

# Social Prescribing Directory

## Burley In Wharfedale

(updated 16/09/2020)



### Mental Health

#### My Wellbeing College

Currently running online courses & telephone 1-2-1 support . 6 week wait at present

<http://bmywellbeingcollege.nhs.uk/>

#### Peer Talk

Weekly open peer support group for people with Depression in Bradford

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

#### First Response 24/7

Support available 24 hours a day, seven days a week to people of all ages experiencing a mental health crisis.  
01274 221181

#### Relate

Relationship counselling

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

01422 354354.

#### Mind

Website: <https://www.mind.org.uk/>

Helpline: 0300 123 3393

Textline: 86463

#### Samaritans

Website: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Helpline: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org) – response time 24 hours

#### Burley in Wharfedale Listening Ear ( 18 +)

A welcoming, safe, confidential space for you to talk with a fully trained professional volunteer listener  
01943 864405 (Voicemail) Telephone support only . Contact your Social Prescriber for more information and support to access this service.

### Weight Management

#### Live Better Programme

Virtual 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/>

## Learning Disabilities

People First Keighley & Craven

Currently offering online singing and dancing groups

<https://peoplefirstkc.com>

Exclusively Inclusive

Social Support (currently virtually Zoom meetings)

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

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/>

## Exercise Support

BEEP - Exercise on Prescription

\*needs a referral by a Health Professional

<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/>

Exercise for Disabilities – Get Moving

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

## Social Isolation

Sporting Memories Virtual Group

\*send task to Emma Taylor to request further information about the new Group

<https://www.sportingmemoriesnetwork.com>

Silverline Telephone Befriending :

0800 4 70 80 90.

Neighbourhood Support

For adults in Burley In Wharfedale who run into difficulties and have no neighbours to step in to help then please contact a member of the Parish Council who will try to access support for them. Contact details are on the Parish Council website, or direct initial requests to Parish Councillors:

Gary Scott 07413 043217   Chris Turner 07801 966531   Jan Lepley 07711 329809   Vicky Evans 07799 475854

Burley Virtual Men's Shed

<https://www.facebook.com/groups/603961393543155/>

Pioneer Projects

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

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

015242 62672

## 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

### DWP disability advisor service

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

Stuart Evans

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

Love Burley: help with shopping, have a chat on the phone or assist as needed.

Robert Saville 07802 800016

Becky Berry 07874 226690

Burley Community Action Response online support

<https://www.facebook.com/groups/burleycommunityactionresponse/>

## Support Worker

Personal Support Navigators AGE UK

Contact Social Prescribing team for referral

## Cancer Support

Cancer Support Yorkshire

Online peer support

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

## Art Therapy

Pioneer Projects

015242 62672

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

## Digital Support

### Champions Show the Way

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

<https://www.bdct.nhs.uk/services/cstw/>

01274 321 911

### Worth Connecting

Telephone support and teaching materials to use a digital device to find information, make social connections or to benefit from online services. Loan of devices and support with access to internet

01274 449660 [info@worthconnecting.org](mailto:info@worthconnecting.org)

## Learning Support

### Adults Skills & Learning Courses

Online & blended learning options

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

### Help with Computers

Worth Connecting Service

<https://www.ageuk.org.uk/bradforddistrict/our-services/wellbeing-support-services/worthconnecting/>

01274 449660

## Dementia

### Alzheimer's Society

Advice and Support Service for people with memory loss

01274 586008

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

## Alcohol & Substance Misuse

### Project 6

Support for alcohol and substance misuse

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/ Social Prescriber.

## Family Support

### Home Start Bradford

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

01535 633782

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

Generation Youthquake Online advice and information for young people 11-14 years

<https://www.facebook.com/GenerationYQ/>

For further information email : [generationyouthquake@gmail.com](mailto:generationyouthquake@gmail.com)

## Bereavement

### Cruse Bereavement Care

Leading national charity for bereaved people.  
0808 808 1677

### Burley in Wharfedale BEREAVEMENT CARE

Confidential bereavement care group. Support available to everyone from the newly bereaved to those who have struggled with grief for some months or years.  
Contact 01943 864405 and leave a message.

### The Good Grief Foundation

Website: <https://www.thegoodgrieftrust.org/i-have-lost-a/partner/>  
Interactive website that is run by people who have experienced similar grief.

## 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)

#### Contact details:

Tel: 07936 446097

Email: [info@dfia.org.uk](mailto:info@dfia.org.uk)

Website: [www.dfia.org.uk](http://www.dfia.org.uk)

### Burley Dementia Friends

Email: [dementiafriendlyburley@gmail.com](mailto:dementiafriendlyburley@gmail.com)

Website: <https://burleydementiafriends.weebly.com/events.html>

Email: [dementiafriendlyburley@gmail.com](mailto:dementiafriendlyburley@gmail.com)

### Burley In Wharfedale Memory Tree: Telephone and online support only.

Tel: Susan Collins 01943 864424

Website: <https://burleydementiafriends.weebly.com/the-memory-tree.html>

## 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/> Further information email [lorraine@cabad.org.uk](mailto:lorraine@cabad.org.uk)