

Social Prescribing Directory

Focus on Learning Disabilities (AWC)

(updated 8th April 2024)



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. To find out more information, visit the facebook page or email group lead Katie : 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

Craven Gazette

LD friendly newsletter

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

Autism Aware

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

Purple Patch

<https://purplepatcharts.org>

Learning activities which can be accessed through a personal budget

Bradford Talking Media:

Service which prepares easy read literature and BSL videos.

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

Skipton Step into Action :

01756 802098

Provides support in the community , could include befriending, walk & Talk, meeting on an outer space, small group meetings, assistance with shopping & transport to appointments or leisure activities.

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

Pioneer Projects

Social groups across Craven with a focus on Art Therapy. Specialist “closed” groups for people living with Dementia. More details can be found on the website.

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

015242 62672

Mental Health**Qwell**

A mental health app giving access to counselling support therapy for anyone 18+ years of age.

www.qwell.io

Talking Therapies :

NHS mainstream mental health services can be accessed via single point of access called Talking Therapies.

<https://www.bdctalkingtherapies.nhs.uk/> or call 01274 221234.

Peer Talk

Weekly open peer support groups for people with Depression in Skipton & Settle

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

Specialist Autism Services

Referrals for autism specific counselling

<https://specialistautismservices.org>

Cellar Trust

Lots of peer support , group courses , employment 1-2-1 advice and support available. Based in Shipley but open to anyone across Airedale Wharfedale & Craven.

[Home - The Cellar Trust](#)

Pioneer Projects

Mental health based group wellbeing cafes and specialist support sessions

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

015242 62672

Mental Health Connect

Mental Health Groups, 1-2-1 coaching support and wellbeing services available within Keighley and Ilkley .

Self refer via website : [Mental Health Connect |](#)

Weight Management**Healthy Lifestyles 12 - week Weight Management Course**

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

Live Better Programme

Group health coaching support available for people who would like to get into the right mindset to make long lasting lifestyle changes.

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

Living Well – Bradford

Weight Management Support available :

[Home - Living Well \(mylivingwell.co.uk\)](#)

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 259190](tel:01274259190)

Craven Walks

www.betaramblers.org.uk

Exercise on Prescription (Craven)

*needs a referral by a Health Professional

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

Exercise on Prescription (Airedale and Wharfedale)

Need referral via GP practice

<https://mylivingwell.co.uk/physical-activity/beep-bradford-encouraging-exercise-in-people/>

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.cravenc.gov.uk/craven-leisure/healthy-lifestyles/arni-neurological-injury-and-stroke-recovery/>

Park Run

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

Options available – Skipton , Keighley and Ilkley

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

Craven Housing Support Team

<https://www.cravencd.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 (Craven Only)

1-2-1 support to help keep independent and improve wellbeing .

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

01609 780780

Cancer Support

Cancer Support Yorkshire

<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 \(cravencd.gov.uk\)](#)

Worth Connecting

Help to improve digital and online skills for the over 55's

01274 391190

info@ageukbd.org.uk

Learning Support

Adults Skills & Learning Courses

Variety of courses available to improve skill sets. Delivered in the local community and online.

<https://www.northyorks.gov.uk/education-and-learning/adult-education-and-training-courses>

Dementia

Dementia Forward

Helpline for advice and support

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

03300 578592

Alcohol & Substance Misuse

North Yorkshire Horizons

Confidential Support Service for anyone living within Craven who needs alcohol or substance misuse support.

01723 330730

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

Project 6

Alcohol and Substance misuse support service for anyone living in Wharfedale / Airedale.

Call : 01535 610 180

<https://project6.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

Salvation Army Keighley

Referral required via GP practice

Ilkley Food Bank

Referral required via GP practice.