

Social Prescribing Directory

North Craven

(Last updated August 2023)



Mental Health

My Wellbeing College

Currently running online courses & telephone and 1-2-1 support
<http://bmywellbeingcollege.nhs.uk/>

Peer Talk

Weekly open peer support group for people with Depression in Skipton
<https://www.peertalk.org.uk/>

Nurturing Growth – Skipton Step into Action

A range of activities to improve mental health and wellbeing
Tel: 01756 802098 to book a place

Mental Health Coach

Appointments to be booked via Townhead Surgery
01729 822611

Pioneer Projects Wellbeing Café Settle

Tuesday's 2-4pm
The Place, Settle
Contact Caroline McCarthy on 015242 62672

Weight Management

Healthy Lifestyles 12 week Course

The Place, Settle – Thursdays 10.30 – 12.00
Tel: 01756 706282

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

Live Better Programme

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

Weight Watchers

<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

<https://peoplefirstkc.com>

Exclusively Inclusive

Social Support

Email: katiepeacock@live.co.uk

<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

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

Get Moving

Seated exercise support

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

Strong and Steady - North Yorkshire Sport

Langcliffe Village Institute

kckd@btinternet.com

Movement to Music – North Craven Age Uk @ The Place

2nd and 4th Wednesday of the month – 2-3pm

Tel: 01729 823066

Ramblers Wellbeing Walks – North Craven Strollers

Every Wednesday 1.30pm from Millennium Gardens

Tel: 07879643878

Social Groups

AGE UK North Craven Good Friends Project - Befriending

01729 823066

Pioneer Projects

Community Art Shed – Looking Well Studios Bentham

015242 62672

Age Uk North Craven – Walking Rugby

Friday North Ribblesdale RUFC

£3 per session

01729 823066

Coffee and Chat – Age Uk North Craven @ The Place

Wednesday 10.30 – 12.00

Tel: Caroline Wilson 01729 823066

Age Uk North Craven – Allotment Drop in

Dog Meadow Settle – Wednesday and Friday 12.30 – 3.00pm

Settle Hub Allotment Group:

phone 07977 040329 to find out more information.

Age Uk North Craven – Bingo

Tuesday Limestone View 1.00 – 3.30pm

£2

Tel: 01729 823066

Carer's Resource Allotment Group

Every Friday Middletown Allotment Skipton 10.00 -11.00

Drop in

Swadford Wellbeing Café Skipton– Out of hours support

Friday 5pm – 10pm

Saturday 12 – 5pm

Mid Craven Lunch Group –Carers Resource

Gamekeepers Inn - Friday's

Tel: 07590877916

Carer's Resource Wellbeing Sessions Online

Tuesday's 10.00am

Tel: 01274 449660 and ask for Caroline Knight

Settle Library – home visiting service

Tel: 01729 825683

Sing along with every song – Pioneer Projects

Online session every Wednesday 10.30 – 11.30

015242 62672

Settle Hub – Community Munchers

The Quakers 2nd and 4th Thursday every month

Tel: 07419127988 for more information

Carer's Support**Carer's Resource Virtual Bookclub**

Fortnightly on a Thursday via Google Meets 7.30 -8.30

Contact 0808 5015 939

Just For Fun Carer Quiz

Monthly on a Wednesday 3-4pm via Google Meets

Contact 0808 5015 939

Carer's Resource North Craven Lunch Group

Bentham Golf Club – Mondays 12-2pm

Ring Debi Hawkins on 07522226334 to book

Dementia

Pioneer Projects – Making Connections Settle

Tuesdays, The Place, Settle 10.30 – 12.30
015242 62672

Dementia Forward

Time Together Tuesday Wellbeing Café
St John's Methodist Church, Settle 2pm – 3.30pm
Tel: 03300 578592

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

Horton Housing Drop In

The Place, Settle – Fortnightly from the 7th of July 2022
Help with all welfare issues
Tel 01756 794882 Pinder House

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.cravencd.gov.uk/housing/>
01756 706475

Age UK North Craven – Information and Advice

Tel: 01729 823066 and ask for Tracy

Support Worker

Living Well Service

<https://www.northyorks.gov.uk/living-well-north-yorkshire>
01609 780780

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 or self refer at:

[Welcome - Wharfedale Airedale & Craven Alliance \(wacalliance.co.uk\)](http://wacalliance.co.uk)

Cancer Support

Cancer Support Yorkshire

Online peer support
<https://cancersupportyorkshire.org.uk/>

Digital Support

Digital Inclusion Craven

Tel: 01756 700600 for more information on the current projects

Learning Support

Adults Skills & Learning Courses

Online & blended learning options

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

North Yorkshire Libraries

Online Sessions including Creative Writing , Book talks etc

<https://www.northyorks.gov.uk/libraries-news-and-events>

Alcohol & Substance Misuse

North Yorkshire Horizons

Online & telephone support available at present

01723 330730

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

Transport

Age Uk North Craven

01729 823066

Dial a ride - NYCC Fleet

01609 533887

Food Bank

Skipton Food Bank

Referrals to Phil (Centre Manager) 07856 080194

Pick up point –Age UK North Craven Offices Settle

Settle Pop Up Pantry

Holy Ascension Church, Friday 11-12

01729 825955

Community Fridges

Tel: 07977040329 for information regarding locations

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>

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.

Home Start Craven Group for Children with Additional Needs

Settle Library Limestone View

Contact hsnorthcraven@gmail.com or 07513849911

Mama Meet!

For all mums with a newborn baby

Contact hsnorthcraven@gmail.com or 07513849911

Illness Management

Cancer Support Group

4th Wednesday of the Month (starting the 23rd of October) 10.00-11.45

The Place, Settle

Contact Caroline Wilson, Age Uk North Craven 01729 823066

Better Days-for people experiencing Chronic Pain

Women only group – 1st Wednesday of every month 1-2.30pm

The Place in Settle

Contact 01729 824868