 'In-reach' mental health support provided by specialist mental health partners that are based out of area.

The offer consists of:

### **Wellbeing Cafes**

Seven community locations across Craven providing:

- A welcoming drop in café style environment with activities, refreshments, local signposting, and a listening ear provided by a local Craven organisation and their volunteers.
- Wellbeing focused group activities provided by the host organisation or Pioneer Projects' creative staff.
- Access to Pioneer Projects keyworkers for engagement support, wellbeing assessment, goal setting, signposting, and onward referral to other services.
- Mental health training opportunities for local residents, volunteers, and staff.
- Mental health support activities from specialist partners.

### **Quieter Groups**

Two additional Pioneer led groups (in Bentham for North Craven and in Skipton for South Craven) offering:

- A quieter 'by appointment' group session for people not comfortable with a more public café style environment, but also featuring wellbeing focused activities, keyworker support, mental health training opportunities, and activities from specialist partners.

The regularity and breadth of activities will vary across locations with Hub locations (in Bentham, Settle, Glusburn, and Skipton) offering a fuller range of weekly provision and Spoke locations (in Grassington and Skipton) a smaller programme.

Please see the Hub Network Diagram at the end of this document for the current offer.

### **Who can access support?**

Anyone in the community who is concerned about their mental health and wellbeing.

- All the Wellbeing Cafes have capacity for '**drop-in attendance**' (though the Café at Broughton Road is women only provision) to access lower-level support.
- **Pioneer Projects** keyworkers will manage **formal referrals** from statutory partners (such as Social Prescribers, GPs, Social Workers, or Community Mental Health Team Workers) into the Network for people needing more focused support. They will also manage onward referral to specialist services when needed. Referrals can be made here: <https://www.compasshub.com/organisation/view/426>

### **Who should I contact for more information?**

If you want more information about what the **local offer** is, get in touch with your local network partner:

**Bentham** – Pioneer Projects – [grace@pioneerprojects.org.uk](mailto:grace@pioneerprojects.org.uk)

**Settle** - The Place in Settle - [louise@theplaceinsettle.org.uk](mailto:louise@theplaceinsettle.org.uk)

**Grassington** – Grassington Hub - [angie.dalton@grassingtonhub.com](mailto:angie.dalton@grassingtonhub.com) Skipton –

**Skipton** - Skipton Step into Action - [support@ssia.org.uk](mailto:support@ssia.org.uk)

**Skipton** – Skipton Community Wellbeing Café - [peter@augmentwork.space](mailto:peter@augmentwork.space)

**Skipton** - Broughton Road Community Centre – [info@pioneerprojects.org.uk](mailto:info@pioneerprojects.org.uk)

**Skipton** - Greatwood & Horseclose Community Centre

[Karen.McIntyre@YorkshireHousing.co.uk](mailto:Karen.McIntyre@YorkshireHousing.co.uk)

**Glusburn** – Glusburn Institute – [debby@gjacac.org.uk](mailto:debby@gjacac.org.uk)

If you want more information about **formal referrals**, keyworker support, and more specialist support, contact one of Pioneer's Projects' keyworkers.

For **Bentham, Settle, and North Craven** contact Caroline McCarthy at [caroline@pioneerprojects.org.uk](mailto:caroline@pioneerprojects.org.uk)

For **Skipton, Grassington, Glusburn and South Craven** contact Sonia Knight at [sonia@pioneerprojects.org.uk](mailto:sonia@pioneerprojects.org.uk)

**Or visit our page on Compass here:**

<https://www.compasshub.com/organisation/view/426>

### **Stay up to date**

This is a new and developing network and we will continue to promote the service offer as it grows.

The cross-sector **Craven Communities Together** health partnership provides regular updates on all health developments in Craven District so if you are not already on their mailing list, please contact Tracy Mount to sign up. [t.mount@nhs.net](mailto:t.mount@nhs.net)

Hubs						
	North Craven		South Craven			
Location	Bentham	Settle	Skipton	Skipton	Skipton	Glusburn
Organisation	Pioneer Projects	The Place in Settle	Pioneer Projects	Skipton Community Wellbeing Café	Skipton Step into Action	Glusburn Community & Arts Centre
Venue	Looking Well Studios King Street	Commercial Yard	Skipton Town Hall, High Street	St. Andrew's Church Hall Newmarket Street	The Soroptimists' Rooms Otley Street	Glusburn Institute Colne Road
Times	Friday 10.00 - 12.30	Tuesday 2-4	Friday 2.30 - 4.30	Thursday 1.00 - 3.30	Friday 6-10 Saturday 2-5	Monday 10.00 -12.00
Services	'Quieter' Group	Wellbeing Cafe	'Quieter' Group	Wellbeing Café	Wellbeing Café	Wellbeing Café
Spokes						
	North Craven		South & East Craven			
Location				Skipton	Skipton	Grassington
Organisation				Greatwood & Horseclose Residents Association/Yorkshire Housing	Broughton Road Community Centre	Grassington Hub
Venue				Greatwood & Horseclose Community Centre	Broughton Road North Parade	Church House
Times				Wednesday 1-3	Monday 10.00-12.00	Last monthly Friday 1-4
Services				Wellbeing Cafe	Wellbeing Cafe	Wellbeing Cafe