

# Children's & Young People's Social Prescribing Directory

(updated 13/08/2020)



## Mental Health

### Social Prescribing Service

Self refer to your GP practice to access 1-2-1 support to help improve health, wellbeing, behaviour & self esteem .  
Open to children aged 3-18 years old.

<http://wacalliance.co.uk/gr8-minds/>

### Young Peoples Resilience Service (RISE)

1:1 Counselling with a trained therapist  
Contact registered GP practice to self-refer (WACA practices only)

### KOOTH

Online counselling  
<https://www.kooth.com/>

### Compass BUZZ US text messaging service

Confidential text messaging service for young people aged 11-18 across North Yorkshire.  
By texting the service on **07520 631168** you will be able to receive confidential advice, support and signposting from a wellbeing worker within one working day via text.

### Safer Space

Young people (11-17 yrs) who are in or at risk of mental health crisis or emotional distress can get evening support and/or stay overnight at the Safer Space, a welcoming, homely service in Shipley. Referral: Call First Response any day, any time on 01274 221181 and ask to be referred to the Safer Space.

### Roshni Ghar

Mental health charity that provides culturally appropriate responsive services for South Asian women experiencing mental ill health.  
Currently working remotely but offering 1:1 telephone calls to clients to support with their mental health and wellbeing.

## Weight Management

### Live Better Programme

Virtual Support for people struggling to make lifestyle changes  
<https://eatmovebehappy.com/livebetter/>

### 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>

**Parents' Forum for Bradford & Airedale.**

Forum for parent carers, other carers of disabled/SEN CYP. Provide information to parents about disability related issues, organise workshops, represent parents at local authority meetings, issue Max Cards (discounts at attractions).

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

**Autism Aware**

<https://aware-uk.org/>

**LS29 Group**

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

**Exercise Support****Change for Life**

<https://www.nhs.uk/change4life/activities>

**Wharfedale Tattybumkins**

Yoga and Mindfulness Sessions for children , currently on Zoom .

W: [tattybumpkin.com/Wharfedale](http://tattybumpkin.com/Wharfedale)

F: [facebook.com/tattybumpkinwharfedale](https://www.facebook.com/tattybumpkinwharfedale)

T: [twitter.com/tattywharfedale](https://twitter.com/tattywharfedale)

**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

**Behaviour and Attendance****Bradford Council Inclusive Education Service**

For support for pupils whose behaviour is a challenge in mainstream school, schools can refer to the Inclusive Education Service for support via the Skills 4 Bradford Website. This service aims to support and facilitate educational entitlement through the presence, participation and achievement of children and young people experiencing social, emotional and behavioural (SEBD) difficulties, in order to maximise their life chances.

This service sits within the Council's SEND - Inclusive Education Department, for more information call 01274 439335

**Alcohol & Substance Misuse****North Yorkshire Horizons**

Online & telephone support available at present

01723 330730

<http://www.nyhorizons.org.uk/>

**Project 6**

Family Support service for people affected by substance misuse

<https://www.project6.org.uk/index.php/services/keighley-services/family-services/family-support-service>

## Family Support

### **SELFA**

Currently offering online services for children and young people.

01756 706384

<https://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>

### **Family Corner**

FREE online resource of parent friendly blogs and features focusing on children's early learning and development.

[www.familycorner.co.uk](http://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](mailto:info@eyalliance.org.uk) or [www.eyalliance.org.uk/parents](http://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](http://www.eyalliance.org.uk/family-time-tips-free-childrens-activities-mobile)

### **Early Years Alliance YouTube**

Number of story and activity sessions for families to make the most of. Activities include easy cooking, making gloop and sing a long nursery rhymes. Interactive stories feature puppets and other exciting props to help enhance children's learning experience and ignite their imagination.

<https://www.youtube.com/channel/UCmaV2MHdO9v69Jd9yayzX0w>

### **'Enriching the Lives of the Under 5's' Facebook group**

For families who engage with and attend groups such as baby and toddler sessions, stay and plays and other universal services. Share ideas to support the extension of children's development into the home learning environment.

Through sharing activities, information on how children learn and details of appropriate local and national events - we aim to support parents to give children the best possible start in life. Search: Enriching the Lives of the Under 5's on Facebook.

### **Let's Learn Together @ Home**

Six - week online programme delivered via the Zoom platform, which aims to bring families together through fun learning and play activities. Two versions of the programme are available: one for children aged two and under, and another for children aged three to five. Each of the six weekly one -hour sessions is delivered by an Alliance professional who seeks to support parents and carers to better understand how their child likes to learn and further explore opportunities for learning at home. To find out more: [www.eyalliance.org.uk/lets-learn-together-home](http://www.eyalliance.org.uk/lets-learn-together-home)

### **Young Parents Group**

Online support group at Keighley Healthy Living

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

### **Gingerbread Group**

National charity for single parents and their families. Offering support and guidance for all single parents, those who may feel like single parents (due to partners working away etc) or families of single parents. Online forum and local support groups available. [www.gingerbread.org.uk](http://www.gingerbread.org.uk)

### Henry

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

Top tips, free recipes, videos for families on healthy eating right from the start and growing up with healthy teeth

### Family lives

Support for families. Call on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life, Or by email to [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

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

### Carer Support

#### Carers Resource – Young Carers Scheme

<https://youngcarersresource.org/>

01756 700888

### Sexual Health

#### Sexual Health Service – Ilkley

Coronation Hospital. 01274 200024. Emergency Contraception, STI testing and treatment, Chlamydia screening under 25s, free condoms, pregnancy termination, sexual health info and support, sexual health services for young people.

#### GUM & Sexual Health Clinic - Keighley Health Centre

01274 200024. STI testing and treatment, free condoms, sexual health information and support.

#### Sexual Health Clinic- Skipton Dyneley House Surgery

Telephone:01904 721111

<https://www.yorsexualhealth.org.uk/clinics/dyneley-house-/#>

### Bereavement/Grief

#### West Yorkshire and Harrogate Suicide Bereavement Service

A bereavement service for those affected by suicide. This may be those who have lost a loved one, a friend, colleague or relative to suicide (even if this hasn't been officially recognised or there hasn't been an inquest). The service can also help anyone who has witnessed suicide.

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

#### Grief talk

Support for anyone grieving. Talk to grief talk from any phone for free 0808 8020111

[www.griefencounter.org.uk](http://www.griefencounter.org.uk) - Have a 1-2-1 CHAT live session with a grief talk counsellor