

# Social Prescribing Directory

(Updated 09/07/2021)

## Mental Health

### My Wellbeing College

This service provides online courses & telephone and face to face consultations for people who need support with their mental wellbeing.

<http://bmywellbeingcollege.nhs.uk/>

### Peer Talk

Weekly open peer support group for people with Depression in Skipton, operating from Town Hall , every Monday Evening.

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

### Chill & Chat Group

Online group run by Champions show the Way, meeting 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

### Just a chat

online messaging service for those suffering with mental health offering a simple chat to offer advice and guidance

[www.instagram.com/justachatuk](http://www.instagram.com/justachatuk)

[www.facebook.com/justachatuk](http://www.facebook.com/justachatuk)

### Qwell

Providing 1-2-1 online counselling and access to peer support through the online wellbeing community

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

## Weight Management

### Healthy Lifestyles Course

Free weight management and exercise course – 12 weeks. Operating out of Dyneley Barn and Craven Leisure Centre.

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

### Live Better Programme

Online health coaching course for people struggling to make lifestyle changes- fully funded through WACA PCN.

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

### NHS 12 week weight management programme

Self Help Service.

<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

### Eat, Move be happy

Small group classes supporting people to exercise safely. Suitable for people with disabilities and learning needs. Specialist classes for neuro related injuries and disabilities also available .

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

### Learning Disabilities

#### People First Keighley & Craven

Currently offering online singing and dancing groups

<https://peoplefirstkc.com>

#### Exclusively Inclusive

Social Support Group for people with learning disabilities

<https://www.smallgoodstuff.co.uk/provider/exclusively-inclusive/>

### Exercise Support

#### Osteoporosis Exercise Course

Free exercise classes at the Scout Hut behind Dyneley House Surgery, starting end of July. To enrol visit: [Eat, Move, Be Happy Enrolment \(google.com\)](#)

#### Exercise on Prescription

12 week Gym and Swim discounted membership to Craven Leisure Centre. Bespoke programme set up to help you meet your health and wellbeing needs.

\*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 to get you running up to 5km

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

#### Stroke Rehabilitation

Specialist Exercise class for neuro related injuries and stroke survivors, meeting weekly at Craven Leisure Centre

<https://www.cravenc.gov.uk/craven-leisure/healthy-lifestyles/ami-neurological-injury-and-stroke-recovery/>

#### Park Run Skipton

\*Currently on hold

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

#### Seated Exercise Group

Online class to do from the comfort of your own home. To book onto the weekly online sessions please call Keighley Healthy Living : 01535 677177

#### Ballet Strength and Conditioning Group

Online class to do from the comfort of your own home. Please book on via Keighley Healthy Living : 01535 677177

### Social Isolation

Dyneley Podcast: <https://www.youtube.com/watch?v=xK2yy43HO18>

#### AGE UK Good friends Befriending :

Volunteer befriending service, offering weekly visits or telephone befriending. Contact Age UK on : 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](http://www.facebook.com/groups/KlyComeDancing) Live dance class with Alison, learn new moves and have fun. Suitable for all the 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

## 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 and North Yorkshire County Council money and benefits advice service

Help with Universal Credit, money management and benefits

Telephone: 03003031598

DWP disability advisor service

Advice on returning to work after illness or injury & support in employment

Stuart Evans

01904 682176

Information and advice for the over 50's – North Darlington and Craven Age Uk

Telephone: 01756 529654

Craven Housing Support Team

<https://www.cravencdc.gov.uk/housing/>

01756 706475

Action Towards Inclusion Skipton

Support to progress towards work, education or training

Tel: 01423 500905

Warm and Well Service,

Supporting with practical solutions to reduce fuel poverty and support people to stay warm

Telephone: 01609 767 555

Meals at home – North Darlington and Craven Age UK

Freshly cooked 2 course meal for £6.50 delivered to the home.

Telephone: 01756 529654

## Support Worker

### Living Well Service

Short Term Support Worker to help patients with complex needs, to address some of the barriers to improving health and wellbeing. Home visits available.

<https://www.northyorks.gov.uk/living-well-north-yorkshire>

01609 780780

## Cancer Support

### Cancer Support Yorkshire

Providing Welfare , Counselling therapy and peer support for anyone affected by a cancer diagnosis. Based on Otley Street in Skipton.

<https://cancersupportyorkshire.org.uk/>

## Art Therapy

### Creative Art Online Sessions

Thursdays 2:30pm on Zoom .Call to book on : 015242 62672. <https://pioneerprojects.org.uk/what-we-do/pioneer-projects/>

### Beginners Patchwork

You tube tutorials and weekly phone calls . For more information please call Keighley Healthy Living : 01535 677177

## Digital Support

### 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

## Learning Support

### Adults Skills & Learning Courses

Online & blended learning options

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

## Dementia

### Dementia Forward

Helpline for advice and support

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

03300 578592

### Breakfast Club:

Weekly peer support group meeting on Thursdays 11am at Skipton Fire station

[www.facebook.com/becomingdementiafriendlyskipton](http://www.facebook.com/becomingdementiafriendlyskipton)

## Alcohol & Substance Misuse

### North Yorkshire Horizons

Specialist Alcohol and Substance Misuse Service.

01723 330730

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

## Food Bank

### Skipton Food Bank

Referrals to Phil (Centre Manager) 07856 080194

## Family Support

### SELFA

Providing a wide range of after school and holiday clubs for children and young people.

01756 706384

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

### Home Start Craven

01535 633782

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

## Patient Groups

### Osteoporosis Peer Support Group

Monthly Patient Education and Peer Support meeting , taking place on zoom 10:30am on the last Wednesday of the Month. Email Social Prescriber for further details: [Amanda.nowell@nhs.net](mailto:Amanda.nowell@nhs.net)

### Patient Network

Monthly Patient Forum to meet other Patients, and to learn, discuss and influence the latest developments within Primary Care, feeding back your experience as a Patient. Contact the Surgery for further details or visit the website.