

Social Prescribing Directory Ilkley

(updated 19/08/2020)



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.

Ilkley Good Neighbours
Befriending , social groups, transport and shopping services
01943 603348
<https://goodneighboursilkley.org.uk>

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/>

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

Adults Skills & Learning Courses

Online & blended learning options

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

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

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>

Dans Den

Soft play centre for families at Christ Church, Ilkley. Outreach worker and team members trained to offer support and a listening ear

01943 603903

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.

Dementia

Dementia Friendly Ilkley Action

Information on services and support for people with dementia and carers

Social Support for carers (1-1 and virtual Zoom meetings planned)

Contact details:

Tel: 07936 446097

Email: info@dfia.org.uk

Website: www.dfia.org.uk