

Social Prescribing Directory Ilkley

(updated 02/07/2021)



Mental Health

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 Bradford- Local Group is in The Hub in Skipton Town Hall every Monday from 7:30pm-9pm. If you want to talk to someone before turning up please call 07719 562 617 or email enquiries@peertalk.org.uk.

<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. 08009521181 or text SHOUT to 85258 which is the national crisis line.

Qwell

Qwell is a online emotional wellbeing and mental health support with mental health support via the chat. It is anonymous.

<https://www.qwell.io/>

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

Clarke Foley Men's Harbour Club

Runs fortnightly on a Friday -12.30pm-2pm- please check <https://www.clarkefoley.org.uk/> for the dates.

A place to talk, laugh, learn and discuss.

Sessions will include a talk about 'Tools for Africa', discussions on well-being, football and any other topics of interest to the group.

please call 01943 607016 or 07379797005. You can also email at admin@clarkefoley.org.uk

Talk and Thrive- EMPowering Survivors

Two support groups- split into genders.

Talk and Thrive mens group runs fortnightly out of the Clarke Foley Centre on a Wednesday evening 7-8pm.

Talk and Thrive womens group is run in Keighley.

They are very active on facebook please search- EMP EMPowering Survivors- daily videos of support. You can directly chat to them via facebook page.

Former Military PTSD support is also available.

Youtube: <https://www.youtube.com/channel/UCNEIsVEXjplh9fhZ1fnHxQ>

emps.talkandthrive2014@gmail.com

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/>

Couch to 5k

Self help- self managed running

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

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/>

Outside the Box

Outside the box has a café which offers courses on building independence. Please check their facebook outside the box. (café is open restrictions in place)

tel:01943 431173

<https://www.outsidetheboxcafe.com/>

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

Free Every Saturday- register on website below.

<https://www.parkrun.org.uk/cliffe-castle>

Get Moving

Seated exercise support

<https://reesfitness.co.uk/services-available/getmoving/>

Seated Exercise

To book onto the weekly online sessions please call Keighley Healthy Living : 01535 677177

Ballet Strength and Conditioning

Online weekly class , please book on via Keighley Healthy Living : 01535 677177

Clarke Foley Centre:

Please check the website lots of new groups available for all ages-

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

Ilkley Park 3 Bridges 1 ¾ walk.

<https://discoverilkley.co.uk/three-bridges-trail/>

Social Isolation

Sporting Memories Virtual 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

University of the 3rd Age (U3A)

Lots of different groups please check their website:

<https://ilkleyu3a.org/>

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 – currently on hold- please talk to social prescriber.

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 – they do run 6 week sessions please check their website- previously held at Clarke Foley Centre.

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

01274 449660

Osteoporosis Peer Support

A support group online with guest speaker. Please check the website for the zoom link and dates.

<https://www.dyneleyhousesurgery.co.uk/latest-news/180-osteoporosis-peer-support-group.html>

Alcohol & Substance Misuse

Project 6

Support for alcohol and substance misuse

01535 608631

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

Food Bank

Ilkley Food Bank

People can self-refer through Ilkley Food Bank facebook page.

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

Wharfedale Mumbler

Its an online website where discounts that are applicable to parents. Activities are posted. Also jobs that work for parents is posted on this website.

<https://wharfedale.mumbler.co.uk/>

Ilkley Chat

Is an facebook group which advertises local volunteer groups, jobs and local events please search Ilkley chat on facebook or see website below:

<https://www.ilkleychat.co.uk/>

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: Thursday 10.30am-12.30pm
Address: Clarke Foley Centre

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

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

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

Ilkley Chat
Is an facebook group which advertises local volunteer groups, jobs and local events please search Ilkley chat on facebook or see website below:
<https://www.ilkleychat.co.uk/>