

Social Prescribing Directory

North Craven

(Last updated July 2026)



Mental Health

Bradford Talking Therapies

Currently running online courses & telephone and 1-2-1 support
www.bdctalkingtherapies.nhs.uk

Mental Health Coach

Appointments to be booked via Townhead Surgery
01729 822611

MOSAIC / Pioneer Projects

[MOSAIC \(formally CMH&WH Network\) – Pioneer Projects](#)

Andy's Man Club

www.andysmanclub.co.uk

Weekly peer support group for men over 18
Settle Primary School – 7pm
Free to attend

Healthy Minds

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

Weight Management

Healthy You

[Healthy You | North Yorkshire Council](#)

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

[People First Keighley & Craven Learning Disability Advocacy](#)

Exercise Groups

'Not a Parkrun' 5k

Saturday mornings 9am start at Settle Swimming Pool car park – all ages and abilities welcome

Ramblers Wellbeing Walks – North Craven Strollers

Every Wednesday 1.30pm from Millennium Gardens

Chris Chandler Tel: 07879643878
[Ramblers Wellbeing Walks North Craven](#)

Movement to Music

Chair based exercise group – half an hour
Every 2nd and 4th Wednesday each month
Based at The Place, Settle
Contact The Place for more info

Social Groups

Settle Community and Business Hub:

Offering a range of social events and activities

[Settle Business Hub](#)

Pioneer Projects

www.pioneerprojects.org.uk

Wellbeing café at The Place every Tuesday, 2-4pm

Carer's Support

Carer's Resource

www.carersresource.org

01274 449660

Dementia

Dementia Forward

[Our Services, Dementia Forward, North Yorkshire's leading dementia charity](#)

'Time Together Tuesday' – 1:30pm-3:30pm – St John's Church, Settle (£3 per person)

Hub Club, Friday – 10:00am – 3:00pm – Limestone View, Settle

Get in touch if interested in attending any of these services

Welfare

Citizens Advice

Benefits , employment issues, housing issues, and consumer problems. Online advice is available 24/7
at <https://www.citizensadvice.org.uk/>

Monthly presence at The Place – appointments can be made at The Place

Horton Housing Drop In

Fortnightly appointments at The Place, Settle

[Home - Horton Housing](#)

Age UK North Craven – Information and Advice

Tel: 01729 823066 ask for Amy

Transport services and blue badge applications

Support Services

Social Prescribing Service

Helping you to improve your health and wellbeing, and addressing any social issues such as housing, stress, finances, relationship problems and bereavements. Please contact Townhead GP Practice to book a telephone appointment or self refer at:

www.wacaalliance.co.uk

Digital Support

Digital Drop in

Weekly on Monday (9:30am – 3:30pm) pop in to The Place, Settle
01729 824868

Alcohol & Substance Misuse

North Yorkshire Horizons

Online and in-person, one to one support

Self-referral options available

<http://www.nyhorizons.org.uk/>

Steps Forward

Fortnightly drug and alcohol peer support group

Friday, 10:30-12:00, at The Place, Settle – no need to book

Transport

Age Uk North Craven

<https://www.ageuk.org/northcraven>

01729 823066

Food Bank

Settle Pop Up Pantry

Holy Ascension Church, Friday 11-12

01729 825955

Community Fridge

Open Mondays and Thursday at the Commercial Courtyard

[Community Fridge — Settle Business Hub](#)

Family Support

SELF A

Currently offering online services for children and young people.

01756 706384

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

GR8 Minds

Social Prescribing & Counselling Services for Children under 18 years of age, support with mental health, behaviour, and physical health & wellbeing.

To book an appointment please contact Townhead GP practice.

Home Start Craven

Home visits only available as far as Gargrave but groups available in Skipton area

<https://www.home-start.org.uk/home-start-craven>

Management of Medical Conditions

Cancer Support Group

Monthly on Monday – 10:30am – 11:45am

At The Place, Settle – contact 01729 824868 for more info

Better Days-for people experiencing Chronic Pain

1st Wednesday of every month 1pm - 3pm

The Place in Settle

Contact 01729 824868

Settle Asthma and Lung Uk Support Group

Settle Community Library

Limestone View

2-3.30pm

0300 222 5800

Vision Aid Group

Sight loss support group

Monthly, at The Place, Settle – contact 01729 824868 for more info

Townhead GP Surgery

Referrals for hydrotherapy for rehabilitation and wellbeing

[Hydrotherapy Referrals - Settle Area Swimming Pool](#)