

## Mental Health and Wellbeing

- **My Wellbeing College**  
Currently running online courses & telephone 1-2-1 support. There is a waiting list  
<http://bmywellbeingcollege.nhs.uk/>
- **Peer Talk**  
Weekly Mondays 7.30– 9.00pm. Open peer support group for people living with depression in Skipton. Meet The Hub, Skipton Town Hall, High Street, Skipton, BD23 1AH  
07719 562 617
- **Body and Mind Relaxation Sessions**  
Release stress and anxiety in movement session focussing on breath work and yoga. Thursday's 10:30-11:30am (Online). Book on via Pioneer Projects 015242 62672
- **Skipton Community Wellbeing Café**  
St Andrew's Church Hall, Newmarket Street  
Every Thursday 1-3.30pm – Arts table run by Pioneer Projects  
Call Peter 07740 530192
- **Qwell** – online wellbeing community. Free to subscribe.  
[www.qwell.io](http://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
- **Mental Health and Wellbeing Hub – Pioneer Projects**  
Skipton Town Hall – call 015242 62672 to book a place
- **Carers Resource – Monthly Carer's Group**  
Second Monday of the month 10.30 – 12.30pm  
Ronaldsway House, 36 Brook Street, Skipton BD23 1PP  
Tel 01756 700888

## Weight management

- **Healthy Lifestyles** 12-week Course

<https://www.cravenc.gov.uk/craven-leisure/healthy-lifestyles/>

- **Healthy Lifestyles Fit Walks**  
Call Steph Harrison 07935 010318 to book or find out more
- **Live Better Programme**  
Virtual and face to face support for people struggling to make lifestyle changes  
<https://eatmovebehappy.com/livebetter/>
- **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/>
- **Hungry for Change Nutrition Course**  
To book onto this free online course, please contact Keighley Healthy Living: 01535 677177
- **Eat, Move be happy**  
[www.eatmovebehappy.com](http://www.eatmovebehappy.com)

## Learning disabilities

- **People First Keighley & Craven**  
Currently offering online singing and dancing groups  
<https://peoplefirstkc.com>
- **Exclusively Inclusive**  
Social Support for isolation.  
<https://www.smallgoodstuff.co.uk/provider/exclusively-inclusive/>  
07545 546738

## Exercise Support

- Craven Healthy Lifestyles  
\*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**

9am Aireville Park, Saturdays

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

- **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

- **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.paintoolkit.org](http://www.paintoolkit.org)

## Social and community activities

- **Skipton Step into Action**

Befriending; volunteering, mindful walks, coffee & chat and creative mindfulness, yoga etc. Activities are varied and change throughout the year.

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

01756 802098

- **Pioneer Projects**

Currently offering singing, cooking and mind&soul online social groups.

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

015242 62672

- **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](http://www.facebook.com/groups/KlyComeDancing)

Live dance class with Alison, learn new moves and have fun. Suitable for all family!

- **Just Sing Skipton** – for people of all abilities to sing and dance

Email: Sue Jackson on [singskipton@btinternet.com](mailto:singskipton@btinternet.com) or ring 01756 796967

- **Knit and Natter**  
Horseclose Community Centre  
North Parade, Skipton BD23 2SR  
01756 701386
- **Knit and Natter**  
Skipton Library  
Wednesdays 10.00 – 12.00
- **Incredible Edible Skipton**  
Every other Wednesday 10am  
[www.incredibleedible.org.uk/find-a-group/incredible-edible-skipton/](http://www.incredibleedible.org.uk/find-a-group/incredible-edible-skipton/)
- **Craven Crafters**  
The Oddfellows Three Links Club  
Tuesdays 10am – 12.00pm
- **Skipton Men's Shed**  
Ings School Broughton Road, Skipton BD23 1TE, UK  
Contact: Steve Hudson Phone: 07971 421370  
Email: [skiptonmenshed2018@gmail.com](mailto:skiptonmenshed2018@gmail.com)  
Come and join us for a friendly environment enjoying a brew and chat or getting into a woodwork project, tools available for everyone.  
<https://www.facebook.com/Skipton-Mens-Shed-2270302546525038>
- **Grassington Men's Shed**  
Monday and Thursday 10:00 – 12:00  
Royal Oak Furniture Workshop off Moor Lane in Grassington.
- **#itsworthtalkingabout**  
Glusburn institute, Colne Road, Glusburn BD20 8FQ  
Mondays 1.00-3.00pm. Check FaceBook page for full details of all groups
- **Sporting Memories Virtual Group**  
<https://www.sportingmemoriesnetwork.com>  
Dyneley Podcast: <https://www.youtube.com/watch?v=xK2yy43HO18>
- **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)

## 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

- **Citizens Advice & NYCC money and benefits advice service**  
Help with Universal Credit, money management and benefits  
Telephone: 0300 303 1598
- **DWP disability adviser service**  
Advice on returning to work after illness or injury & support in employment  
Stuart Evans 01904 682176
- **North Darlington and Craven Age UK**  
Information and advice for the over 50's – Telephone: 01756 529654
- **Craven Housing Support Team**  
<https://www.cravencdc.gov.uk/housing/>  
01756 706475
- **Warm & Well**  
Practical solutions to reduce fuel poverty and support people to stay warm  
Telephone: 01609 767555
- **Ukraine Welcome**  
[www.ukrainewelcome.org](http://www.ukrainewelcome.org). Website dedicated to all aspects of support for new settlers from Ukraine.

## Independent living

- **Living Well Service**  
<https://www.northyorks.gov.uk/living-well-north-yorkshire>

## Cancer Support

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

## Arts and crafts

- **Creative Art Online Sessions**  
Thursdays 2:30pm on Zoom. Call to book on 015242 62672.  
<https://pioneerprojects.org.uk/what-we-do/pioneer-projects/>
- **Wellbeing Café** at Swadford Street, Skipton includes arts and crafts activities.  
Fridays 5–10pm; Saturdays 12–5pm  
01756 802098 or email [pashton@ssia.org.uk](mailto:pashton@ssia.org.uk)

- **Beginners Online Art Course**

To book on please call Keighley Healthy Living: 01535 677177

- **Beginners Patchwork**

Youtube tutorials and weekly phone calls. For more information, please call Keighley Healthy Living: 01535 677177

## Digital Support

- **Craven District Council**

Digital Champions to help you learn new skills. 0808 196 5883

- **North Yorkshire County Council** – Reboot NY

Working to provide people with refurbished IT equipment [www.rebootny.co.uk](http://www.rebootny.co.uk)

- **Skipton Library**

Free IT one-to-one support – ring 01609 534548 to book a session

## Learning support

- **Adults Skills & Learning Courses**

Online and blended learning options

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

## Dementia support

- **Dementia Forward**

Advice, information and support

<https://www.dementiaforward.org.uk/> 0330 057 8592

- **Becoming Dementia Friendly Skipton**

Thursday 11am breakfast club at Skipton Fire station

[www.facebook.com/becomingdementiafriendlyskipton](http://www.facebook.com/becomingdementiafriendlyskipton)

- **Memory Lane Social Group – Fisher Medical Centre**

Thursday afternoons 1.30 – 3.30pm. Call Audrey 01756 794136 or Pauline Jackson on 01756 799448

- **Pioneer Projects – Making Connections sessions**

Carer's Resource Monday 10.30–12.30 015242 62672

## Alcohol and substance use

- **North Yorkshire Horizons (Craven)**

Substance use support in Skipton, Settle, Grassington and surrounding villages in Craven. Treatment support and recovery groups both online and face to face.

0800 014 1480. <http://www.nyhorizons.org.uk/>

Augment Community Workspace, High Street, Skipton

## Food Bank

- **Skipton Food Bank**

Referrals to Emma (Centre Manager) 07856 080194

Pick up point – St Andrews Church

## Family Support

- **SELFA**

Currently offering online services for children and young people. 01756 706384

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

- **Home Start Craven**

Supporting families (child under 5) to access support during pandemic

01535 633782

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

- **Cellar Trust**

<https://parentsonline.co.uk>

- **Skipton and Craven Ukrainian Refugee Support**

An informal group which helps people meet, settle in with and meet other Ukrainians. Please note they cannot support with finding hosts. There is also an active FaceBook page. 07917 418240

## Survivor's support

- **Counselling for survivors of sexual violence**

[www.survive-northyorks.org.uk](http://www.survive-northyorks.org.uk). 01904 638 813

## Menopause support

- Useful links:

[www.managemymenopause.co.uk](http://www.managemymenopause.co.uk)

[www.menopausematters.co.uk](http://www.menopausematters.co.uk)

[www.rockmymenopause.com](http://www.rockmymenopause.com)

[www.nhs.uk/conditions/menopause/pages/introduction.aspx](http://www.nhs.uk/conditions/menopause/pages/introduction.aspx)

[www.menopausedoctor.co.uk](http://www.menopausedoctor.co.uk)

<https://thebms.org.uk>

- **Let's talk menopause - Skipton**

Mondays fortnightly from 1 August 2022

10.30am to 12.30pm at Skipton Town Hall, BD23 1AH

01274 259190 or Email: [welltogether@bdct.nhs.uk](mailto:welltogether@bdct.nhs.uk)

Or contact your Social Prescriber

## Bereavement support

- **Childhood Bereavement Network**

A focus on the Ukrainian crisis. <https://childhoodbereavementnetwork.org.uk>

- **The Good Grief Foundation**

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

A very interactive website that is run by people who have experienced similar grief. Positive and moving forward.

- **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](http://www.cruse.org.uk)