

Mental Health and Wellbeing

Bradford Talking Therapies

NHS Mental Health Services – single point of access via website:

www.bdctalkingtherapies.nhs.uk

0800 9521181

▪ **Peer Talk**

Weekly Mondays 7.30– 9.00pm. Open peer support group for people living with depression in Skipton. Meet The Hub, Skipton Town Hall, High Street, Skipton, BD23 1AH

07719 562 617

▪ **Qwell** – online wellbeing community. Free to subscribe.

www.qwell.io

▪ **Silverlines**

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

0800 4708090 Helpline for older people – open 24/7. Offers regular friendship calls, links people to local groups.

▪ **Well Together**

[Well Together service - BDCT](#)

Volunteer-led activities to improve health e.g. relaxation, peer support, walks etc
01274 259190

▪ **Mental Health and Wellbeing Hub**

Wellbeing Cafes, 1-2-1 Support with Mental Health Coaches & Group therapy sessions. Please call 015242 62672 to self refer or to find out more information.

Weight management

▪ **Healthy Lifestyles** 12-week Weight Management Courses

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

▪ **NHS 12-week programme**

Self-help option

<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>

▪ **Eat, Move be happy**

www.eatmovebehappy.com

Learning disabilities

- **People First Keighley & Craven**
Currently offering online singing and dancing groups
<https://peoplefirstkc.com>
- **Exclusively Inclusive**
Support social group for adults with learning disabilities / autism .
<https://www.smallgoodstuff.co.uk/provider/exclusively-inclusive/>
07545 546738

Exercise Support

- **Craven Healthy Lifestyles**
*needs a referral by a Health Professional
<https://www.cravencdc.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/>
- **Park Run Skipton**
9am Aireville Park, Saturdays
<https://www.parkrun.org.uk/skipton/>
- **Eat Move Be Happy**
Neuro Rehabilitation Classes & Beginner get moving classes available. Suitable for all mobility levels. <https://eatmovebehappy.com/>

Chronic Pain

- **Retrain pain foundation**
Online advice, support, and information. Free worksheets and newsletter
www.retrainpain.org
- **The Pain Toolkit**
Toolkits, online workshops and cafe
www.paintoolkit.org

Social and community activities

- **Skipton Step into Action**
Befriending; volunteering, mindful walks, coffee & chat and creative mindfulness, yoga etc. Activities are varied and change throughout the year.
<https://www.ssia.org.uk>
01756 802098
- **Pioneer Projects**

Creative Arts Programmes, Wellbeing Cafés & 1-2-1 support available.

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

015242 62672

- **Just Sing Skipton** – for people of all abilities to sing and dance
Email: Sue Jackson on singskipton@btinternet.com or ring 01756 796967

- **Incredible Edible Skipton**
Every other Wednesday 10am
<https://www.facebook.com/IESkipton>

- **Skipton Men's Shed**
Sawley Street, Skipton
Contact: Steve Hudson Phone: 07971 421370
Email: skiptonmenshed2018@gmail.com
Woodwork projects to support with. Tools available for everyone.
<https://www.facebook.com/Skipton-Mens-Shed-2270302546525038>

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

- **Craven Housing Support Team**
<https://www.cravenc.gov.uk/housing/>
01756 706475

- **IDAS – Domestic Abuse**
www.idas.org.uk
03000 110 110

Independent living

- **Living Well Service**
Providing support to help keep people independent at home
[Living Well in North Yorkshire | North Yorkshire Council](#)

- **Social Services (North Yorkshire)**
Link to request care and support : <https://www.northyorks.gov.uk/adult-care/social-care-adults/adult-eligibility-social-care-services/request-care-and-support-adult-social-care>

Cancer Support

- Cancer Support Yorkshire
<https://cancersupportyorkshire.org.uk/>

Digital Support

- **North Yorkshire County Council** – Reboot NY
Working to provide people with refurbished IT equipment www.rebootny.co.uk
- **Skipton Library**
Free IT one-to-one support – ring 01609 534548 to book a session

Learning support

- **Adults Skills & Learning Courses**
Online and blended learning options
<https://www.northyorks.gov.uk/view-adult-learning-courses-and-enrol-online>

Dementia support

- **Dementia Forward**
Advice, information and support
<https://www.dementiaforward.org.uk/> 0330 057 8592

Alcohol and substance use

- **North Yorkshire Horizons (Craven)**
Substance use support in Skipton, Settle, Grassington and surrounding villages in Craven. Treatment support and recovery groups both online and face to face.
0800 014 1480. <http://www.nyhorizons.org.uk/>

Food Bank

- **Skipton Food Bank**
Referrals to Emma (Centre Manager) 07856 080194
Pick up point – St Andrews Church

Family Support

- **SELFA**
Currently offering online services for children and young people. 01756 706384
www.selfa.org.uk/
- **Home Start Craven**
Supporting families (child under 5) to access support during pandemic
01535 633782
<https://www.home-start.org.uk/home-start-craven>

Bereavement support

- **The Good Grief Foundation**

<https://www.thegoodgrieftrust.org/i-have-lost-a/partner/>

A very interactive website that is run by people who have experienced similar grief. Positive and moving forward.

- **Silverlines**

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

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- **Cruse Bereavement**

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

www.cruse.org.uk

- **Bradford Bereavement support**

www.bradfordbereavement.org.uk

01274 619522

Employment Support

- **CAP Debt Support & Job Clubs**

<https://capuk.org/get-help/cap-debt-help>