

# Social Prescribing Directory

## North Craven

(All Free of Charge for Townhead Patients. Last updated 13/7/2022)



### Mental Health

#### **My Wellbeing College**

Currently running online courses & telephone and 1-2-1 support  
<http://bmywellbeingcollege.nhs.uk/>

#### **Peer Talk**

Weekly open peer support group for people with Depression in Skipton  
<https://www.peertalk.org.uk/>

#### **Ground Yourself in Green – Skipton Step into Action**

A range of activities to improve mental health and wellbeing  
Tel: 01756 802098 to book a place

#### **Sunrise Bereavement Group – Age Uk North Craven**

1<sup>st</sup> Wednesday in the month  
Contact Julie on 01729 823066

#### **Pioneer Projects**

Creative Craven Settle for Mental Health and Wellbeing  
Friday 2.30 – 4.30  
015242 62672

### Weight Management

#### **Healthy Lifestyles 12 week Course**

The Place, Settle – Thursdays 10.30 – 12.00  
Tel: 01756 706282  
<https://www.cravencdc.gov.uk/craven-leisure/healthy-lifestyles/>

#### **Live Better Programme**

Virtual Support for people struggling to make lifestyle changes  
<https://eatmovebehappy.com/livebetter/>

#### **Weight Watchers**

<https://www.weightwatchers.com>

#### **NHS 12 week programme**

Self help option  
<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

### Learning Disabilities

#### **People First Keighley & Craven**

<https://peoplefirstkc.com>

**Exclusively Inclusive**

Social Support

Email: [katiepeacock@live.co.uk](mailto:katiepeacock@live.co.uk)

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

**Exercise Support****Exercise on Prescription**

\*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

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

**Stroke Rehabilitation**

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

**Park Run Skipton**

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

**Get Moving**

Seated exercise support

<https://reesfitness.co.uk/services-available/getmoving/>

**Strong and Steady - North Yorkshire Sport**

Langcliffe Village Institute

[kckd@btinternet.com](mailto:kckd@btinternet.com)

**Movement to Music – North Craven Age Uk @ The Place**

2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month – 2-3pm

Tel: 01729 823066

**Ramblers Wellbeing Walks – North Craven Strollers**

Every Wednesday 1.30pm from Millennium Gardens

Tel: 07879643878

**Social Groups****AGE UK North Craven Good Friends Project - Befriending**

01729 823066

**Pioneer Projects**

Community Art Shed – Looking Well Studios Bentham

015242 62672

**Age Uk North Craven – Walking Rugby**

Friday North Ribblesdale RUFC

£3 per session

01729 823066

**Coffee and Chat – Age Uk North Craven @ The Place**

Wednesday 10.30 – 12.00

Tel: Caroline Wilson 01729 823066

**Age Uk North Craven – Allotment Drop in**

Dog Meadow Settle – Wednesday and Friday 12.30 – 3.00pm

**Settle Hub Allotment Group:**

phone 07977 040329 to find out more information.

**Age Uk North Craven – Bingo**

Tuesday Limestone View 1.00 – 3.30pm

£2

Tel: 01729 823066

**Carer's Resource Allotment Group**

Every Friday Middletown Allotment Skipton 10.00 -11.00

Drop in

**Swadford Wellbeing Café Skipton– Out of hours support**

Friday 5pm – 10pm

Saturday 12 – 5pm

**Mid Craven Lunch Group –Carers Resource**

Gamekeepers Inn - Friday's

Tel: 07590877916

**Carer's Resource Wellbeing Sessions Online**

Tuesday's 10.00am

Tel: 01274 449660 and ask for Caroline Knight

**Settle Library – home visiting service**

Tel: 01729 825683

**Sing along with every song – Pioneer Projects**

Online session every Wednesday 10.30 – 11.30

015242 62672

**Settle Hub – Community Munchers**

The Quakers 2<sup>nd</sup> and 4<sup>th</sup> Thursday every month

Tel: 07419127988 for more information

## Dementia

### **Pioneer Projects – Making Connections Settle**

Tuesdays, The Place, Settle 10.30 – 12.30

015242 62672

### **Dementia Forward**

Time Together Tuesday Wellbeing Café

St John's Methodist Church, Settle 2pm – 3.30pm

Tel: 03300 578592

## 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

### **Horton Housing Drop In**

The Place, Settle – Fortnightly from the 7<sup>th</sup> of July 2022

Help with all welfare issues

Tel 01756 794882 Pinder House

### **DWP disability advisor service**

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

Stuart Evans

01904 682176

### **Craven Housing Support Team**

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

01756 706475

### **Age UK North Craven – Information and Advice**

Tel: 01729 823066 and ask for Tracy

## Support Worker

### **Living Well Service**

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

01609 780780

### **Social Prescribing Service**

Helping you to improve your health and wellbeing, and addressing any social issues such as housing, stress, finances, relationship problems and bereavements. Please contact your GP practice to book a telephone appointment or self refer at:

[Welcome - Wharfedale Airedale & Craven Alliance \(wacalliance.co.uk\)](http://wacalliance.co.uk)

## Cancer Support

### **Cancer Support Yorkshire**

Online peer support

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

Digital Support
<b>Digital Inclusion Craven</b> Tel: 01756 700600 for more information on the current projects
Learning Support
<b>Adults Skills &amp; Learning Courses</b> Online & blended learning options <a href="https://www.northyorks.gov.uk/view-adult-learning-courses-and-enrol-online">https://www.northyorks.gov.uk/view-adult-learning-courses-and-enrol-online</a>  <b>North Yorkshire Libraries</b> Online Sessions including Creative Writing , Book talks etc <a href="https://www.northyorks.gov.uk/libraries-news-and-events">https://www.northyorks.gov.uk/libraries-news-and-events</a>
Alcohol & Substance Misuse
<b>North Yorkshire Horizons</b> Online & telephone support available at present 01723 330730 <a href="http://www.nyhorizons.org.uk/">http://www.nyhorizons.org.uk/</a>
Transport
<b>Age Uk North Craven</b> 01729 823066  <b>Dial a ride - NYCC Fleet</b> 01609 533887
Food Bank
<b>Skipton Food Bank</b> Referrals to Phil (Centre Manager) 07856 080194 Pick up point –Age UK North Craven Offices Settle  <b>Settle Pop Up Pantry</b> Holy Ascension Church, Friday 11-12 01729 825955  <b>Community Fridges</b> Tel: 07977040329 for information regarding locations
Family Support
<b>SELFA</b> Currently offering online services for children and young people. 01756 706384 <a href="https://www.selfa.org.uk/">https://www.selfa.org.uk/</a>  <b>Home Start Craven</b> Supporting families (child under 5) to access support during pandemic

01535 633782

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

**GR8 Minds**

Social Prescribing & Counselling Services for Children under 18 years of age, support with mental health , behaviour , and physical health & wellbeing. To book an appointment please contact your registered GP practice.