

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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