

Social Prescribing Directory

(updated 13/08/2020)

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 Skipton

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

Weight Management

Healthy Lifestyles 12 week Course

<https://www.cravenc.gov.uk/craven-leisure/healthy-lifestyles/>

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/>

Exercise Support

Exercise on Prescription

*needs a referral by a Health Professional

<https://www.cravenc.gov.uk/craven-leisure/healthy-lifestyles/exercise-referral/>

Couch to 5km Programme

Self help programme

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

Stroke Rehabilitation

<https://www.cravenc.gov.uk/craven-leisure/healthy-lifestyles/arni-neurological-injury-and-stroke-recovery/>

Park Run Skipton

*Currently on hold

<https://www.parkrun.org.uk/skipton/>

Social Isolation

Sporting Memories Virtual Group

*send task to Emma Taylor to request further information about the new Skipton Group

<https://www.sportingmemoriesnetwork.com>

Dyneley Podcast: <https://www.youtube.com/watch?v=xK2yy43HO18>

AGE UK Good friends Befriending :

*open to all ages

01756 529654

<https://www.ageuknyd.org.uk/area/south-craven/>

Skipton Step into Action :

01756 802098

Friendly phone call, walk & Talk, meeting on an outer space, small group meetings, assistance with shopping

<https://www.ssia.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

Craven Housing Support Team

<https://www.cravencd.gov.uk/housing/>

01756 706475

Support Worker

Living Well Service

<https://www.northyorks.gov.uk/living-well-north-yorkshire>

01609 780780

Cancer Support

Cancer Support Yorkshire

Online peer support

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

Art Therapy
<p>Pioneer Projects 015242 62672 https://pioneerprojects.org.uk/what-we-do/pioneer-projects/</p>
Digital Support
<p>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</p>
Learning Support
<p>Adults Skills & Learning Courses Online & blended learning options https://www.northyorks.gov.uk/view-adult-learning-courses-and-enrol-online</p>
Dementia
<p>Dementia Forward Helpline for advice and support https://www.dementiaforward.org.uk/ 03300 578592</p>
Alcohol & Substance Misuse
<p>North Yorkshire Horizons Online & telephone support available at present 01723 330730 http://www.nyhorizons.org.uk/</p>
Food Bank
<p>Skipton Food Bank Referrals to Phil (Centre Manager) 07856 080194 Pick up point – St Andrews Church</p>
Family Support
<p>SELFA Currently offering online services for children and young people. 01756 706384 https://www.selfa.org.uk/</p> <p>Home Start Craven Supporting families (child under 5) to access support during pandemic 01535 633782 https://www.home-start.org.uk/home-start-craven</p>