

# Social Prescribing Directory

## to support health and well-being in Addingham



This update: November 2022

### Mental Health

- **My Wellbeing College**  
Currently running online courses and telephone 1-2-1 support.  
<http://bmywellbeingcollege.nhs.uk/>
- **Peer Talk**  
Weekly open peer support group for people with living with depression. Local group is in Skipton Town Hall every Monday from 7:30pm-9pm. If you want to talk to someone before turning up, please call 07719 562617 or email [enquiries@peertalk.org.uk](mailto:enquiries@peertalk.org.uk).  
<https://www.peertalk.org.uk/>
- **First Response 24/7**  
Support available 24 hours a day, seven days a week to anyone experiencing a mental health crisis.  
0800 952 1181 or text SHOUT to 85258 (this is the national crisis line.)
- **Qwell**  
An online emotional wellbeing and mental health support with mental health support via the chat. It is anonymous and free to register.  
<https://www.qwell.io/>
- **Mind**  
Website: <https://www.mind.org.uk/>  
Helpline: 0300 123 3393. Textline: 86463
- **Mind in Bradford**  
Guideline 08001 884 884  
A confidential telephone helpline which provides mental health support and information, including about other services. Available by calling 08001 884 884 between 12pm (midday) and 12am.  
There is also an online webchat facility - full details following this link:  
<https://www.mindinbradford.org.uk/support-for-you/guide-line/>
- **Samaritans**  
Website: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>  
Free helpline: 116 123  
Email: [jo@samaritans.org](mailto:jo@samaritans.org) – response time 24 hours

- **Talk and Thrive**- EMPOWERING Survivors- women and men's groups. Active Facebook page and live chats.  
[emps.talkandthrive2014@gmail.com](mailto:emps.talkandthrive2014@gmail.com)

## Bereavement support

- **Cruse Bereavement Care**  
Leading national charity for bereaved people. 0808 808 1677
- **Ilkley Bereavement Support Group**  
<http://lbforum.org.uk/services/ilkley-bereavement-support-group/>  
01943 600936  
Weekly support: Thursday 10.30am-12.30pm at Clarke Foley centre in Ilkley.
- **The Good Grief Foundation**  
<https://www.thegoodgrieftrust.org/i-have-lost-a/partner/>  
Interactive website that is run by people who have experienced similar grief.
- **Love & Loss**  
A face to face meeting, on the last Monday of every month at Clarke Foley Centre, Ilkley.  
Contact Clarke Foley Centre on 01943 607016 or Piers Lane on 07967 327230
- **Leeds Bereavement Forum** 0113 225 3975
- **Loss Group** 0113 205 5513
- **Child Death Helpline** 0800 282986

## Dementia

- **Dementia Friendly Ilkley Action**  
Information on services and support for people with dementia and carers. Social Support for carers (1-1 and virtual Zoom meetings planned) Tel: 07936 446097  
Email: [info@dfia.org.uk](mailto:info@dfia.org.uk). Website: [www.dfia.org.uk](http://www.dfia.org.uk)
- **Alzheimer's Society**  
Advice and Support Service for people with memory loss  
01274 586008  
<https://www.alzheimers.org.uk/>
- **Addingham Good Neighbours**  
Befriending, social groups, transport and shopping services  
01943 839425. Contact Diana Keeble.  
[addinghaminfo@gmail.com](mailto:addinghaminfo@gmail.com)

## Weight Management

- **Live Better Programme**  
Online support for people struggling to make lifestyle changes  
<https://eatmovebehappy.com/livebetter/>
- **Healthy Choices**  
8 week programme GP referral required  
[Healthy Choices - Eat, Move, Be Happy \(eatmovebehappy.com\)](https://eatmovebehappy.com/healthy-choices)
- **Weight Watchers**  
Virtual / Workshop options available  
<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/>
- **Couch to 5k**  
Self help- self managed running  
<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>
- **Our Parks** free online exercise programmes  
<https://ourparks.org.uk/>  
Couch to Fitness, Couch to Bhangra, Couch to Family Fit and much more  
<https://ourparks.org.uk/content/couch-to-programmes>

## Exercise support

- **BEEP – Bradford Encouraging Exercise for People**  
Referral required by a Health Professional or Social prescriber. Free for 52 weeks.  
<https://www.bradford.gov.uk/beep>
- **Couch to 5km Programme**  
Self help programme  
<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>
- **Our Parks** free online exercise programmes  
<https://ourparks.org.uk/>  
Couch to Fitness, Couch to Bhangra, Couch to Family Fit and much more  
<https://ourparks.org.uk/content/couch-to-programmes>
- **Exercise for Disabilities – Get Moving**  
<https://reesfitness.co.uk/services-available/getmoving/>
- **Junior Park Run – Ilkley**  
<https://www.parkrun.org.uk/riversidegardens-juniors/course/>

- **Park Run - Keighley**

Free every Saturday- register on website:

<https://www.parkrun.org.uk/cliffe-castle>

- **Get Moving**

Seated exercise support and focussed classes for stroke rehabilitation, Parkinson's, MS and arthritis

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

- **Clarke Foley Centre**

Please check the website lots of new groups available for all ages

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

- **Ilkley Park 3 Bridges** 1 ¾ walk.

<https://discoverilkley.co.uk/three-bridges-trail/>

## Chronic Pain

- **Retrain pain foundation**

Online advice, support, and information. Free worksheets and newsletter

[www.retrainpain.org](http://www.retrainpain.org)

- **The Pain Toolkit**

Toolkits, online workshops and cafe

[www.pain toolkit.org](http://www.pain toolkit.org)

## Social isolation

- **Sporting Memories Virtual Group**

<https://www.sportingmemoriesnetwork.com>

- **Silverline Telephone Befriending:** 0800 470 80 90

- **LGBT Switchboard & Helpline:** 0300 330 0630 10.00 – 22.00

- **Friends of Dorothy**

A new tele-befriending service for over 50s LGBTQ+ community in West Yorkshire

[www.friendsofdorothy.org.uk](http://www.friendsofdorothy.org.uk)

[befriending@openingdoors.lgbt](mailto:befriending@openingdoors.lgbt)

- **Addingham Good Neighbours**

Befriending, social groups, transport and shopping services.

01943 839425. Contact Diane Keeble.

[addinghaminfo@gmail.com](mailto:addinghaminfo@gmail.com)

- **Addingham Civic Society**

01943 or 07470 537421

Website includes lists of events and social projects

<https://addinghamcivicsociety.co.uk>

- **Pioneer Projects**

Currently offering a range of activities online and face to face.

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

Tel: 015242 62672

- **University of the 3<sup>rd</sup> Age (U3A)**

Lots of different groups please check their website:

<https://ilkleyu3a.org/>

## Personal Support Navigator

- **Personal Support Navigators (AGE UK)**

Home visits for personal support for older people. By referral only; please contact Social Prescriber

## Welfare

- **Citizens Advice**

Benefits, employment issues, housing issues, and consumer problems. Online advice is available 24/7 at: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Telephone 0300 3309 036

- **DWP disability advisory service**

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

0800 121 4433

- **Bradford Housing Options Service**

<https://bradford.gov.uk/housing/help-with-housing-and-homelessness/the-housing-options-service/>

01274 435999

- **Homeless Emergency Support: 01274 381999**

- **Age UK Bradford District**

Information & Advice service for people over 55 years of age: 01274 395144

- **Carers Resource**

Information and Advice service for Carers: 01274 449660

[www.carersresource.org](http://www.carersresource.org)

- **Relate**

Relationship counselling: tel: 01535 605047

[www.relatecrosspennine.org.uk](http://www.relatecrosspennine.org.uk)

## Learning Disabilities

- **People First Keighley & Craven**  
Currently offering online singing and dancing groups  
<https://peoplefirstkc.com>
- **Exclusively Inclusive**  
Social Support. Facebook page contains calendar of activities.  
<https://www.smallgoodstuff.co.uk/provider/exclusively-inclusive/>
- **Outside the Box**  
A café which offers courses on building independence. Please check the Facebook outside the box. (café is open restrictions in place) \_tel:01943 431173  
<https://www.outsidetheboxcafe.com/>
- **LS29 Special needs support group**  
For families who have children with additional needs who live in the local area, offering support and activities.  
<http://www.ls29group.co.uk/>

## Cancer Support

- **Cancer Support Yorkshire**  
Online peer support  
<https://cancersupportyorkshire.org.uk/>

## Art as therapy

- **Pioneer Projects**  
The main organisation for arts and crafts activities in the local area. 015242 62672  
<https://pioneerprojects.org.uk/what-we-do/pioneer-projects/>

## Digital support

- **Well Together**  
Training available. Can provide free devices to get people online. 01274 321911  
<https://www.bdct.nhs.uk/services/well-together-service/>
- **Worth Connecting Service** for people aged 55+. 6-week sessions at Clarke Foley Centre.  
Help with Computers – training and device loan  
<https://www.clarkefoley.org.uk/calendar/329/cf-worth-connecting>  
<https://www.carersresource.org/worth-connecting/>  
For more information contact Carers Resource on 01274 449660 or email  
[info@worthconnecting.org](mailto:info@worthconnecting.org)

## Learning and skills

- **Adult Learning Skills Courses**

Online and blended learning options

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

- **Worth Connecting Service** (provided by Carers Resource) for people aged 55+. 6-week sessions at Clarke Foley Centre. Help with Computers – training and device loan. For more information contact Carers Resource on 01274 449660

<https://www.clarkefoley.org.uk/calendar/329/cf-worth-connecting>

<https://www.carersresource.org/worth-connecting/>

or email [info@worthconnecting.org](mailto:info@worthconnecting.org)

## Osteoporosis Peer Support

- A local support group. Please check website for Zoom link and dates.

<https://www.dyneleyhousesurgery.co.uk/latest-news/180-osteoporosis-peer-support-group.html>

## Alcohol and substance use

- **Project 6**

Substance use service based in Keighley. Also offer one-to-ones and drop-in session at Christchurch in Ilkley on Thursdays. 01535 608631 <https://www.project6.org.uk>

- **Narcotics Anonymous** 0300 999 1212
- **Alcoholics Anonymous** 0800 917 7650
- **Drinkline** 0300 123 1110
- **Heroin Helpline** 0203 553 0324
- **FRANK** 0300 123 6600 [talktofrank.com](http://talktofrank.com)

## Family support and activities

- **Home Start Bradford**

Supporting families (child under 5) to access support during pandemic. Tel: 01535 633782 <https://www.home-start.org.uk/home-start-craven>

- **Dan's Den**

Soft play centre for families at Christ Church, Ilkley. Outreach worker and team members trained to offer support and a listening ear. Tel: 01943 603903

<https://www.dansdenilkley.com/>

- **Wharfedale Mumbler**

An online website where discounts that are applicable to parents. Activities are posted. Also jobs that work for parents is posted on this website.

<https://wharfedale.mumbler.co.uk/>

- **Ilkley Chat**

A Facebook group which advertises local volunteer groups, jobs and local events please search Ilkley chat on Facebook or see website <https://www.ilkleychat.co.uk/>

- **Totally Locally Addingham**

A facebook group advertising local events, volunteer groups and updates in the community  
Please search via FB and like page. Group is also on twitter as [addinghamlocal](#).

## Food Bank

- **Ilkley Food Bank**

If a family requires an emergency food parcel, or if you wish to volunteer for the food bank project, please ask your Social Prescriber for a referral.

## Victim support

- **Women's Aid** 0113 246 0401 (24 hours)

- **National Domestic Abuse helpline** 0808 2000 247

- **Abuse Counselling**

[Sexual abuse counselling services in York | Survive, York \(survive-northyorks.org.uk\)](#)

## Village resources

- **Addingham Hub**

The Old School, LS29 0NS

Community library and heritage centre. Venue hire; meeting rooms; exhibitions etc.

[clerk@addingham-pc.gov.uk](mailto:clerk@addingham-pc.gov.uk)

- **Addingham Good Neighbours**

Befriending, social groups, transport and shopping services

01943 839425. Contact Diana Keeble.

[addinghaminfo@gmail.com](mailto:addinghaminfo@gmail.com)

## Volunteering

- **Volunteering Ilkley**

Volunteering is known to have a range of positive health benefits - both physical and mental. For a range of local roles visit <https://volunteeringilkley.org.uk/>

- **Ilkley Chat**

A Facebook group which advertises local volunteer groups, jobs and local events please search Ilkley chat on Facebook or see website below:

<https://www.ilkleychat.co.uk/>