

Social Prescribing Directory

Ilkley

(updated August 2022)



Mental health

- **My Wellbeing College**
Currently running online courses and telephone 1-2-1 support.
<http://bmywellbeingcollege.nhs.uk/>
- **Peer Talk**
Weekly support for people with living with depression. Local group is in Skipton Town Hall every Monday from 7.30-9.00pm. If you want to talk to someone before turning up, please call 07719 562617 or email 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/>
National Helpline: 0300 123 3393 Textline: 86463
- **Mind in Bradford**
08001 884 884
A confidential telephone helpline which provides mental health support and information, including about other services. between 12pm (midday) and 12am (midnight). There is also an online webchat facility - www.mindinbradford.org.uk/support-for-you/guide-line/
- **Samaritans**
Website: <https://www.samaritans.org/>
Free helpline: 116 123. Email: jo@samaritans.org
- **Talk and Thrive- EMPOWERING Survivors- women and men's groups.**
<https://www.youtube.com/channel/UCNEIsVEXjIplh9fhZ1fnHxQ>
emps.talkandthrive2014@gmail.com
- **Abuse counselling**
[Sexual abuse counselling services in York | Survive, York \(survive-northyorks.org.uk\)](http://Survive, York (survive-northyorks.org.uk))

Weight management

- **Live Better Programme**
Virtual Support for people struggling to make lifestyle changes
<https://eatmovebehappy.com/livebetter/>
- **Healthy Choices**
8 weeks 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>
- **Living Well**
<https://mylivingwell.co.uk> Free 12-weeks weight management programme
- **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 in People
Requires a referral by a Health Professional. Or contact your Social Prescriber.
- **Couch to 5km Programme**
Self help programme www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/
- **Our Parks** free online exercise programmes. Couch to Fitness, Couch to Bhangra, Couch to Family Fit and much more. <https://ourparks.org.uk/>
- **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 classes for stroke rehabilitation, Parkinson's, MS and arthritis

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

- **Clarke Foley Centre**

Please check the website for lots of groups for all ages www.clarkefoley.org.uk/

- **Ilkley Park 3 Bridges** 1 ¾ walk.

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

Learning disabilities

- **People First Keighley & Craven**

A wide range of activities eg singing and dancing groups, crafts, support, information and advocacy. <https://peoplefirstkc.com>

- **Exclusively Inclusive**

Social and peer 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. 01943 431173. www.outsidetheboxcafe.com/

- **CTi2000**

Social activities, cinema, bowling etc

www.cti2000.org

- **LS29**

Group for families who have children with additional needs who live in the local area, offering support and activities.

<http://www.ls29group.co.uk/>

Social isolation

- **Sporting Memories Virtual Group**

<https://www.sportingmemoriesnetwork.com>

- **Silverline Telephone Befriending**

0800 470 80 90

- **Ilkley Good Neighbours**

Befriending, social groups, transport and shopping services. 01943 603348

<https://goodneighboursilkley.org.uk>

- **Pioneer Projects**

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

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

Tel: 015242 62672

- **University of the 3rd Age (U3A)**

Lots of different groups please check their website: <https://ilkleyu3a.org/>

- **Friends of Dorothy**

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

www.friendsofdorothy.org.uk

befriending@openingdoors.lgbt

Support workers

- **Personal Support Navigators AGE UK**

Please contact Social Prescribing team for referral. Covers Wharfedale area.

Welfare

- **Citizens Advice**

Benefits, employment issues, housing issues, and consumer problems. Online advice is available 24/7. www.citizensadvice.org.uk Telephone 0300 330 9036.

- **DWP disability advisory service**

Advice on returning to work after illness or injury & support in employment. 01904 682176

- **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

- **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

Cancer Support

- **Cancer Support Yorkshire**

Online peer support <https://cancersupportyorkshire.org.uk/>

01274 776688

Art as therapy

- **Pioneer Projects**

<https://pioneerprojects.org.uk/what-we-do/pioneer-projects/>
015242 62672

Digital Support

- **Well Together**

Able to do training and hand out free devices to get people online

<https://www.bdct.nhs.uk/services/well-together-service/> 01274 321911

- **Worth Connecting Service**

Computer support for people aged 55+. 6-week sessions at Clarke Foley Centre. Training and device loan available.

www.clarkefoley.org.uk/calendar/329/cf-worth-connecting or
www.carersresource.org/worth-connecting/

Service provided by Carers Resource on 01274 449660 or email info@worthconnecting.org

Learning opportunities

- **Adult Learning Skills Service**

Online and blended learning options

www.northyorks.gov.uk/adult-learning-courses-search

Osteoporosis Peer Support

- A support group online with guest speakers. Please check the website for details and dates.

[Patient Support Groups - Dyneley House Surgery](#)

Chronic Pain

- Online advice, support and information

www.retrainpain.org

www.paintoolkit.org

Alcohol and substance use

- **Project 6**

01535 608631 <https://www.project6.org.uk>

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 GP or Social Prescriber for a referral. www.ilkeleyfoodbank.org.uk

Family Support

- **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>
- **Dans 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/>
- **Relate**
Relationship counselling: tel: 01535 605047
www.relatecrosspennine.org.uk

Bereavement support

- **Cruse Bereavement Care**
Leading national charity for bereaved people. 0808 808 1677
- **The Good Grief Foundation**
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

Dementia support

- **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. Website: www.dfia.org.uk
- **Alzheimer's Society**
Advice and Support Service for people with memory loss. 01274 586008
<https://www.alzheimers.org.uk/>

- **Carers Resource**

Information and Advice service for Carers 01274 449660

www.carersresource.org

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 www.volunteeringilkley.org.uk/. Further information email chris.bulmer@cabad.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.ilkeleychat.co.uk/>