

Social Prescribing Directory

North Craven

(Last updated December 2024))



Mental Health

Bradford Talking Therapies

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

Peer Talk

Weekly open peer support group for people with Depression in Skipton
<https://www.peertalk.org.uk/>

Nurturing Growth – Skipton Step into Action

A range of activities to improve mental health and wellbeing
Tel: 01756 802098 to book a place

Mental Health Coach

Appointments to be booked via Townhead Surgery
01729 822611

Craven Mental Wellbeing Hub

www.compassehub.com
grace@pioneerprojects.org.uk

Weight Management

Healthy Lifestyles 12 week Course

Settle Pool 10.45 – 12.00

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

Live Better Programme

Virtual Support for people struggling to make lifestyle changes
<https://eatmovebehappy.com/livebetter/>

Weight Watchers

<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

<https://peoplefirstkc.com>

Exclusively Inclusive

Social Support

Email: katiepeacock@live.co.uk

<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/>

Park Run Skipton

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

Ramblers Wellbeing Walks – North Craven Strollers

Every Wednesday 1.30pm from Millennium Gardens

Tel: 07879643878

Social Groups Contacts**Age Uk North Craven**

www.ageuk.org.uk

01729 823066

Settle Hub Allotment Group:

phone 07977 040329 to find out more information.

Settle Library – home visiting service

Tel: 01729 825683

Pioneer Projects

www.pioneerprojects.org.uk

015242 62672

Settle Hub – Community Munchers

The Quakers 2nd and 4th Thursday every month

Tel: 07419127988 for more information

U3A – Settle District

www.settledistrictu3a.org

Carer's Support**Carer's Resource**

www.carersresource.org

01274 449660

Age Uk North Craven

www.ageuk.org.uk/northcraven

01729 823066

Dementia

Pioneer Projects – Making Connections Settle

Tuesdays, The Place, Settle 10.30 – 12.30

015242 62672

Dementia Forward

www.dementiaforward.org.uk

03300 578592

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

Horton Housing Drop In

The Place, Settle

Help with all welfare issues

Tel 01756 794882 Pinder House

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.cravenc.gov.uk/housing/>

01756 706475

Age UK North Craven – Information and Advice

Tel: 01729 823066 and ask for Tracy

Support Services

Living Well Service

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

01609 780780

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 your GP practice to book a telephone appointment or self refer at:

www.wacaalliance.co.uk

Cancer Support

Cancer Support Yorkshire

Online peer support

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

Settle Cancer Support Group

The Place, Settle
01272 259190

Digital Support

Age Uk North Craven Drop in

The Place, Settle
01729 823066

Learning Support

Adults Skills & Learning Courses

Online & blended learning options

<https://www.northyorks.gov.uk/view-adult-learning-courses-and-enrol-online>

North Yorkshire Libraries

Online Sessions including Creative Writing , Book talks etc

<https://www.northyorks.gov.uk/libraries-news-and-events>

Alcohol & Substance Misuse

North Yorkshire Horizons

Online & telephone support available at present

01723 330730

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

Transport

Age Uk North Craven

01729 823066

Dial a ride - NYCC Fleet

01609 533887

Food Bank

Skipton Food Bank

Referrals to Phil (Centre Manager) 07856 080194

Pick up point –Age UK North Craven Offices Settle

Settle Pop Up Pantry

Holy Ascension Church, Friday 11-12

01729 825955

Community Fridges

Tel: 07977040329 for information regarding locations

Family Support

SELFA

Currently offering online services for children and young people.

01756 706384

<https://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>

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 your registered GP practice.

Home Start Craven Group for Children with Additional Needs

Settle Library Limestone View

Contact hsnorthcraven@gmail.com or 07513849911

Illness Management

Cancer Support Group

4th Wednesday of the Month (starting the 23rd of October) 10.00-11.45

The Place, Settle

Contact Caroline Wilson, Age Uk North Craven 01729 823066

Better Days-for people experiencing Chronic Pain

Women only group – 1st Wednesday of every month 1-2.30pm

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