



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)

First Response Service

The First Response crisis service offers support 24 hours a day, seven days a week to people of all ages living in Bradford, Airedale, Wharfedale or Craven experiencing a Mental Health Crisis.

Shout

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text 'SHOUT' to 85258 (free from all major UK mobile networks) to receive support.

Kooth

Online counselling service. Articles, fully moderated forums/discussion boards and the opportunity to chat online with one of Kooth's counselling team.

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

Roshni Ghar - Keighley

Roshni Ghar is a mental health and wellbeing charity that provides culturally appropriate and responsive services, aimed predominantly at South Asian community. Offering a range of wellbeing support from counselling, Acute support, culturally sensitive counselling and young people's support.

Roshni Ghar

13 Scott Street

Keighley

BD21 2JH

Talk To Us

Telephone: 01535 609 927

Mobile: 07513 445 200

Email: info@roshnighar.org.uk

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.

Sunday Closed

Trust Therapies

[Trust Therapies | Bradford District and Craven Talking Therapies](#)

Aire, Wharfe & Craven Counselling Services and Bradford Counselling Services merged with The Cellar Trust. Together, they offer a wealth of psychological therapy experience and excellence to help individuals explore and manage a range of emotional challenges.

Relate

Our service includes relationship counselling, family counselling, mediation, children's counselling, young people's counselling and sex therapy. We also provide friendly and informal workshops for people at important stages in their relationship. We're here to help you make the most of your couple and family relationships past, present or future

[Home | Relate](#)

Contact: 01274 726096

Email: Information: relatebradford.com

Gr8 Minds Podcast Series – The Children and Young Peoples socials prescribers across Airedale Wharfedale and Craven have interviewed local services in the area that are there to support people with their mental health and wellbeing – take a listen for some great tips and how you can reach out to services in your area.

[GR8 Minds \(Children's Mental Health Service\) - Wharfedale Airedale & Craven Alliance \(wacalliance.co.uk\)](#)

Youth In Mind

Youth in Mind | Bradford District and Craven Mind

Mental Health support for children and young people in Bradford District and craven area. Age 5 to 19, or up to 25 with additional needs can access free mental health support.

[Guide-Line 08001 884 884 Enquiries 01274 730815](#)

Referral made online from both professional or self referrals.

Invictus Wellbeing

Counselling & Therapeutic Support is provided by Invictus Wellbeing as part of the Youth in Mind partnership.

Contact details

Email youthinmind@invictuswellbeing.com

Phone 01422 730015

Eating Disorders

BEAT

National charity for eating disorders. Helplines and chatrooms available.

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

Eating Disorder service (Freedom team) – children and young people's eating disorders service

Children and young people's community eating disorders service, Freedom team, offers support to young people, under 18 years of age, and their families living in Bradford, Airedale, Wharfedale or Craven who are struggling with or suspected of having an eating disorder.

Based in Keighley, available Monday to Friday 9am – 5pm. Telephone: 01535 661531. Referrals made by your GP or school nurse. We are happy to discuss any concerns about your well-being with your family or other health care professionals.

Weight Management

Children's and Families Living Wells Service

This service is for children and young people aged 2-19 who are above a healthy weight. They have friendly, trained advisors who will work with parents of children under the age of 13, or more directly with children aged 13 or over.

Contact Details:

Tel: 01274 435 660

Eat Move Be Happy

1-2-1 Coaching and Group Health Coaching courses for people struggling to make lifestyle changes – This is aimed at adults, but lifestyle changes can support the whole family.

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

Fit4All – Addingham *

Fit 4 All offers health and well-being classes delivered through exercise for adults, teenagers & children. Inclusive & engaging for all levels of fitness. Our aim is to create a community hub for fitness and well-being to support you on your journey.

Learning Disabilities

Autism Aware

AWARE is a parent- run group supporting families with children and young adults on the autistic spectrum (formal diagnosis not required). The group covers the Airedale, Wharfedale, Bradford and Craven areas and beyond. Membership to the group is £15 a year for families but enables access to a variety of support through groups, activities , advice and signposting.

[All about AWARE - AWARE \(aware-uk.org\)](http://All about AWARE - AWARE (aware-uk.org))

Contact: 07826926150 or 01535 661275

Email: info@aware-uk.org

Nebula

Nebula Girls' Group: Empowering girls and young women on the autism spectrum 8-25 years

[Girls with Autism | Nebula Girls' Group | Keighley \(nebulagirlsgroup.co.uk\)](http://Girls with Autism | Nebula Girls' Group | Keighley (nebulagirlsgroup.co.uk))

Outside the Box – Ilkley

Ilkley's community cafe, supporting children and adults with learning disabilities

The Arcade, South Hawksworth Street, Ilkley, United Kingdom

Email :cafe@outsidetheboxcafe.com

Website: www.outsidetheboxcafe.com

Great Minds Together- Bradford Base

Specialist services for Neurodivergent individuals with complex mental health and their families

Great Minds Together - Home

Central Number Strata House, 25 King Street West, Stockport, SK3 0DT, United Kingdom

0161 510 5110

LS29 Group - Ilkley

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

Voluntary organisation set up to support families who have children with additional needs. Our aim is to provide opportunities for the whole family to take part in activities they may not otherwise have the opportunity to take part in, try new challenges, meet friends and develop a support network and of course, have fun. Parents or Carers are required to accompany and be responsible for their children at all events.

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

People First Keighley & Craven

Currently offering online singing and dancing groups

<https://peoplefirstkc.com>

Sparkle

South Craven support group for parent's caring for children/young people with additional needs. Come along to chat to other parent's experiencing similar issues. Maybe you need to find out more about options for nursery/school, relevant financial support etc. Support/signposting available to relevant services, support managing family life.

Parents with under 5's welcome 2.15pm – 3.00pm when resources will be available for play session

All welcome.

For more details contact Sarah Williams on 07730512742 or g.swilliams725@btinternet.com. Or contact Lauren Ellis on 07811474518.

Exercise Support

Fit4All – Addingham*

Fit 4 All offers health and well-being classes delivered through exercise for adults, teenagers & children. Inclusive & engaging for all levels of fitness. Our aim is to create a community hub for fitness and well-being to support you on your journey.

IK Centre – Keighley*

- Fri & Sat evenings 6.30-8.30pm - Boxing fitness, indoor football, games, table tennis. Contact Shakeel Aziz 07737 827151
- Sundays 1-2pm – Fully private fitness for girls/ladies aged 12+. Led by experienced female coach. Contact Anissa 07480 767472. Booking required.

Park Run

Free, weekly, community events all around the world. Saturday morning events are 5k and take place in parks and open spaces. On Sunday mornings, there are 2k junior parkruns for children aged four to 14. A positive, welcoming and inclusive experience where there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

Nearest locations: – Cliffe Castle, Keighley; Aireville Park, Skipton; Myrtle Park, Bingley; Chevin Forest Park, Otley; Lister Park, Bradford.

Nearest Junior ParkRun locations: - Riverside Gardens, Ilkley; Roberts Park, Saltaire.

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

Family Support

Early Help

Bradford Council Prevention and Early Help Services

Early Help is the support provided for children, young people and their families to respond when difficulties emerge or to stop problems developing in the future. This support can be provided at any point in a child's life to stop small problems getting bigger.

Early Help Gateway **01274 435600**.

Bradford District- Families and Young Persons Information (FYI)

Free, impartial service offering advice, information and signposting to children, young people and families within the Bradford district. Here you can find information and advice pages for all aspects of family life, a service directory and a guide to local activities and events.

Home | Bradford Families and Young Persons

Call on 01274 432626

Opening Hours 8:30am to 5pm Monday to Thursday and 8:30 to 4:30pm on Friday, excluding bank holidays.

Email the FYI team at fyi@bradford.gov.uk

SELFA

Youth Charity working in Craven that supports children and families experiencing vulnerabilities to build resilience, thrive and achieve. Holiday clubs, youth groups, 1 to 1 support.

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>

Keighley Healthy Living

Health and Wellbeing Groups for all the family , including T natal (Young Parents Support) , Prepare for Parenthood Group and Healthy Holidays Children's Club. For more information visit: <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

BDCT - 0-19 Family Health Service

Family health website '[Better lives, healthy futures](https://www.betterliveshealthyfuturesbw.nhs.uk/)' has been expanded with the addition of new resources to support parents and carers of 5-11-year olds. The new content means local families now have 24/7 access to a wide range of helpful health and wellbeing information from pregnancy to age 11

<https://www.betterliveshealthyfuturesbw.nhs.uk/>

Parenting Success – Separated or Single Mums Group

This group is for mum's who are single parents, separated, or divorced children of any age. It can also be if you feel due to your partner's travelling, work-schedule that you parent primarily alone. These sessions are confidential and non-judgmental so you will feel safe and can freely speak your mind, feelings and thoughts without feeling blame, shame or guilt!

Held at Outside The Box Cafe, 2 Bridge Lane, Ilkley, LS29 9HN

Outside the Box Cafe, has a lovely play area for children should you want or need to bring your children with you.

Call Anisa 07792176888 for more details.

Barnardo's

Barnardo's believes all young people deserve to achieve their full potential- support young people with mental health and wellbeing, children leaving care, young carers, homelessness, employment , LGBTQ support and offer support to parents and carers

[Mental health and emotional wellbeing | Barnardo's \(barnardos.org.uk\)](https://www.barnardos.org.uk)

Bradford Parenting Cygnet Service

This programme is designed for parents and carers of children and young people aged 5-18 with an autistic spectrum condition.

Bradford SENDIASS

Bradford SENDIASS is for parents and carers of children and young people 0-25 with special educational needs and disabilities (SEND) in the Bradford area - and for their children too.

Staying Put

Staying Put is a domestic abuse and sexual violence charity working across the Bradford area. We support women, men and children who are survivors of domestic abuse and sexual violence.

[ABOUT US - Staying Put](https://www.stayingput.org.uk)

0808 2800 999

Open Monday - Friday, 9.30am - 4:30pm (closed for half an hour lunch at 1pm)

Our One Front Door helpline is completely **free** and **confidential**

James Project

Alternative provision for Children and Young people who have disconnected from education.

[JAMES – Joint Activities & Motor Education Service » Our Services \(jas-bmep.org.uk\)](https://jas-bmep.org.uk)

The Eric Gibbs Centre

Frizinghall Road

Bradford
West Yorkshire
BD9 4JB
Contact: 01274 483075
Email: enquiries@jamesuk.org

Family Action

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country.

[Family Action, Building stronger families \(family-action.org.uk\)](http://family-action.org.uk)

Wharfe Valley – Family Links – offer parenting workshops, nurturing advice (covers Wharfedale, Addingham , Menston and Ben Rhydding).

Lorraine Hughes contact :wharfevalleyfamilylinks@gmail.com

Children, young people and families : West Yorkshire Health & Care Partnership

Bradford Local Plan Information. Health and well-being outcomes for all children and young people across West Yorkshire, irrespective of where they were born, where they live and go to school.

Substance Misuse

Bridge Project – ONE80 service

One 80 is the Bridge Project's drug and alcohol support service for young people living across the district of Bradford who are concerned about their substance misuse issues, including Alcohol, Cannabis, Stimulants (Amphetamine/Cocaine), Club Drugs and Novel Psychoactive Substances (NSP), Opiates and Crack. We also support family members, friends, schools, social workers, and other professionals who are concerned about a young person's use of drugs and alcohol.

Contact :01274 723863

Email: info@thebridgeproject.org.uk

Talk to Frank

Frank is a website and telephone helpline offering advice, information and support to anyone concerned about drugs and solvent /volatile substance misuse, including drug misusers, their families, friends and carers.

www.talktofrank.com

National drugs helpline: 0300 123 6600 - available 24 hours a day, 365 days a year

Text: 82111

Email: frank@talktofrank.com

Carer Support

Carers Resource – Young Carers Scheme

<https://youngcarersresource.org/>

01756 700888

Sexual Health/Sexuality/Gender

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.

Yorkshire MESMAC

Sexual health organisation. Offering services to various communities across Yorkshire, including men who have sex with men, people of colour and other marginalised races, people misusing drugs, sex workers and LGBT+ young people and adults.

Yorkshire MESMAC is part of a group of services. The OUR and Begin projects are social support agencies for people living with HIV, their families, friends and carers. Also run a number of LGBT youth groups across the Yorkshire region.

Mermaids

Mermaids supports transgender, nonbinary and gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. Also currently offer web chat support to students up to the age of 25.

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

Grief talk

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

www.griefencounter.org.uk - Have a 1-2-1 CHAT live session with a grief talk counsellor

Winston's Wish

A national bereavement service to help children and young people cope with their grief.

www.winstonswish.org

Child Bereavement UK

Helping children and young people (up to age 25), parents, and families, to rebuild their lives when a child grieves or when a child dies. 0800 02 88840 Helpline (9-5pm).

Cruse Bereavement

Home - Cruse Bereavement Support

Cruse Bereavement Support offers free emotional and practical support to individuals dealing with grief through helplines, one-on-one sessions, and group support.

Helpline: 0808 808 1677

Social Opportunities – Youth Groups

SELFA

SELFA offers a range of after-school activities, holiday workshops, family trips and residential for children facing varied and complex challenges, including mental and physical health issues, family breakdown, deprivation, caring responsibilities and bullying. They often have low self-esteem and self-confidence, are socially isolated and display emotional and behavioural problems. Referral: By a professional working with the child/family – form can be downloaded from <https://www.selfa.org.uk/wp-content/uploads/2018/10/SELFA-Referral-Form-2018.pdf>

Carers' Resource - Young Carers' Service

A free service for young people (7-18 yr olds) who have extra responsibilities because they look after a family member with an illness, disability or/and addiction. The service includes Trips/activities/youth club and 1:1 mentoring support for those most in need.

Referral: See <https://www.carersresource.org/contact/professional-referral/> to make a referral.

Ilkley Youth Club

Mondays 6-8pm. A joint Inclusion and Youth Service provision for Children aged 8 and above (with a disability) and 11 and above (without a disability). Based at Ilkley Childrens Centre, Little Lane, Ilkley

For more information contact Claire Atkinson on claire.atkinson@bradford.gov.uk 01274 432970 / 07864594860

Glusburn Youth Club*

Thursdays 6.30-8.30pm. Glusburn Community Arts Centre. A group for young people aged 11-18 to meet, chat, play pool, table tennis, board games etc. Term time only. For more information contact info@nyy.org.uk

Greatwood Youth Club*

Tuesdays 6.30-8.30pm. Greatwood and Horseclose Community Centre. A group for young people aged 10-14. Term time only. For more information contact info@nyy.org.uk

Holy Trinity (Skipton) Youth Café*

Wednesdays 3.30-5pm. An opportunity for young people aged 11-18 to meet together in a safe, relaxed environment. Visit holytrinityskipton.org.uk for more info.

Silsden Youth Club

Thursdays 6-830pm. The Hive in Silsden. A group for young people aged 11-16. Have fun, meet friends, express your opinions and learn how to influence decisions and have a positive impact in your community. For more information contact Jonny on 07582 100674 or 01535 618191

Skipton Baptist Church Youth Café*

Fridays 4-6pm. A group for young people aged 11-18 to meet together, relax, chat, play board games etc. Please Contact David.pugh5@nhs.net for further information. Term time only.

Young Farmers Group*

Young farmers is one of the largest rural youth organisations in the UK.

Led by young people, for young people, Young Farmers' Clubs provide anyone aged 10 to 28 with a fantastic chance to meet lifelong friends, learn new skills, make a real difference to the local community and even travel the world!

Local groups include:

Aire Valley – Meet fortnightly on a Monday night at Morton Institute, East Morton

<https://www.facebook.com/groups/864338350267537/>

Gisburn – Meet weekly on a Monday night at Gisburn Festival Hall, Gisburn

Lothersdale – Meet weekly on a Monday night at Lothersdale Village Hall, Lothersdale

<https://www.facebook.com/lothersdale.yfc>

Silsden With Skipton – Meet weekly on a Monday night at Draughton Village Hall,

Draughton <http://www.facebook.com/groups/19837915824/?fref=ts>

Upper Wharfedale – Meet weekly on a Monday night at Kilnsey Village Institute

Worth Valley – Meet weekly on a Tuesday night at Quarry House

<http://www.worthvalley.org/> <http://www.facebook.com/groups/7866606713/>

Burton in Lonsdale – Meet weekly on a Tuesday night at Burton in Lonsdale Village Hall

Coniston Cold – Meet weekly on a Tuesday night at Richard Tottie Memorial Hall

<http://www.conistoncoldyfc.org.uk/> <http://www.facebook.com/groups/403427999693670/>

Lawkland – Meet weekly on a Tuesday night at Austwick Parish Hall

<http://www.facebook.com/groups/302336759828952/>

Rathmell – Meet weekly on a Tuesday night at Rathmell Old School

<http://www.facebook.com/groups/555347201149069/>