

# Services WACA offer in Craven

- Childrens Mental Health Service (GR8 MINDS)
- Adults Social Prescribing Service
- Mental Health Coaching Service
- Mental Health Nursing Service
- Re-Thinking Pain Service
- Physio – First Service
- Pharmacist Service
- Extended Access Service



# WACA Surgeries include :

- Grassington Medical Centre
- Hellifields Surgery
- Townhead Surgery
- Dyneley House Surgery



# Partnership Programmes

- Eat Move Be Happy – Health Coaching Courses, Rehabilitation & Chronic Condition Specific Exercise Classes
- Happy Mondays – LD Social Group – Exclusively Inclusive
- Craven Wellbeing Network – Wellbeing Cafes and Peer Support Groups

## Peer Support Groups

- Osteoporosis Peer Support Group – Affiliated with Royal Osteoporosis Society (Skipton)
- Stroke Peer Support Group (Skipton)
- Menopause – GP Led Talks (Settle)



PIONEER  
PROJECTS

Craven  
Mental Health  
& Wellbeing Hubs

Royal  
Osteoporosis  
Society



# Fisher Medical Community Room

## *Whats on?*

**Staying Steady  
Seated Exercise**  
Monday, 3pm-4pm

**COPD Peer  
Support Group**  
Monday, 12pm-2pm

**Craft Group**  
Tuesday, 1pm-3pm

**Mindfulness for  
Health Course**  
Tuesday, 10am-12pm

**Skipton Step  
Into Action**  
Thursday, 9am-3pm

**Exclusively Inclusive**  
Tuesday, 4pm-6pm  
(Fortnightly)

**Early Dementia  
Peer Support**  
Friday, 3pm-4pm

**Manorlands Grief  
Peer Support Group**  
Friday, 10am-12:30pm



**modality**

A Commitment to Care

For more information please contact  
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