

Social Prescribing Directory Learning Disabilities (AWC)

(updated 22/6/22)



Learning Disabilities Groups & Services

AWARE

Support for Autistic children, young people and families
Tel: 01535 661275

Specialist Autism Services - Keighley Autism Hub

Weekly support drop in
<https://specialistautismservices.org>

People First Keighley & Craven

Social nights, gardening projects and craft group
<https://peoplefirstkc.com>

Exclusively Inclusive

Lots of activities including the Happy Monday's Group to promote health and social wellbeing
katiepeacock@live.co.uk

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/>

Keighley Volunteer Centre

Social Groups including boogie nights and sensory space
<https://keighleyvb.co.uk/>

Creative Support

<https://www.creativesupport.co.uk/>

Outside the box

Community café supporting adults with learning disabilities
<http://www.outsidetheboxcafe.com>

Mencap

Advice and Support Learning Disability Charity
<https://www.mencap.org.uk/>

Sparkle

For parent and carers of children with or without a diagnosis of Autism/Aspergers to meet for a coffee and chat twice a month during term time
Sparkle.skipton@gmail.com

DOSH

Financial Welfare advocacy and support for people with learning disabilities
<https://www.dosh.org/>

Craven Disability Forum

When: All meetings are 10.30am – 1pm

Where: Belle Vue Suite, Belle Vue Mills, Skipton

Contact: Claire Canavan, NYCC Participation and Engagement Officer

Tel: 01609 533271

E-mail: Claire.Canavan@northyorks.gov.uk

SCAD Disability Transport

www.scad.org.uk

Craven Gazette

LD friendly newsletter

<https://en-gb.facebook.com/cravengazette/>

Autism Aware

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

Bradford Talking Media:

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

Skipton Step into Action :

01756 802098

Friendly phone call, walk & Talk, meeting on an outer space, small group meetings, assistance with shopping

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

Pioneer Projects

Social groups across Craven

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

015242 62672

Mental Health**Qwell**

A mental health app giving access to counselling support

www.qwell.io

My Wellbeing College

Currently running online courses & telephone 1-2-1 support . 5 month wait at present

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

Peer Talk

Weekly open peer support group for people with Depression in Skipton

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

Specialist Autism Services

Referrals for autism specific counselling

<https://specialistautismservices.org>

Pioneer Projects

Mental health based projects

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

015242 62672

Missing Peace

Wellbeing support

missingpeacews@gmail.com

07711 271596

Weight Management**Healthy Lifestyles 12 week Course**

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

Live Better Programme

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/>

Exercise Support**Well Together**

Organised walking groups

[01274](tel:01274259190) 259190

Craven Walks

www.betaramblers.org.uk

Exercise on Prescription

*needs a referral by a Health Professional

<https://www.cravendc.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/>

Exercise for Disabilities

<https://www.cravendc.gov.uk/craven-leisure/healthy-lifestyles/arni-neurological-injury-and-stroke-recovery/>

Park Run Skipton

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

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

SENDIASS

To help parents and carers of SEN children and young people access the right health and social care support
Bradford:

BradfordSENDIASS@barnardos.org.uk

North Yorkshire

<https://sendiassnorthyorkshire.co.uk>

Support Employment – North Yorkshire County Council

Works with people with disabilities to support back to work

[Supported employment for disabled people | North Yorkshire County Council](#)

Support Worker

Living Well Service

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

01609 780780

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

Digital Inclusion Craven

Helpline 0808 196 5883

[Craven District Council : Digital Inclusion in Craven \(cravenc.gov.uk\)](#)

Worth Connecting

Digital support for the over 55's

01274 391190

info@ageukbd.org.uk

Learning Support

Adults Skills & Learning Courses

Online & blended learning options

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

Dementia

Dementia Forward

Helpline for advice and support

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

03300 578592

Alcohol & Substance Misuse

North Yorkshire Horizons

Online & telephone support available at present

01723 330730

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

Food Bank

Skipton Food Bank

Referrals to 07856 080194

Pick up point – St Andrews Church, can deliver if needed

Community Fridges

Age UK North Craven

01729 823 066

Selfa

01756 706384