

# SKIPTON & SOUTH CRAVEN HEALTH PROMOTION

Spring  
2019

## Monday

<b>Skipton Walking for Health Group</b>	Friendly walking group. Selection of short walks, suitable for all fitness levels. Meet every Monday, 1:45pm, Canal Basin, Coach Street	Contact Claire-07850185360
<b>South Craven Walking for Health Group</b>	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
<b>Walking football</b>	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
<b>South Craven Library Book Club</b>	Every 3rd Monday of the month 6-7pm.	Contact library: 01609 534502
<b>Peer Talk Group</b>	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
<b>Respiratory Rehabilitation Group</b>	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

## Tuesday

<b>Singing for Fun</b>	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 <a href="mailto:singskipton@btinternet.com">singskipton@btinternet.com</a>	Group Leader Sue- 01756 796967
<b>Just Sing</b>	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 <a href="mailto:singskipton@btinternet.com">singskipton@btinternet.com</a>	Contact Sue: 01756 796967
<b>Community Allotments Group</b>	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
<b>Men's Cancer Support Group</b>	Social & Peer Support Group for Men who have been affected by cancer. 1.30-3pm on alternate Tuesdays at the Cancer Support Centre, Otley Street, Skipton	Group Leader Debbie: 01756 228088
<b>Parkinson's café</b>	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 <a href="mailto:workingageskiptongroup@gmail.com">workingageskiptongroup@gmail.com</a>	Contact Sheila 07794928071.
<b>Skipton Friendship Group</b>	Meet on the last Tuesday of the month at Broughton Road Community Centre at 2pm. The group is for over 50s, who would like to join with like-minded others to take part in a range of activities. Transport may be available on request.	Contact Secretary 07827 817255

## Wednesday

<b>Crafts, Games &amp; Coffee</b>	Friendly social group who enjoy crafts & art. 12:30-2:30pm. Alternate Wednesdays. Fisher Medical Centre, Coach Street, Skipton	Group Leader Pauline – 07522794264
<b>Rehabilitation Swim Session</b>	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
<b>SCOFF Café</b>	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

<b>Women's Cancer Support Group</b>	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
<b>Breathe Easy</b>	Support group for people with respiratory problems. The group meets on 1st Wednesday of the month 1:45-3:45pm at The Hub, Stone Grove, Steeton. No booking required.	British Lung Foundation: 03000 030 555
<b>Skipton Baptist Luncheon Club</b>	3 course lunch every Wednesday 12-1pm at Skipton's Baptist Church. Anyone welcome, no booking required.	For further details: 01756 701099
<b>Glusburn Luncheon Club</b>	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
<b>Carers Hub</b>	Come along and meet other carers, participate in activities, access information and take time out for your wellbeing. Meet Every Wednesday 12.30-3pm.	For further details: 01274 251112
<b>Knit and Natter</b>	Every Wednesday 10am-12noon at Skipton Library FREE all welcome.	Contact Helenne 01609 534548
<b>Creative Writing Group</b>	Every last Wednesday of the month 5.30-7.00pm at Skipton Library FREE all welcome.	Contact Louise 01609 534548
<b>Rainbow Well-being Group</b>	LGBTQ+ Support Group to improve mental wellbeing and develop techniques to deal with life's stresses. 4 <sup>th</sup> Wednesday of the month, Dyneley Barn, 3-5pm	Contact MESMAC: 077751 937327
<b>Thursday</b>		
<b>Memory Lane Café</b>	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 7 <sup>th</sup> , 21 <sup>st</sup> , and March 7 <sup>th</sup> and 21 <sup>st</sup> .	Contact Audrey: 07775780739
<b>Social Strokes</b>	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
<b>Rehabilitation Swim Session</b>	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
<b>Parkinson's Social Group</b>	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 David 01535 633054
<b>South Craven Walking for Health Group</b>	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
<b>Osteoporosis Support Group</b>	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
<b>Community Wellbeing Café</b>	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
<b>Coffee Plus</b>	Coffee Plus - topical speaker and refreshments. Every last Thursday of the month 10.45am at Skipton Library FREE all welcome.	Contact Helenne 01609 534548
<b>Job Club</b>	Job Club - every Thursday 2-4pm at South Craven Community Library FREE.	Contact library 01609 534502
<b>Knit and Natter</b>	Every 1st and 3rd Thursday of the month 2-5pm at Settle Community Library FREE all welcome.	Contact Library 01609 534535

<b>Parkinsons Seated Exercise Class</b>	Exercise, relaxation and education with a physiotherapist. Monthly Thursdays 1.30-3.00pm at Greatwood and Horse Close Community Centre. No charge.	Contact Sue : 01756 796967.
<b>Sporting Memories Group</b>	Group for everyone who love Sport! Monthly talk from a local sporting hero. Free to attend, we meet on 3 <sup>rd</sup> Thursday of the month, 2-3:30pm at Dyneley Barn.	Contact Dyneley House Surgery: 01756 799311
<b>Strong and Steady Exercise Group</b>	Exercise classes for over 60s, to help reduce your risks of falls. Thursdays 4:30-5:45pm at Dyneley Barn. £6 per session. Booking required.	Contact Jill: 07955 342344
<b>Friday</b>		
<b>Making Art Memory Loss Group</b>	Art group for people living with Dementia, led by experienced Art therapists and support workers from Pioneer Projects. 2-4pm at Carers Resource, Brooks Street, Skipton. Booking Essential.	Group Leader Philippa – 015242 62672
<b>Get Moving</b>	Exercise Class for people with chronic health conditions. Every Friday 1:15-2:15pm at Craven Leisure Centre. <a href="http://www.reesfitness.co.uk">www.reesfitness.co.uk</a>	Booking Via: 01756 792805
<b>Glusburn institute café and computer drop in</b>	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 session	Derek: 07834713735
<b>An Open Door @ Trinity Methodist</b>	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
<b>Creative Arts and Crafts Group</b>	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
<b>SATURDAY</b>		
<b>Park run – Skipton</b>	Weekly free timed 5 km park run at Aireville Park, every Saturday at 9am. Open to all abilities. <a href="http://www.parkrun.org.uk">www.parkrun.org.uk</a>	
<b>Craft and Chat</b>	Every 2nd Saturday of the month 11.30am-1.30pm at Skipton Library FREE all welcome	Contact Skipton Library 01609 534548
<b>LGBT Social Group</b>	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	<a href="mailto:lgbtkeighley@gmail.com">lgbtkeighley@gmail.com</a>
<b>SUNDAY</b>		
<b>SUNDAY TEA PARTIES FOR OVER 75s</b>	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
<b>LOCAL SUPPORT SERVICES</b>		
<b>Social Services</b>	Home Help, Benefits Assessments, Income Maximisation, Social Care packages & Safeguarding.	01609 780780
<b>AGE UK –South Craven</b>	Offering a range of support for people over 55 including Befriending, Good Friends, and an Information and Advice Service.	01756 529654
<b>Exclusively Inclusive</b>	Community group based in South Craven providing a range of inclusive social activities to help reduce isolation. Email: <a href="mailto:exclusivelyinclusive@gmail.com">exclusivelyinclusive@gmail.com</a>	07545546738
<b>Good Friends Befriending Service</b>	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
<b>Dementia Forward</b>	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
<b>Disability Employment Support</b>	Monthly Disability Employment support clinics at Dyneley House Surgery. Book via Dyneley House Surgery. Non registered patients also welcome	01756 799311
<b>Making Space</b>	Dementia Support Service – helping you to stay in your own home for as long as possible, helping you with daily living, personal care, keeping safe, and	01535 606086

	accessing local community groups and day services.	
<b>Cruse Bereavement Support</b>	Bereavement Support one-to-one or by telephone	01756 796004
<b>Craven STAY</b>	Advice on homelessness, finance support & mental health. Horton Housing Service.	01756 794882
<b>Home Start - Family Support</b>	Information, Support and Advice Service for Parents & Families	01535 633782
<b>Home from Hospital Service</b>	Free short-term practical help i.e. shopping, cooking, house chores, collecting prescriptions ...	01433 863177
<b>Carers Resource</b>	Information, Advice & Support service for Carers.	01756 700888
<b>CAP - Debt Support</b>	Free Debt Counselling. CAP lifts people out of debt and poverty.	08003 280006
<b>Citizens Advice</b>	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
<b>SCAD - Disability Transport</b>	Disability Transport, Activities and Day Trips	01756 701005
<b>Sight Airedale</b>	Sight impairment support group and information service	01535 602354
<b>Food Bank</b>	Free Food Parcels for those in need. Please contact your GP Surgery to request a referral	
<b>First Response 24/7</b>	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
<b>Cellar Trust (Mental Health Support)</b>	Support for unemployed adults experiencing mental health difficulties to improve wellbeing via voluntary work; activities; workshops; education / training etc.	01274 530448
<b>XPERT Diabetes Programme</b>	Diabetes Management Education Course. Available at Dyneley House & Fisher Medical Centre.	Contact your GP Surgery
<b>Living Well Service (North Yorkshire Council)</b>	1-2-1 Support helping you to improve your health and wellbeing, accessing the local community and reducing isolation. Visit : <a href="https://www.northyorks.gov.uk/living-well-north-yorkshire">https://www.northyorks.gov.uk/living-well-north-yorkshire</a>	Contact Adult Services: 01609 780780
<b>Adult Skills &amp; Learning Centre</b>	Learn a new skill, complete a qualification & improve your CV. Variety of programmes on offer. Contact the centre for more details.	01609 780780
<b>Skipton Cancer Support Centre</b>	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
<b>Craven U3A Specialist Talks</b>	Series of talks and courses across Craven including languages, music, history, art, walking, and more. Visit the website: <a href="http://www.cravenu3a.org.uk">www.cravenu3a.org.uk</a>	07939007625
<b>On Demand Community Transport</b>	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
<b>Ex-Forces Support North Yorkshire</b>	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
<b>SELFA – Children’s Charity</b>	Support vulnerable, disadvantaged and disabled school-aged children and young people with clubs, trips and workshops. <a href="http://www.selfa.org.uk">www.selfa.org.uk</a>	01756 706384
<b>Guideline (MIND Telephone helpline)</b>	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
<b>MESMAC</b>	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 <a href="http://www.mesmac.co.uk">www.mesmac.co.uk</a> for more information	01609 258745
<b>Sparkle Parent Support Group</b>	Support Group for parents and carers with children on the Autistic spectrum. An opportunity to get together for a drink and a chat in Skipton.	07792123955
<b>Disability Employment Support</b>	Monthly Clinic at Dyneley House Surgery for anyone living with a long term condition or disability, who needs support to return to work or manage in their existing role.	Book via Dyneley House Surgery 01756 799311

Craven 12 week Weight Management Courses	Venue	Day	Session format	Time
<b>Contact the Healthy Lifestyles Team for more information: 01756 792805</b>	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

For more information, please contact Health Promotion Officer Emma Taylor: [emma.taylor42@nhs.net](mailto:emma.taylor42@nhs.net)