

SKIPTON & SOUTH CRAVEN HEALTH PROMOTION

Monday

Skipton Walking for Health Group	Friendly walking group. Selection of short walks, suitable for all fitness levels. Meet every Monday, 1:45pm, Canal Basin, Coach Street	Contact Claire- 07850185360
South Craven Walking for Health Group	Mondays 9.30am, morning walks (up to 90minutes) in and around Crosshills/Glusburn, Silsden and nearby villages. Shared transport for getting to/from walk locations. Refreshments at the end of walks.	Group Leader Andy - 01535 632734
Walking football	Open to the over 50's, males and females. Great way to keep fit and healthy. Weekly sessions on Mondays 12-1pm and Sundays 9-10am at Sandylands. £5 per session, but first session is free!	Contact Chris: 07429508537
South Craven Library Book Club	Every 3rd Monday of the month 6-7pm.	Contact library: 01609 534502
Peer Talk Group	Volunteer facilitated peer support group meetings for people who live with depression, and to support their families. Meet on Mondays 7.30-9pm at the Hub, Skipton Town Hall.	Contact Peer Talk: 07719562617
Respiratory Rehabilitation Group	Self-help group to support and encourage people living with Breathing problems. Meet every Monday and Friday from 1.00pm to 3.00pm at Broughton Road Community Centre, Skipton, BD23 1TT. £1 per session	Contact: Bill on 07730 046 260 or Dot on 07745 650 611
Making Art Memory Loss Group	Art group for people living with Dementia, led by experienced Art therapists and support workers from Pioneer Projects. 10:15-12:15pm at Carers Resource, Brooks Street, Skipton. Booking Essential.	Pioneer Projects – 015242 62672
Skipton Men's Shed	If you like mending things, learning new skills, or giving back to your community, join the Men's Shed group! Meetings Monday 6-9pm and Fridays 10-1pm at Ings School, Broughton Road, Skipton.	Group Leader: Peter Smith : 07740530192
Tuesday		
Singing for Fun	A small supportive singing group for people with dementia or Parkinson's. Alternate Tuesdays 2.00-3.30pm at Skipton Baptist Church. £1 per session. Email singskipton@btinternet.com	Group Leader Sue- 01756 796967
Just Sing	A singing group open to all with an emphasis on singing for health. Alternate Tuesdays 2.00-3.30pm at Skipton Baptist Church. £2 per session. Email singskipton@btinternet.com	Contact Sue: 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 – 07710167855
Men's Cancer Support	Social & Peer Support Group for Men who have been affected by cancer. 1.30-3pm on alternate Tuesdays	Group Leader Debbie: 01756 228088

Group	at the Cancer Support Centre, Otley Street, Skipton	
Parkinson's café	Social Group for people who are diagnosed with Parkinsons. They meet on the First Tuesday of the month 7-9 p.m. in the conservatory, Heriots Hotel, Broughton Road, Skipton. Contact workingageskiptongroup@gmail.com	Contact Sheila 07794928071.
Skipton Friendship Group	Group for over 50's with varied programme including monthly speakers meetings. Website skiptonfriendshipgroup.org.uk. Three events free before considering joining.	Contact secretary 077827817255
Wednesday		
Crafts, Games & Coffee	Friendly social group who enjoy crafts & art. 12:30-2:30pm. Alternate Wednesdays. Fisher Medical Centre, Coach Street, Skipton	Group Leader Pauline – 07522794264
Rehabilitation Swim Session	Full access to the pools. Support available to help get in and out the water safely. Wednesdays 12:15 – 1pm Craven Leisure Centre, Gargrave Road, Skipton. Suitable for people who are disabled or need rehabilitation.	Craven Leisure Centre – 01756 792805
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, 4th Wednesday of the Month, Cancer Support Centre, Otley Street, Skipton	Group Leader Debbie: 01756 228088
Skipton Baptist Luncheon Club	3 course lunch every Wednesday 12-1pm at Skipton's Baptist Church. Anyone welcome, no booking required.	For further details: 01756 701099
Glusburn Luncheon Club	Luncheon club runs every Wednesday 12-1pm, at the Glusburn Institute. The cost of a 2 course meal and a brew is £4.50. Free transport is available on request.	Contact Pauline: 01535 635723 / 07436113748
Knit and Natter	Every Wednesday 10am-12noon at Skipton Library FREE all welcome.	Contact Helenne 01609 534548
Creative Writing Group	Every last Wednesday of the month 5.30-7.00pm at Skipton Library FREE all welcome.	Contact Louise 01609 534548
Rainbow Well- being Group	LGBTQ+ Support Group to improve mental wellbeing and develop techniques to deal with life's stresses. 4th Wednesday of the month, Dyneley Barn, 3-5pm	Contact MESMAC: 077751 937327
Welcome Wednesday Café	Dementia Friendly Café, every Wednesday Afternoon, 1pm - 3pm. £3.00 per person, £1.00 for Soup and a Roll. Please join us and try some of the activities, or simply come along and talk to others in a similar situation.	Contact Dementia Forward: 03300-578592
Gentle Yoga	Yoga for beginners, every Wednesday 10:30-11:30am at 45 Otley Street. Booking Advised. 1-2-1 sessions available for those with complex needs.	Contact Plum Yoga: 07714 760224
Tai Chi	Wednesdays - 1:30 to 2:30 pm - Fire House Studios, Skipton. www.huntuntaichi.uk	Telephone: 07528 959091
Thursday		

Memory Lane Café	Reminiscence Sessions, with films, music, and art. On the second and last Thursday of the Month 2-3:30pm at Dyneley Barn, Newmarket Street, Skipton. Dates inc: Feb 7th, 21st, and March 7th and 21st.	Contact Audrey: 07775780739
Social Strokes	The friendly group for anyone affected by stroke to receive support and advice, whilst meeting others in a similar situation. Meet on the 1st Thursday of every month, 2-3:30pm at Dyneley Barn, Newmarket Street, Skipton.	Contact Dyneley House Surgery: (01756) 799811
Rehabilitation Swim Session	Full access to the pools. Support available to help get in and out the water safely. Thursdays 12-1pm Craven Leisure Centre, Gargrave Road, Skipton. Suitable for people who are disabled or need rehabilitation.	Craven Leisure Centre – 01756 792805
Parkinson's Social Group	Parkinson's UK local branch. Third Thursday of the month 2.15 in the Soroptimist Rooms, Otley Street, Skipton. Talks, social events, information, friendship and support to local people with Parkinson's, their families and carers	Contact Sue 01756 796967
South Craven Walking for Health Group	Thursdays 9.30am - morning walks in and around Crosshills/Glusburn, Silsden and nearby villages. Shared transport for getting to/from walk locations. Refreshments at the end of walks.	Contact Andy: 01535 632734
Osteoporosis Support Group	Programme of educational talks for patients with osteoporosis and/or osteopenia. The meetings will be bi-monthly on the fourth Thursday at 10.30am at Dyneley House Barn.	RSVP: Dyneley House Surgery 01756 799311
Community Wellbeing Café	Every Thursday from 1pm - 4pm, St Andrew's Church Hall, Newmarket Street, Skipton. A friendly space with lots of tea and cake, and a range of activities to enjoy. Come along and join us!	Contact Peter: 07740 530192
Coffee Plus	Coffee Plus - topical speaker and refreshments. Every last Thursday of the month 10.45am at Skipton Library FREE all welcome.	Contact Helenne 01609 534548
Job Club	Job Club - every Thursday 2-4pm at South Craven Community Library FREE.	Contact library 01609 534502
Sporting Memories Group	Group for everyone who love Sport! Monthly talk from a local sporting hero. Free to attend, we meet on 3rd Thursday of the month, 2-3:30pm at Dyneley Barn.	Contact Dyneley House Surgery: 01756 799311
Friday		
Late Breakfast Club	Dementia Friendly Group. Meeting alternate Friday mornings 11.00 -12.30 at Skipton Fire Station, Broughton Road. Enjoy Toast, eggs, tea or coffee and an informal chat amongst friends or have a game of dominoes.	Contact Dementia Forward: 03300-578592
Get Moving	Exercise Class for people with chronic health conditions. Every Friday 1:15-2:15pm at Craven Leisure Centre. www.reesfitness.co.uk	Booking Via: 01756 792805
Glusburn institute café and computer drop in	Learn the basics of computers & the internet. 1-2-1 tutorials available on how to book GP Appointments online & order repeat prescriptions. Every Friday 10-12noon at Glusburn Institute, Crosshills. £3 per	Derek: 07834713735

	session	
An Open Door @ Trinity Methodist	A sociable afternoon of tea, coffee, cake and games. 1-5pm on Friday afternoons, at Trinity Methodist Church, Westmoreland Street, Skipton. Offers of help warmly welcomed.	Contact Joel 07710167855
Creative Arts and Crafts Group	Creative arts group to improve Mental Wellbeing. Sessions every Friday St Andrews Church Hall 2:30-4:30pm, Newmarket Street Skipton. Drop in or telephone to find out more information.	Contact Pioneer Projects on 015242 62672
Listening Ear	Peer support group for parents who have been affected by PND, PTSD and birth trauma. Meet others over coffee whilst children play. Every Friday 10-11:30am at the Skipton Childrens Centre.	
Skipton Men's Shed	If you like mending things, learning new skills, or giving back to your community, join the Men's Shed group! Meetings Monday 6-9pm and Fridays 10-1pm at Ings School, Broughton Road, Skipton.	Group Leader: Peter Smith : 07740530192
SATURDAY		
Park run – Skipton	Weekly free timed 5 km park run at Aireville Park, every Saturday at 9am. Open to all abilities. www.parkrun.org.uk	
Craft and Chat	Every 2nd Saturday of the month 11.30am-1.30pm at Skipton Library FREE all welcome	Contact Skipton Library 01609 534548
LGBT Social Group	The Skipton meeting is open to any LGBT person over the age of 18. We meet the first Saturday of the month at Skipton library between 11.30 and 13.30 and have social events at other times	lgbtkeighley@gmail.com
SUNDAY		
SUNDAY TEA PARTIES FOR OVER 75s	Monthly Sunday Tea Parties for people aged 75+, offering regular and vital friendship. Free of Charge, Transport provided. Available in South Craven & Skipton. Hosted by Contact the Elderly Charity.	Mary: 01535 632592
LOCAL SUPPORT SERVICES		
Social Services	Home Help, Benefits Assessments, Income Maximisation, Social Care packages & Safeguarding.	01609 780780
AGE UK –South Craven	Offering a range of support for people over 55 including Befriending, Good Friends, and an Information and Advice Service.	01756 529654
Exclusively Inclusive	Community group based in South Craven providing a range of inclusive social activities to help reduce isolation. Email: exclusivelyinclusive@gmail.com	07545546738
Good Friends Befriending Service	Good Friends can provide all kinds of support, including assisting an older person to attend a community activity, popping around for a cuppa , doing small tasks, walking an older persons dog as they're no longer able to.	Marcia : 07483 058845
Dementia Forward	Dementia Forward is a charity which supports anyone with a diagnosis. 1-2-1 , Group support and a telephone helpline service on offer.	01765 601224
Cruse Bereavement Support	Bereavement Support one-to-one or by telephone	01756 796004
Craven STAY	Advice on homelessness, finance support & mental health.	01756

	Horton Housing Service.	794882
Home Start - Family Support	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 ...	01433 863177
Carers Resource	Information, Advice & Support service for Carers.	01756 700888
CAP - Debt Support	Free Debt Counselling. CAP lifts people out of debt and poverty.	08003 280006
Citizens Advice	Advice on Benefits, employment, tax, legal rights and finance support. Drop in to Dyneley Barn, Newmarket Street, Skipton, Tuesdays and Thursdays 1-4pm.	01756 701731
SCAD - Disability Transport	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
Cellar Trust (Mental Health Support)	Support for unemployed adults experiencing mental health difficulties to improve wellbeing via voluntary work; activities; workshops; education / training etc.	01274 530448
XPERT Diabetes Programme	Diabetes Management Education Course. Available at Dyneley House & Fisher Medical Centre.	Contact your GP Surgery
Living Well Service (North Yorkshire Council)	1-2-1 Support helping you to improve your health and wellbeing, accessing the local community and reducing isolation. Visit : https://www.northyorks.gov.uk/living-well-north-yorkshire	Contact Adult Services: 01609 780780
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 780780
Skipton Cancer Support Centre	Available to anyone affected by a Cancer Diagnosis. Book an initial appointment to discuss how they can support you. Services include: Counselling, Complementary Therapies, Information, Transport, Art Therapy and Peer Support Groups. Drop in at: Cancer Support Yorkshire, 45a Armoury House, Otley Street, Skipton, BD23 1EL	01274 776688
Craven U3A Specialist Talks	Series of talks and courses across Craven including languages, music, history, art, walking, and more. Visit the website: www.cravenu3a.org.uk	07939007625
On Demand Community Transport	Community Transport, assisting you from door to door. Please call between the hours of 10-12noon Mon- Friday and leave a message on the answer machine to organise your trip.	01609 533877
Ex-Forces Support North Yorkshire	Supporting older veterans and ex-National Service personnel over 65 in North Yorkshire. This could be anything from learning new things and reconnecting them with their local community to practical aspects such as home maintenance, a healthy home check and carers support.	01904 704 177

SELFA – Children’s Charity	Support vulnerable, disadvantaged and disabled school-aged children and young people with clubs, trips and workshops. www.selfa.org.uk	01756 706384		
Guideline (MIND Telephone helpline)	Guide-Line is a confidential telephone helpline which offers support and information to anyone over the age of 18 who needs a one-off conversation, is in crisis, or requires ongoing mental health support. Open every day from 12noon until 9pm.	01274 594 594		
MESMAC	MESMAC offer services to various communities including men who have sex with men, BME people, people misusing drugs, sex workers and LGB&T young people and adults. Visit www.mesmac.co.uk for more information	01609 258745		
Craven 12 week Weight Management Courses Contact the Healthy Lifestyles Team for more information: 01756 792805	Venue	Day	Session format	Time
	Craven Leisure, Skipton BD23 1UD	Monday	Nutrition, exercise and weigh-in	2.15pm-3.30pm
	Dyneley Barn, Dyneley Surgery, Skipton BD23 2HZ	Monday	Nutrition and weigh-in	7pm – 8pm
	Broughton Road Community centre, Skipton, BD23 1TS Ladies only	Tuesday	Nutrition, exercise and weigh-in	1.30-2.45pm
	Giggleswick School, Settle BD24 0DE	Tuesday	Nutrition, exercise and weigh-in	6.30 – 7.45pm
	Dyneley Barn, Dyneley Surgery, Skipton BD23 2HZ	Tuesday	Nutrition and weigh-in	6.45pm-7.45pm
	Craven Leisure, Skipton BD23 1UD	Wednesday	Nutrition, exercise and weigh-in	2pm-3.15pm
	Belle Vue Mills, Skipton, BD23 1FL	Wednesday	Nutrition, exercise and weigh-in	6pm-7.15pm
	North Ribb Rugby Club, Settle, BD24 9RB	Thursday	Nutrition, exercise and weigh-in	10.30-11.45am
	Greatwood Community Centre, Skipton, BD23 2SR	Thursday	Nutrition, exercise and weigh-in	11.30am-12.45
Craven Leisure, Skipton BD23 1UD	Friday	Nutrition, exercise and weigh-in	2.45pm-4pm	