

# Social Prescribing Directory for Wharfedale

(updated June 2025)

## Mental health

- **Bradford Talking Therapies**

This service provides telephone and face to face / group support for people who need support with their mental health.

Website: [Bradford and Craven Talking Therapies](#)

Tel: 01274 221 234

Self-referral or support to access this service via your social prescriber

- **Wharfedale Wellness Together (Keighley Healthy Living)**

1:1 support and wellbeing group for people with anxiety and low mood

10.00am - 2.00pm Christchurch, The Grove, Ilkley,

Website: [Mental Health Connect | Keighley Healthy Living | West Yorkshire](#)

No referral required

- **Mind in Bradford**

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

- First Response for urgent support 24 hours a day Tel: 0800 952 1181

- Guideline for emotional support Tel: 0800 884 884

- Side by side online peer community support <https://sidebyside.mind.org.uk>

- **Samaritans**

Website: <https://www.samaritans.org/>

Tel: 116 123 for free 24 hours a day

- **Sexual abuse counselling and therapy**

Helpline: Tel: 0808 145 1887

- **Burley in Wharfedale Listening Ear (18+)**

A welcoming confidential space to talk with a trained professional volunteer listener.

Contact your social prescriber to access this service.

- **Burley Community Wellbeing Hub**

A supportive and inclusive group to share worries and concerns in a confidential safe space, supported by Grange Park Surgery

Wednesday 10-12 at the Scout Hut, Peel Place, Burley in Wharfedale

No referral required – just turn up

- **Healthy Minds**

Information and advice and support finder  
Website: <https://www.healthyminds.services>

## Weight management

- **Eat, Move, Be Happy**

Programmes to promote healthy eating habits and help with weight loss and mobility.  
Some courses are funded.

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

- **Live Better health Coaching** Free coaching programme for weight loss, healthy eating advice and exercise (BMI 30+) at Ilkley Rugby Club, Wednesday 9 -9.45am
- **Get Moving Exercise at Ilkley 1** at Ilkley Tennis Centre Wednesday 10-11am
- **Gym Rehab** for people living with chronic conditions or rehabbing from surgery at Ilkley Tennis Centre, Monday 12.45 -1.45 and Wednesday 12 -1pm
- **Fresh Start 1:1 coaching** (BMI 35+)

Self-referrals via website or via your social prescriber.

- **Living Well**

Free 12 week access to Sliming World, Weight Watchers, APNA, Brotherhood (BMI 25+)

Website: <https://mylivingwell.co.uk>

Self-referrals or via your social prescriber

## Exercise support

- **BEEP - Bradford Encouraging Exercise in People**

Free 1:1 exercise coaching for 12 months and discounted exercise options.

Currently inactive / low active, BMI over 25 and have a long term medical or mental health condition

Website: <https://mylivingwell.co.uk/physical-activity/beep-bradford-encouraging-exercise-in-people/>

Requires a referral by a health Professional or social prescriber.

- **Better Health**

NHS online support for weight loss and exercise

[Better Health - NHS](#)

- **Couch to 5km Programme**

Self help programme [www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/](http://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)

- **Park Run - Keighley and Otley**

Free every Saturday - register on website: <https://www.parkrun.org.uk>

- **Keighley Healthy Living**

Exercise classes various locations across Bradford district

Tel: [Tel: 01535 677177](tel:01535677177) to reserve a place.

Website: [Exercise Classes and Walks | Keighley Healthy Living | West Yorkshire](#)

- **Seated Zumba Gold**

Wednesdays 11.15am – 12.15am at Queens Hall, Burley-in-Wharfedale

- **Seated Yoga**

Mondays 2pm -3pm at St Johns, Ilkley

These classes are free – donation requested. Requires a health questionnaire to be completed and signed by GP.

- **Clarke Foley Centre**

Various exercise classes for all ages. Please check the website for details

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

Tel: 07495 045310 / 07442 261462

- **Well Together NHS walking groups**

- Social walks and activities**

Website: <https://www.bdct.nhs.uk/our-services/mental-health-services/well-together-service/>

Tel: 01274 259190

Self-refer via website or your social prescriber

- **Burley in Wharfedale walking group**

Monthly walks

(3 miles) 1st Friday of the month

(5 miles) 3rd Sunday of the month

Tel: 01943 862965 or [burleywalkersarewelcome@gmail.com](mailto:burleywalkersarewelcome@gmail.com) for more information

## Learning and physical disabilities

- **Outside the Box**

A café which offers courses on building independence. Tel: 01943 431173 See Facebook page for latest.

- **CTi2000**

Social activities and outings for people with disabilities

Website: [www.cti2000.org](http://www.cti2000.org)

- **LS29**

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

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

- **Hockney Group, Blind and Partially Sighted**

Friendship for blind and partially sighted people. Transport can be provided

Tel: 01943 863274

- **Equality Together**

User led organisation providing support for disabled people, their carers and families including benefits support and equipment

Tel: 01274 594173

Website: <https://equalitytogether.org.uk/>

- **Bradford People First**

Self advocacy group run by people with learning disabilities for people with learning disabilities

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

Tel: 01274 744151

- **Disability Advice Bradford – Based in Shipley**

Benefits advice for people with disabilities

Tel: 01274 594173

Website: <https://bradforddisabilityservices.co.uk>

Equipment and advice for people with disabilities

Tel: 01274 592474

Website: <https://bradforddisabilityservices.co.uk/equipment/>

## Companionship and interests

**For Burley in Wharfedale visit the village diary** including activities including chess and table top games

Website: <https://www.burleyinwharfedale.org.uk/category/burley-village-directory/>

- **Silverline – AgeUk**

Telephone Befriending

Website: <https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/>

Tel: 0800 470 80 90

Self-refer or via you social prescriber

- **Ilkley Good Neighbours (Ilkley)**

Befriending, social groups, dementia support, transport and shopping services.

Tel: 01943 603348

Website: <https://goodneighboursilkley.org.uk>

Self-refer or via your social prescriber

- **Friends of Dorothy**

Social activities and events for over 50s LGBTQ+ community in West Yorkshire

[www.friendsofdorothy.org.uk](http://www.friendsofdorothy.org.uk)

- **Men's Shed (Burley in Wharfedale)**

Community space for men to connect, converse and create

Bowls Pavillion in Grange Park, 10am – 12 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month

Tel: Robin 07712 471729 for more information

[burleymensshed@gmail.com](mailto:burleymensshed@gmail.com)

- **Cuppa cake and company (Burley in Wharfedale)**

Social group for older people

1<sup>st</sup> Friday of the month, 2-4pm, Parish Centre, Station Road, Burley in Wharfedale. Transport available.

- **Coffee morning (Burley in Wharfedale)**

10am -12 every Tuesday, Burley in Wharfedale Methodist Church

All welcome

- **Open Door**

Informal social group with refreshments, Parish Centre, Station Road, Burley in Wharfedale.

Monday 10 – 12. Tuesday 2 – 4. Thursday 10 -12.

- **Bowls**

Summer coaching sessions for all ages 6.15pm Thursdays – weather permitting

Tel: 07944 191480 for more information

- **Pentaque**

Boules available for Cockpit Farm Tea Room, Dacre, Son and Hartley and the Red Lion.

## Welfare

- **Citizens Advice**

Benefits, employment issues, housing and consumer problems. Tel: 08082 787 828 to book an appointment

Website: <https://www.citizensadvice.org.uk/local/bradford-airedale/>

- **Bradford Housing Support Team – Housing Options (Bradford Council)**

Housing information, advice and support

Tel: 01274 435999

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

**Homeless Emergency Support outside office hours :** Tel: 01274 381999

- **Age UK Bradford District**

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

Free support with benefit applications (Attendance Allowance / Pension Credit and Blue Badge applications. Home visits when required

Tel: 01274 395144

Website: <https://www.ageuk.org.uk/bradforddistrict/our-services/>

- **Carers Resource**

Information and advice service for Carers

Tel: 01274 449660

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

- **Christians Against Poverty**

Debt and budgeting advice and support

Tel: 0800 328 0006 M-T 9.30 -5pm and Friday 9.30-3.30pm

Website: <https://capuk.org/get-help/>

- **DWP advice and support**

DWP worker available for advice and support 3<sup>rd</sup> Monday of the month at the Ilkley Foodbank 2-4pm

- **Adult Social Care – Bradford Council Independent Advice Hub**

To request a needs assessment for a vulnerable adult with care and support needs or for an occupational therapists assessment

Tel: 01274 435400

<https://www.bradford.gov.uk/adult-social-care/living-independently/staying-at-home/>

## Transport

- **Ilkley Community Transport**

Volunteer car lifts for people who are unable to access transport for medical appointment.

Tel: [01943 603348](tel:01943603348) to book

Free shoppers bus every Wednesday from Burley in Wharfedale, leaving 9am for 1.5 hour shopping trip to Morrison's in Guiseley.

Tel: 07789 832989 to book

<https://ilkleycommunitytransport.org.uk>

- **Burley Good Neighbours**

This scheme provides transport for residents who need assistance, particularly for medical appointments.

**For Transport:** 07949 793355

**For any other enquiry:** 01943 863323

- **Access bus**

Access Bus is a dial-a-ride bus service providing door-to-door local transport, seven days a week between 9am and 5pm with driver assistance, for shopping trips.

People with Senior, Disabled or Blind Persons Pass travel FREE.

Tel: 0113 348 1903

<https://www.wymetro.com/plan-a-journey/accessible-travel/accessbus/>

## Cancer Support

- **Cancer Support Yorkshire**

Counselling, welfare rights, complementary therapies Tel: 01274 776688

Website: <https://cancersupportyorkshire.org.uk/>

- **Macmillan Cancer Support**

Practical and emotional support for people effected by cancer

Tel: 0808 8080000

<https://www.macmillan.org.uk/cancer-information-and-support/get-help>

## Digital Support

- **Ability Net**

Support for disabled or older people with any tech problems at home or help via the telephone by trained volunteers

Tel: 0300 180 0028

- **Carers Resource**

Digital inclusion project to support carers with their IT skills 1:1 or in a group

Tel: 0808 5015 to register

Website: <https://www.carersresource.org/digital-support-for-carers-in-bradford-district/>

## Learning opportunities and employment support

- **University of the 3<sup>rd</sup> Age (U3A)**

Lots of different groups please check their website: <https://ilkleyu3a.org/>

- **The Cellar Trust**

Support for people with a severe mental illness needing support to gain education, training or paid work.

Website: <https://www.thecellartrust.org/employment-support>

Self-referral or via your social prescriber

## Chronic Pain

- **Rethinking Pain**

Community-based 1:1 pain support for people who live with long-term pain

A pain support plan needs to be completed. See your GP or social prescriber for more information and a referral.

## Alcohol and substance use

- **New Vision Bradford**

Support for people to achieve their goals around their alcohol and or drug use

Tel: 01535 608631

Website: <https://newvisionbradford.org.uk>

Self-referral or via your social prescriber

## 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 or Social Prescriber for a referral. [www.ilkleyfoodbank.org.uk](http://www.ilkleyfoodbank.org.uk)

## Family Support

**For support for children, please refer to the children's social prescribing directory**

[https://www.wacalliance.co.uk/images/Children\\_\\_Young\\_Persons\\_Social\\_Prescribing\\_Directory.pdf](https://www.wacalliance.co.uk/images/Children__Young_Persons_Social_Prescribing_Directory.pdf)



- **Relate**

Relationship counselling:

[www.relatecrosspennine.org.uk](http://www.relatecrosspennine.org.uk)

Tel: 01535 605047

- **Dans Den**

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

Website: <https://www.dansdenilkley.com/>

Tel: 01943 603903

- **Wharfedale Mumbler**

Useful advice and information for parents caring for children

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

- **Ilkley Chat**

A Facebook group which advertises local volunteer groups, jobs and local events please search Ilkley chat on Facebook or see website <https://www.ilkeleychat.co.uk/>

## Bereavement support

- **Cruse Bereavement Care**

Leading national charity for bereaved people.

Tel 0808 808 1677

- **Bradford Bereavement**

12 weeks free telephone counselling for people who have experienced a bereavement

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

Self-referral

- **The Good Grief Foundation**

[www.thegoodgrieftrust.org/i-have-lost-a/partner/](http://www.thegoodgrieftrust.org/i-have-lost-a/partner/)

Interactive website that is run by people who have experienced similar grief including children, suicide, young widows' cancer and addictions.

- **Good Grief Café**

Monthly peer support group for people who have been bereaved

See Facebook Page [www.facebook.com/goodgriefguiseley](https://www.facebook.com/goodgriefguiseley)

- **Reset Counselling**

Free support groups for people who have been bereaved.

Burley, 2<sup>nd</sup> Thursday of the month 2-4pm, Parish Rooms, Station Road

Otley, 1<sup>st</sup> Friday of the month 11-1pm, Beech Hill Church

Addingham, 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month 7-9pm, The Hub

Tel: 07927 769400 (Jo Onions) for more information

## Dementia support

- **Ilkley and District Good Neighbours**

Advice and support for people living with dementia and their carers

- The Dementia Hub Drop-In

Clarke Foley Centre, 11am -1pm on Tuesdays

- Ilkley Wellbeing Café 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month 1.30-3.30pm (contact Good Neighbours to check for availability)

- **Alzheimer's Society**

Advice and Support Service for people with memory loss.

Tel: 01274 586008

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

- **Memory Tree (Burley in Wharfedale)**

Support group for people with dementia and their carers meeting on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month 2-4pm at the Parish Centre

Contact Susan Collins for more information Tel: 01943 864424

- **Carers Resource**

Information and Advice service for Carers

Tel: 01274 449660

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

- **Let's Sing Together**

Informal singing group for people living with memory problems and their carers. Tea and cake is served and there is no charge

1<sup>st</sup> Tuesday of the month (can vary)

Contact Jane Austin for more information Tel: 01943 430207

- **Dementia Uk**

Support provided by a specialist dementia nurse and resources

Website: [www.dementiauk.org](http://www.dementiauk.org)

Tel: 0800 888 6678

## Volunteering

- **Volunteering Ilkley**

For a range of local roles visit [www.volunteeringilkley.org.uk/](http://www.volunteeringilkley.org.uk/).

- **Ilkley Chat**

A 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/>

- **Wharfedale Wombles**

We are a group of resident volunteers who care about the environment and the community of Burley-in-Wharfedale.

[Wharfedale Wombles | Discover Burley in Wharfedale](#)

For more information about the content of this directory, please email WACA Primary Care Network on [hello@wacalliance.co.uk](mailto:hello@wacalliance.co.uk)