Social Prescribing Directory

(Updated 20/12/21)

|  |
| --- |
| Mental Health and Wellbeing |
| My Wellbeing College  Currently running online courses & telephone 1-2-1 support . Waiting List  <http://bmywellbeingcollege.nhs.uk/>  Peer Talk  Weekly open peer support group for people with Depression in Skipton  <https://www.peertalk.org.uk/>  Chill & Chat Group  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  Skipton Community Wellbeing Café  St Andrew’s Church Hall, Newmarket Street  Every Thursday 1-3.30pm – Arts table run by Pioneer Project  Call Peter 07740530192  Qwell – online wellbeing community  [www.qwell.io](http://www.qwell.io)  Bereavement Support Group  CRUSE – Skipton 01756 797799  Well Together – Relaxation Group  Via teams – ring 01274 259190  Mental Health and Wellbeing Hub – Pioneer Projects  Skipton Town Hall – call 015242 62672 to book a place  Carers Resource – Monthly Carer’s Group  Second Monday of the month 10.30 – 12.30pm  Ronaldsway House, Skipton |
| Weight Management |
| Healthy Lifestyles 12 week Course  <https://www.cravendc.gov.uk/craven-leisure/healthy-lifestyles/>  Healthy Lifestyles Fit Walks  Call Steph Harrison 07935010318 to book or find out more  Live Better Programme  Virtual and face to face support for people struggling to make lifestyle changes  <https://eatmovebehappy.com/livebetter/>  Weight Watchers  Virtual / Workshop options available  [https://www.weightwatchers.com](https://www.weightwatchers.com/uk/weight-loss-plans-digital?&msclkid=63e7e51c03f61291fef5ba29220909f4&utm_source=bing&utm_medium=cpc&utm_campaign=BND%20-%20Prospecting%20-%20Weight%20Watchers%20-%20Pure%20-%20%5BExact%5D&utm_term=weight%20watchers%20uk&utm_content=Weight%20Watchers%20-%20Pure%20-%20%5BExact%5D&gclid=CO-H_vCHmOsCFQrcGwod0r8CNQ&gclsrc=ds)  NHS 12 week programme  Self help option  <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>  Hungry for Change Nutrition Course  To book onto this free online course, please contact Keighley Healthy Living : 01535 677177  Eat, Move be happy  [www.eatmovebehappy.com](http://www.eatmovebehappy.com) |
| Learning Disabilities |
| People First Keighley & Craven  Currently offering online singing and dancing groups  [https://peoplefirstkc.com](https://peoplefirstkc.com/#:~:text=People%20First%20Keighley%20and%20Craven%20used%20to%20be,evenings%20or%20weekends.%20In%202003%20we%20had%20)  Exclusively Inclusive  Social Support (currently virtually Zoom meetings)  <https://www.smallgoodstuff.co.uk/provider/exclusively-inclusive/> |
| Exercise Support |
| Exercise on Prescription  \*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/>  Stroke Rehabilitation  <https://www.cravendc.gov.uk/craven-leisure/healthy-lifestyles/arni-neuorological-injury-and-stroke-recovery/>  Park Run Skipton  9am Aireville Park  <https://www.parkrun.org.uk/skipton/>  Get Moving  Seated exercise support  https://reesfitness.co.uk/services-available/getmoving/  Seated Exercise  To book onto the weekly online sessions please call Keighley Healthy Living : 01535 677177 |
| Social Isolation |
| Sporting Memories Virtual Group  <https://www.sportingmemoriesnetwork.com>  Dyneley Podcast: <https://www.youtube.com/watch?v=xK2yy43HO18>  AGE UK Good friends Befriending :  \*open to all ages  01756 529654  <https://www.ageuknyd.org.uk/area/south-craven/>  Skipton Step into Action :  01756 802098  Nurturing Growth including mindful walks, coffee and chat and creative mindfulness  Skipton Town Hall Every Thursday from 10am  <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 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  Knit and natter  Horseclose Community Centre  Thursday 9.30 – 12.00  Incredible Edible Skipton  Every other Wednesday 10am  [www.incredibleedible.org.uk](http://www.incredibleedible.org.uk)  Craven Crafters  The Oddfellows Three Links Club  Tuesdays 10am – 12.00  Pioneer Projects - Sing a long with every Song  Online – everyone welcome!  Telephone: 015242 62672 |
| 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.cravendc.gov.uk/housing/>  [01756 706475](tel:01756706475)  Action Towards Inclusion Skipton  Support to progress towards work, education or training  Tel: 01423 500905  Warm and Well – support with practical solutions to reduce fuel poverty and support people to stay warm  Telephone: 01609 767 555 |
| Support Worker |
| Living Well Service  <https://www.northyorks.gov.uk/living-well-north-yorkshire>  01609 780780 |
| Cancer Support |
| Cancer Support Yorkshire  Online peer support  <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 Online Art Course  To book on please call Keighley Healthy Living: 01535 677177  Beginners Patchwork  You tube tutorials and weekly phone calls . For more information please call Keighley Healthy Living : 01535 677177 |
| 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) |
| 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  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 |
| Alcohol & Substance Misuse |
| North Yorkshire Horizons  Online & telephone support available at present  01723 330730  <http://www.nyhorizons.org.uk/> |
| Food Bank |
| Skipton Food Bank  Referrals to Phil (Centre Manager) 07856 080194  Pick up point – St Andrews Church |
| Family Support |
| SELFA  Currently offering online services for children and young people.  01756 706384  <https://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> |