

Social Prescribing Directory

North Craven

(updated 20/08/2020)



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 Skipton & Settle

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

Chill & Chat Group

Every Monday 10-11am <https://www.bdct.nhs.uk/services/cstw/>

Weight Management

Healthy Lifestyles 12 week Course

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

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/>

Exercise Support

Exercise on Prescription

*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

*Currently on hold

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

Get Moving

Seated exercise support

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

Social Groups

Skipton Sporting Memories Group

Fridays 11am on Zoom : <https://us04web.zoom.us/j/73200631252?pwd=VUx2dldiODRkRIZGTWJub1N4ejVMdz09>

AGE UK Befriending Service :

01729 823066

Pioneer Projects

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

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

015242 62672

Settle Hub

Allotments, virtual groups & community munchers .

<https://settlecommunityandbusinesshub.org.uk/community-munchers/>

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

Craven Housing Support Team

<https://www.cravenc.gov.uk/housing/>

01756 706475

Support Worker

Living Well Service

<https://www.northyorks.gov.uk/living-well-north-yorkshire>

01609 780780

<p>Social Prescribing Service Helping you to improve your health and wellbeing, and addressing any social issues such as housing, stress, finances, relationship problems and bereavements. Please contact your GP practice to book a telephone appointment.</p>
<p>Cancer Support</p>
<p>Cancer Support Yorkshire Online peer support https://cancersupportyorkshire.org.uk/</p>
<p>Art Therapy</p>
<p>Pioneer Projects 015242 62672 https://pioneerprojects.org.uk/what-we-do/pioneer-projects/</p>
<p>Digital Support</p>
<p>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</p>
<p>Learning Support</p>
<p>Adults Skills & Learning Courses Online & blended learning options https://www.northyorks.gov.uk/view-adult-learning-courses-and-enrol-online</p> <p>North Yorkshire Libraries Online Sessions including Creative Writing , Book talks etc https://www.northyorks.gov.uk/libraries-news-and-events</p> <p>Creative Writing Every Wednesday on MS Teams 12:30pm- 2pm Enrol: https://www.bdct.nhs.uk/services/cstw/</p>
<p>Dementia</p>
<p>Dementia Forward Helpline for advice and support https://www.dementiaforward.org.uk/ 03300 578592</p>
<p>Alcohol & Substance Misuse</p>
<p>North Yorkshire Horizons Online & telephone support available at present 01723 330730 http://www.nyhorizons.org.uk/</p>
<p>Food Bank</p>
<p>Skipton Food Bank Referrals to Phil (Centre Manager) 07856 080194 Pick up point –Age UK North Craven Offices Settle</p>
<p>Family Support</p>
<p>SELFA Currently offering online services for children and young people.</p>

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>

GR8 Minds

Social Prescribing & Counselling Services for Children under 18 years of age, support with mental health , behaviour , and physical health & wellbeing. To book an appointment please contact your registered GP practice.