

Mental Health and Wellbeing

- **My Wellbeing College**
Online courses & telephone 1-2-1 support. There is a waiting list
<https://bmywellbeingiapt.nhs.uk>
01274 221234
- **Peer Talk**
Check the website for details of groups in Bradford and Skipton.
<https://peertalk.org.uk>
- **Qwell** – online wellbeing community. Free to subscribe.
www.qwell.io
- **Silverlines**
<https://www.thesilverline.org.uk>
0800 4708090 Helpline for older people – open 24/7. Offers regular friendship calls, links people to local groups.
- **Well Together**
[Well Together service - BDCT](#)
Volunteer-led activities to improve health e.g., relaxation, peer support, walks etc
01274 259190
- **#itsworthtalkingabout**
<https://itsworthtalkingabout.org>
Or check Facebook page for full details of all groups throughout Airedale (Glusburn, Silsden, Haworth, Keighley)
- **Missing Peace**
Wellbeing and support through training and peer support groups
missingpeacews@gmail.com
07711 271596
- **Mind**
<https://mind.org.uk>
0300 123 3393
- **Keighley Cougars & IWTA**
A mental health partnership – peer support, campaigning, and information
<https://cougarpark.co.uk>

01535 606044

- **Andy's Man Club**

Groups around the country all meet at the same time: Mondays, at 7.00pm. Join in at Project 6 Devonshire Street, Keighley.

<https://andysmanclub.co.uk>

Bereavement support

- **Childhood Bereavement Network**

<https://childhoodbereavementnetwork.org.uk>

- **The Good Grief Foundation**

<https://www.thegoodgrieftrust.org/i-have-lost-a/partner/>

An interactive website that is run by people who have experienced similar grief.

- **Silverlines**

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

0800 4708090 Helpline for older people – open 24/7. Offers regular friendship calls, links people to local groups.

- **Cruse Bereavement**

Helpline: 01756 797799 (Craven & Bradford Area) 0808 8081677

www.cruse.org.uk

- **Time for me bereavement group**

Facebook group offering contact and support. helen.timeforme@gmail.com

Exercise support

- **Keighley Health Living**

<https://khl.org.uk>

- **Couch to 5km Programme**

Self-help programme

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

- **Park Run Keighley**

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

- **Eat Move Be Happy**

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

Chronic pain

- **Keighley Health Living – Rethink Pain**
<https://khl.org.uk>
- **Retrain pain foundation**
Online advice, support, and information. Free worksheets and newsletter
www.retrainpain.org
- **The Pain Toolkit**
Toolkits, online workshops, and café
www.paintoolkit.org

Housing

- **Bradford Housing Support Team**
<https://bradford.gov.uk/housing/help-with-housing-and-homelessness/the-housing-options-service>
01274 435999
- **Homeless Emergency Support:**
01274 381999

Learning disabilities

- **People First Keighley & Craven**
A wide range of activities and events. Based at Central Hall, Alice Street Keighley.
<https://peoplefirstkc.com>
- **Exclusively Inclusive**
Social support for isolation. Games, peer support, craft activities and more.
<https://www.smallgoodstuff.co.uk/provider/exclusively-inclusive/>
07545 546738

Cost of living

- **Cost of Living Bradford**
Advice and guidance on housing, debt, energy and bills, governments support; health and well being warm spaces and much more. Free booklet available
<https://costoflivingbradford.co.uk>

Independent living

- **Living Independently Bradford Council**
<https://www.bradford.gov.uk/adult-social-care/living-independently/living-independently/>

Cancer Support

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

Dementia support

- **Dementia Forward**
Advice, information, and support
<https://www.dementiaforward.org.uk> 0330 057 8592
- **Dementia Friends Keighley**
Monday – Friday; 10am – 4pm
Information and Support Centre; 6 College Walk, Airedale Shopping Centre,
Keighley, BD21 3NU. 01535 602529
- **Alzheimer's Society**
Advice and Support Service for people with memory loss
01274 586008
<https://www.alzheimers.org.uk/>

Digital support

- **Worth connecting**
To help people over 55 to get online and become digitally independent.
Contact on 01274 449660 or info@worthconnecting.org

Alcohol and substance use

- **Keighley Pathways**
01535 608631
- **Project 6**
Provide services for individuals, families and communities affected by substance use
www.project6.org.uk
01535 610180
11-19 Temple St, Keighley, BD21 2AD
Email: info@project6.org.uk

Food Bank

- **Keighley 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.

Family Support

- **Cellar Trust**
<https://parentsonline.co.uk>
- **Home Start Bradford**
Supporting families (child under 5) to access support during pandemic
01535 633782
<https://www.home-start.org.uk/>
- **Family Corner**
FREE online resource of parent friendly blogs and features focusing on children's early learning and development.
www.familycorner.co.uk
- **Early Years Alliance website**
Offer families FREE, professional advice on - the 30-hour offer, choosing the right childcare, settling your child into nursery or pre-school, information on how children learn and develop, support for parents about children with special educational needs - info@eyalliance.org.uk or www.eyalliance.org.uk/parents
- **Family Time Tips**
FREE children's activities straight to your mobile. An innovative new digital service for families and FREE to join. The service uses WhatsApp to send learning and development ideas direct. Activity ideas are sent daily, and they include handy hints, video clips and lots of ways to include chatter. www.eyalliance.org.uk/family-time-tips-free-childrens-activities-mobile
- **Good Shepherd Centre**
West Lane, Keighley BD22 6ES
Tgsc.keighley@gmail.com
074921 778715

Menopause support

- **Useful links:**
www.balance-menopause.com
www.managemymenopause.co.uk
www.menopausematters.co.uk
www.rockmymenopause.com
www.nhs.uk/conditions/menopause/pages/introduction.aspx
www.menopausedoctor.co.uk
<https://thebms.org.uk>
- **Menopause Café**
Monthly at 6.00-8.00pm. Conversation, information, and occasional health care speakers. Contact Keighley Healthy Living 01535 677177

Social and community activities

- **Creative Writing Online Group**
Keighley Healthy Living to book on 01535 677177
- **Dancing Online Group**
Thursdays 11:00am – 11:30am. www.facebook.com/groups/KlyComeDancing
Live dance class with Alison, learn new moves and have fun. Suitable for all family!
- **Friends of Dorothy**
A new tele-befriending service for over 50s LGBTQ+ community in West Yorkshire
www.friendsofdorothy.org.uk
befriending@openingdoors.lgbt
- **Action Point Community Support Services**
Temple Row Centre, Keighley.
01535 609506

Arts and crafts

- **Keighley Art Club**
Facebook group: based at Keighley Health Living on Scott Street.

Survivor's support

- **Counselling for survivors of sexual violence**
www.survivorsnetwork.org.uk
01273 203380
- **One Front Door - Staying Put**
Our One Front Door helpline is open to anybody who needs help – whether you are a victim or survivor, a friend or family member of someone who needs help, a professional who needs advice for a client, or a perpetrator who wants to address your behaviour. Helpline: 0808 2800 999

Weight management

- **Living Well**
<https://mylivingwell.co.uk>
Includes BEEP exercise programme: needs referral by Health Professional
- **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/>

- **Weight Loss**

Free courses run throughout the year. Keighley Healthy Living: 01535 677177

- **Eat, Move be happy**

www.eatmovebehappy.com

Welfare

- **Citizens Advice**

Cost of living; benefits, employment issues, housing issues, and consumer problems. Online advice is available 24/7 at <https://www.citizensadvice.org.uk/>
0300 3309 036

- **Citizens Advice & money and benefits advice service**

Help with Universal Credit, money management and benefits
Telephone: 0300 303 1598

- **Ukraine Welcome**

www.ukrainewelcome.org. Website dedicated to all aspects of support for new settlers from Ukraine.