

Social Prescribing Directory

Airedale

(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 Bradford

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

First Response 24/7

Support available 24 hours a day, seven days a week to people of all ages experiencing a mental health crisis.
01274 221181

Relate

Relationship counselling

www.relatepkc.org.uk

01422 354354.

Mind

Website: <https://www.mind.org.uk/>

Helpline: 0300 123 3393

Textline: 86463

Samaritans

Website: <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Helpline: 116 123

Email: jo@samaritans.org – response time 24 hours

Weight Management

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/>

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/>

Exercise Support

BEEP - Exercise on Prescription
*needs a referral by a Health Professional
<https://www.bradford.gov.uk/beep>

Couch to 5km Programme
Self help programme
<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Exercise for Disabilities – Get Moving
<https://reesfitness.co.uk/services-available/getmoving/>

Junior Park Run – Ilkley
<https://www.parkrun.org.uk/riversidegardens-juniors/course/>

Park Run- Keighley
*Currently on hold
<https://www.parkrun.org.uk/cliffe-castle>

Social Isolation

Sporting Memories Virtual Group
*send task to Emma Taylor to request further information about the new Group
<https://www.sportingmemoriesnetwork.com>

Silverline Telephone Befriending :
0800 4 70 80 90.

Keighley Volunteer Centre
Befriending & Practical Support
<https://keighleyvb.co.uk/>
01535 609506

Pioneer Projects
Currently offering singing, cooking and mind&soul online social groups .
<https://pioneerprojects.org.uk/>
015242 62672

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

Bradford Housing Support Team

<https://bradford.gov.uk/housing/help-with-housing-and-homelessness/the-housing-options-service/>
01274 435999

Homeless Emergency Support:

01274 381999

Age UK Bradford District:

Information & Advice service for people over 55 years of age
01274 395144

Carers Resource

Information and Advice service for Carers
01274 449660
www.carersresource.org

Support Worker

Personal Support Navigators AGE UK

Contact Social Prescribing team for referral

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/>

Keighley Arts

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

Digital Support

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

Learning Support

Help with Computers

Worth Connecting Service

<https://www.ageuk.org.uk/bradforddistrict/our-services/wellbeing-support-services/worthconnecting/>

01274 449660

Dementia

Alzheimer's Society

Advice and Support Service for people with memory loss

01274 586008

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

Alcohol & Substance Misuse

Project 6

Support for alcohol and substance misuse

01535 608631

<https://www.project6.org.uk>

Food Bank

Keighley Food Bank

If a family requires an emergency food parcel, or if you wish to volunteer for the food bank project please ask your GP/ Social Prescriber.

Family Support

Home Start Bradford

Supporting families (child under 5) to access support during pandemic

01535 633782

<https://www.home-start.org.uk/home-start-craven>

Family Corner

FREE online resource of parent friendly blogs and features focusing on children's early learning and development.

www.familycorner.co.uk

Early Years Alliance website

Offer families FREE, professional advice on - the 30 hour offer, choosing the right childcare, settling your child into nursery or pre-school, information on how children learn and develop, support for parents about children with special educational needs - info@eyalliance.org.uk or www.eyalliance.org.uk/parents

Family Time Tips

FREE children's activities straight to your mobile. An innovative new digital service for families and FREE to join. The service uses WhatsApp to send learning and development ideas direct. Activity ideas are sent daily and they include handy hints, video clips and lots of ways to include chatter. www.eyalliance.org.uk/family-time-tips-free-childrens-activities-mobile

Early Years Alliance YouTube

Number of story and activity sessions for families to make the most of. Activities include easy cooking, making gloop and sing a long nursery rhymes. Interactive stories feature puppets and other exciting props to help enhance children's learning experience and ignite their imagination.

<https://www.youtube.com/channel/UCmaV2MHdO9v69Jd9yayzX0w>

Young Parents Group

Online support group at Keighley Healthy Living

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

Gingerbread Group

National charity for single parents and their families. Offering support and guidance for all single parents, those who may feel like single parents (due to partners working away etc) or families of single parents. Online forum and local support groups available. www.gingerbread.org.uk

Henry

www.henry.org

Top tips, free recipes, videos for families on healthy eating right from the start and growing up with healthy teeth

Family lives

Support for families. Call on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life

Bereavement

Cruse Bereavement Care

Leading national charity for bereaved people.

0808 808 1677

Ilkley Bereavement Support Group

Self Help Group

Website: <http://lbforum.org.uk/services/ilkley-bereavement-support-group/>

Telephone number: 01943 600936

Weekly support: Tuesday 10.30am-12.30pm

Address: Christchurch, The Grove, Ilkley, West Yorkshire, LS29 9LW

The Good Grief Foundation

Website: <https://www.thegoodgrieftrust.org/i-have-lost-a/partner/>

Interactive website that is run by people who have experienced similar grief.