

# Social Prescribing Directory Addingham

(updated 16/10/2020)



## 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](http://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](mailto: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/>

## Social Isolation

Silverline Telephone Befriending :  
0800 4 70 80 90.

Addingham Good Neighbours  
Providing telephone befriending and practical support.  
Contact: [addinghamgninfo@gmail.com](mailto:addinghamgninfo@gmail.com) and the contact no will be ours 01943 839425.

Neighbourhood Support  
Addingham Parish Council

<https://www.addingham-pc.gov.uk/>

The parish council offers general support to the community and provides information on providers of public services at the library and community hub. Specifically, the council offers exercise support in the form of the provision of sports and leisure facilities at the village playgrounds, Multi Use Games Area, football field and pavilion.

There is a wide range of groups providing social , health and wellbeing activities in the village to see what is on offer and for contact numbers for updates go to the Addingham Parish website page  
<https://www.addingham-pc.gov.uk/about-the-village/village-groups-and-organisations/>

## 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](http://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

Creative art therapy for adults, supporting mental wellbeing .

015242 62672

<https://pioneerprojects.org.uk/what-we-do/pioneer-projects/>

Digital Support

Worth Connecting

Telephone support and teaching materials to use a digital device to find information, make social connections or to benefit from online services. Loan of devices and support with access to internet

01274 449660 [info@worthconnecting.org](mailto:info@worthconnecting.org)

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>

## Bereavement

Cruse Bereavement Care  
Leading national charity for bereaved people.  
0808 808 1677

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](mailto:info@dfia.org.uk)  
Website: [www.dfia.org.uk](http://www.dfia.org.uk)

## Volunteering

Various volunteering opportunities  
Contact