

Social Prescribing Directory

Ling House Medical Centre



Last Updated 29th November 2024

Mental Health Support

Talking Therapies Service – NHS

For anyone with anxiety or depression. <https://www.bdctalkingtherapies.nhs.uk/>

Mental Health Connect

Groups and 1-2-1 support available in Keighley: <https://mentalhealthconnect.org.uk/>

Bereavement Support

Cruse Bereavement

Helpline: 01756 797799 (Craven & Bradford Area) 0808 8081677

www.cruse.org.uk

Exercise Support

Keighley Health Living

Range of exercise classes to suit your needs : <https://khl.org.uk>

Couch to 5km Programme

Self-help programme

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

Park Run Keighley

Saturday morning 9am 5km event to run/ walk at Cliffe Castle

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

BEEP Scheme

Exercise on prescription service – speak to your Social Prescriber if interested.

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

Chronic Pain

Rethinking Pain Programme

Supporting people living with chronic pain – 1-2-1 support and group clinical courses available.

<https://rethinkingpain.org/>

Social Activities

Keighley Healthy Living

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

Good Shepherd Centre

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

Well Together

<https://www.bdct.nhs.uk/services/well-together-service/>

Housing Support

Bradford Housing Support Team

01274 435999

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

Homeless Emergency Support:

01274 381999

Learning Disabilities Services

People First Keighley & Craven

A wide range of activities and events. Based at Central Hall, Alice Street Keighley.

<https://peoplefirstkc.com>

AWARE :

AWARE is a parent-run group supporting families with children and young adults on the autistic spectrum (formal diagnosis not required). <https://aware-uk.org/>

Action Point Community Support Services
Temple Row Centre, Keighley. 01535 609506
<https://www.actionpoint.uk/contact>

Welfare Support

Cost of Living Bradford
Advice and guidance on housing, debt, energy and bills, governments support;
health and well being warm spaces and much more. Free booklet available
<https://costoflivingbradford.co.uk>

Independent living (Adults Social Care)
Living Independently Bradford Council
www.bradford.gov.uk/adult-social-care/living-independently

Adult Social Care Wellbeing Walk-in Hubs
Central Hall - Sandra Tuesdays 10 - 12pm
Highfield Community Centre - Ikra Thursdays 10-12pm
Britannia House weekdays – drop-in

Citizens Advice & money and benefits advice service
Help with Universal Credit, money management and benefits
Book an appointment: 08082 787828
<https://www.citizensadvice.org.uk/local/bradford-airedale/contact-us/?serialnumber=100555>

Dementia Support

Dementia Friends Keighley
Open Monday – Friday; 10am – 4pm
Information and Support Centre; 6 College Walk, Airedale Shopping Centre, Keighley, BD21 3NU. 01535 602529

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

Dementia Hub Bradford
Bradford Dementia Hub works to ensure that people in Bradford have access to a wide range of dementia information and advice to help them to manage their condition and live well with dementia.
<https://www.commlinks.co.uk/?service=bradford-dementia-hub>

Alcohol & Substance Misuse Support

Project 6
Provide services for individuals, families and communities affected by substance use www.project6.org.uk
01535 610180 .
Visit : 11-19 Temple St, Keighley, BD21 2AD

New Visions Bradford
Offer a range of support for people experiencing issues with substances from Keighley .
<https://newvisionbradford.org.uk/>

Food Bank

Keighley Food Bank
If a family requires an emergency food parcel, or if you wish to volunteer for the food bank project, please ask your Social Prescriber.

Domestic Abuse Support

Staying Put

One Front Door helpline is open to anybody who needs help – whether you are a victim or survivor, a friend or family member of someone who needs help, a professional who needs advice for a client, or a perpetrator who wants to address their behaviour. Helpline: 0808 2800 999

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

Weight Management

Living Well

<https://mylivingwell.co.uk>

Providing support to access the BEEP scheme & Weight Watchers Groups.