

# Social Prescribing Directory

## Burley In Wharfedale

(updated 13/07/2021)

For more information about any of these services, please email Sue Moorchild:

[sue.moorchild@bradford.nhs.uk](mailto:sue.moorchild@bradford.nhs.uk)



### Mental Health

#### My Wellbeing College

This service provides online courses & telephone and face to face consultations for people who need support with their mental wellbeing.

<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](http://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](mailto:jo@samaritans.org) – response time 24 hours

#### Burley in Wharfedale Listening Ear ( 18 +)

A welcoming, safe, confidential space for you to talk with a fully trained professional volunteer listener

01943 864405 (Voicemail) Telephone support only. Contact your Social Prescriber for more information and support to access this service.

#### Tuesday Health Walk. - walk in company!

A one-hour social walk at an easy pace. Approved by the NHS.

Meet outside the library at 10 am. Free.

You will be asked to tell the walk leader about any health issues you may have so that they can adapt the route if necessary. Contact Ann Nuttall Tel: 01943 862425

## Weight Management

### Live Better Programme

Health Coaching and Exercise support for anyone wanting to make lifestyle changes. Fully funded through WACA Primary Care Network.

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

### NHS 12 week programme

Self help option

<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

### Get Slim

Online web based self-management weight and exercise programme with 12 weeks FREE membership for residents who pay their council tax to Bradford Council

<https://mylivingwell.co.uk/weight-management-support/getslim>

## Learning Disabilities

### People First Keighley & Craven

<https://peoplefirstkc.com>

### Exclusively Inclusive

Social Support & Events for people with learning disabilities

<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

Short Term discounted gym and swim membership, along with bespoke programme to help meet fitness needs.

\*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/>

Our Parks: Couch to Fitness 9-week Programme Working in partnership with Better Health. 3 fitness levels 3 sessions 30 minutes 3x a week. Also a family programme.

<https://ourparks.org.uk/couch-to-fitness>

<https://ourparks.org.uk/couch-to-family-fit>

### Well Together

Community based volunteer led walks.

<https://www.bdct.nhs.uk/services/well-together-service/>

## Social Isolation

Silverline Telephone Befriending:  
0800 4 70 80 90.

### Neighbourhood Support

For adults in Burley In Wharfedale who run into difficulties and have no neighbours to step in to help then please contact a member of the Parish Council who will try to access support for them. Contact details are on the Parish Council website, or direct initial requests to Parish Councillors:

Gary Scott 07413 043217   Chris Turner 07801 966531   Jan Lepley 07711 329809   Vicky Evans 07799 475854

### Love Burley

If you are aware of any elderly or vulnerable adults needing support, please contact Love Burley: They have a list of volunteers who are happy to help with shopping, have a chat on the phone or assist as needed. If you can help with the volunteering activity, then please let Robert or Becky know.

Robert Saville 07802 800016

Becky Berry 07874 226690

### Burley Virtual Men's Shed

<https://www.facebook.com/groups/603961393543155/>

Volunteer Transport- supporting older people and people with mobility issues with car transport. Generally for hospital visits but may be able to accommodate other activities.

Contact Peter Halliwell 01943 863 274. Leave a message if no answer

### Pioneer Projects

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](http://www.carersresource.org)

Love Burley: help with shopping, have a chat on the phone or assist as needed.  
Robert Saville 07802 800016  
Becky Berry 07874 226690

Burley Community Action Response online support  
<https://www.facebook.com/groups/burleycommunityactionresponse/>

## Cancer Support

Cancer Support Yorkshire  
Providing Welfare , Counselling therapy and peer support for anyone affected by a cancer diagnosis.  
<https://cancersupportyorkshire.org.uk/>

## Digital Support

Well Together  
<https://www.bdct.nhs.uk/services/well-together-service/>  
Able to do training & hand out free devices to get people online  
01274 321 911

Worth Connecting  
Telephone support and teaching materials to use a digital device to find information, make social connections or to benefit from online services. Loan of devices and support with access to internet  
01274 449660 [info@worthconnecting.org](mailto:info@worthconnecting.org)

## Learning Support

Adults Skills & Learning Courses  
Online & blended learning options available in a range of courses from teaching English to Joinery.  
<https://www.northyorks.gov.uk/view-adult-learning-courses-and-enrol-online>

## Dementia

Burley Dementia Action Group (BDAG)  
BDAG, a voluntary group, was formed in 2015 to help Burley become a village where people with dementia are understood, respected, and supported. The group meets on the 4th Thursday of the month from 2:00-4:00pm in the Parish Centre. Contact: Susan Collins Tel: 01943 864424  
[dementiafriendlyburley@gmail.com](mailto:dementiafriendlyburley@gmail.com) [www.burleydementiafriends.weebly.com](http://www.burleydementiafriends.weebly.com)  
[www.facebook.com/Burleydementiafriends](https://www.facebook.com/Burleydementiafriends)

The Memory Tree @ Burley  
Launched in May 2017, this is a thriving support group for people with dementia and their carers meeting on the 1st and 3rd Thursday of every month, 2.00 -4.00pm at the Parish Centre. Tel: Susan Collins 01943 864424  
Email: [dementiafriendlyburley@gmail.com](mailto:dementiafriendlyburley@gmail.com)

Alzheimer's Society  
Advice and Support Service for people with memory loss  
01274 586008  
<https://www.alzheimers.org.uk/>

Social Support for carers ( 1-1 and virtual Zoom meetings planned)  
Tel: 07936 446097  
Email: [info@dfia.org.uk](mailto:info@dfia.org.uk) Website: [www.dfia.org.uk](http://www.dfia.org.uk)

## Alcohol & Substance Misuse

### Project 6

Providing specialist support for alcohol and substance misuse- in groups and 1-2-1 appointments.

01535 608631

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

### Alcoholics Anonymous

Local Helpline: 0113 245 4567 National Helpline: 0800 917 7650

Email: [help@aamail.org](mailto:help@aamail.org) Web: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

Local group Enquire at The Parish Office for contact. Tel: 01943 864405

## Food Bank

### Ilkley 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>

### Generation Youthquake

Online advice and information for young people 11-14 years

<https://www.facebook.com/GenerationYQ/>

For further information email : [generationyouthquake@gmail.com](mailto:generationyouthquake@gmail.com)

### Story Bees

Offers imaginative, creative and sensory sessions for under 5s and their parents... all inspired by wonderful books! Classes are a great opportunity to celebrate the joy of reading with your little ones, spend some quality time together, explore new activities and meet other parents.

Facebook: <https://www.facebook.com/storybees.uk/> Email: [storybees@outlook.com](mailto:storybees@outlook.com)

Website: [www.storybees.co.uk](http://www.storybees.co.uk) Phone: 07920 013954

## Bereavement

### Cruse Bereavement Care

Leading national charity for bereaved people, providing counselling therapy.

0808 808 1677

### Burley in Wharfedale bereavement care

Confidential bereavement care group. Support available to everyone from the newly bereaved to those who have struggled with grief for some months or years.

Contact 01943 864405 and leave a message.

### 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.

## Volunteering

### Volunteering Ilkley

Volunteering is known to have a range of positive health benefits - both physical and mental. For a range of local roles visit <https://volunteeringilkley.org.uk/> Further information email [lorraine@cabad.org.uk](mailto:lorraine@cabad.org.uk)