

Services & Groups that can help you

EASY READ VERSION

(updated 22/6/22)



Support Groups



Asperger's Community Support Team (ACST)

Contact Details: 01274 436684

AWARE Autism Support

Support for Autistic children, young people and families

Tel: 01535 661275

Children's Complex Health & Disabilities Team (CCHDT)

Contact details: 01274 435750

Email: CCHDT.admin@bradford.gov.uk

Down Syndrome Training & Support

Providing education, support and training to children and young people with Down syndrome from birth to 25 years. Contact 01274 561308.

Website www.downsyndromebradford.com

Not sure what you need? Ask to speak to the Social Prescriber available at your Doctors Practice.

Social Groups



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. Covers Skipton & Ilkley. Email : katiepeacock@live.co.uk

LS29

Group for families who have children with additional needs who live in Ilkley area, offering support and activities.

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

Keighley Volunteer Centre

Adults Social Groups including boogie nights and sensory space

<https://keighleyvb.co.uk/>

Outside the box

Community café supporting adults with learning disabilities with work placements

<http://www.outsidetheboxcafe.com>

Not sure what you need? Ask to speak to the Social Prescriber available at your Doctors Practice.

Mental Health Support



My Wellbeing College

Currently running online courses & telephone 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/>

Pioneer Projects

Mental health based projects

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

015242 62672

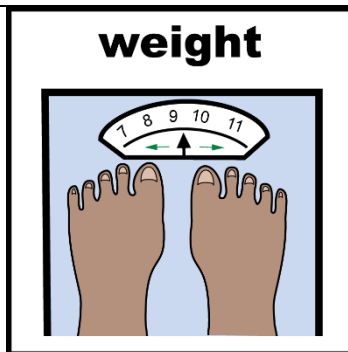
Missing Peace

Wellbeing support

missingpeacews@gmail.com

07711 271596

Weight Management



Healthy Lifestyles 12 week Course

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

Live Better Programme

Support for people struggling to make lifestyle changes. Wheelchair Friendly exercise classes available.

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

Not sure what you need? Ask to speak to the Social Prescriber available at your Doctors Practice.

Exercise Support



Well Together

Organised walking groups in Keighley & Burley in Wharfedale
[01274 259190](tel:01274259190)

Craven Walks

Walks from Skipton – Free
www.betaramblers.org.uk

Park Runs

Saturday mornings at 9am based at Aireville Park (Skipton) and Cliffe Castle Park (Keighley)

Bradford Sport

A charity offering a variety of sports clubs and activities especially for people with a disability across the district, activities available include swimming, basketball, cricket, karate, athletics, cycling and more.

Telephone: 01274 437093 Email: info@bdsi.net

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

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>

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