

**NHS Type 2 Diabetes Path  
to Remission Programme**



**West Yorkshire**  
**Signposting**  
**manual**

Service provided by

**xyla** health & wellbeing  
Part of Acacium Group



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## How do I dispose of my clinical waste in West Yorkshire?

Disposing of your clinical waste is very important for you, your household and your community's safety:

### Do not use other bins

Do not put used needles or other sharps in:

- Any type of household bin (for example, recycling or general rubbish)
- A container that's no longer needed, such as drink bottle or can.

Needles can cause injuries and used needles can carry blood-borne viruses that may be passed on to other people.

- **Type in your post code for anywhere across the UK to see your areas clinical waste procedures:**

<https://www.gov.uk/request-clinical-waste-collection>

- **Alternatively, if you are mobile and able to leave your home, give your GP a call and enquire if they are equipped to dispose of your waste.**

## National signposting

### Healthy Weight

<https://www.nhs.uk/live-well/healthy-weight/>

### Mental Health

- **Mind-Mental Health Charity**

0300 123 3393  
Text: 86463  
info@mind.org.uk

When you're living with a mental health problem, or supporting someone who is, having access to the right information – about a condition, treatment options, or practical issues.

- **Rethink**

<https://www.rethink.org/>  
0300 500 0927  
advice@rethink.org

Our advice and Information Service offers practical help on a wide range of topics such as The Mental Health Act, community care, welfare benefits, debt, and carers rights. We also offer general information on living with mental illness, medication, and care.

- **Samaritans**

<https://www.samaritans.org/>  
0330 094 5717

Samaritans is a national charity which is a unique organisation dedicated to reducing the feelings of isolation and disconnection that can lead to suicide.

## Healthy Lifestyles

- **NHS Live Well**

<https://www.nhs.uk/live-well/healthy-body/>

## Smoking

- **NHS Live Well**

<https://www.nhs.uk/live-well/quit-smoking/>

## Nutrition/Dietetic

- **NHS Live Well**

<https://www.nhs.uk/live-well/eat-well/>

- **BDA – The Association of UK Dietitians**

<https://www.bda.uk.com/food-health/food-facts/all-food-fact-sheets.html>

The BDA Food Facts sheets are free for you to read, download and print for your own reference. Food Fact Sheets are written by dietitians to help you learn the best ways to eat and drink to keep your body fit and healthy.

## Physical Activity Guidelines

- **NHS Live Well**

<https://www.nhs.uk/live-well/exercise/>



- **NHS One You**  
<https://www.nhs.uk/oneyou/active10/home>

### Sleep

- **NHS Live Well**  
<https://www.nhs.uk/live-well/sleep-and-tiredness/>

### Alcohol Consumption

- **NHS Live Well**  
<https://www.nhs.uk/live-well/alcohol-support/>

### Mood

- **NHS**  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>

### Drugs

- **Talk To Frank**  
<https://www.talktofrank.com/>  
0300 123 6600  
Text: 82111

## Local Signposting

### Bradford

#### Smoking Cessation

<https://mylivingwell.co.uk/smoking/support-to-quit>

01274 438884

[hello@mylivingwell.co.uk](mailto:hello@mylivingwell.co.uk)

A full list of smoking cessation providers across the whole of Bradford. They offer a free, personal service to help you quit using the method that is right for you, including prescribed stop smoking medications.

#### Healthy Eating

<https://mylivingwell.co.uk/resources?filter=Eat+Well>

01274 438884

[hello@mylivingwell.co.uk](mailto:hello@mylivingwell.co.uk)

A range of community cookery courses, including pre-diabetic courses, that are running within the Bradford area. Courses cater for a range of ages including children, adults and activities for the elderly ensuring there are activities everyone can participate in.

#### Physical Activity

<https://mylivingwell.co.uk/physical-activity/move-more-get-active-in-your-community>

01274 438884

[hello@mylivingwell.co.uk](mailto:hello@mylivingwell.co.uk)

A range of local physical activities available within the Bradford area including self-guided walks, dance classes / workshops, exercise referral programmes and city runs.

If you prefer to exercise at home you can access a range of at-home sitting, flexibility, balance, strength and active exercises: <https://mylivingwell.co.uk/physical-activity/exercising-at-home>

If you have a disability or health impairment and want to try a new activity then this website provides a range of Bradford based organisations and activities you may wish to try:

<https://mylivingwell.co.uk/physical-activity/being-active-with-impairments>

#### Alcohol and Drugs

<https://mylivingwell.co.uk/drugs--alcohol/community-support-services>

01274 438884

[hello@mylivingwell.co.uk](mailto:hello@mylivingwell.co.uk)

There are a number of community based services within Bradford to support you and your family. Advice is available online, over the phone or at drop in-sessions / by appointment, Support is tailored to your needs and offered in the most suitable location for you.



## Mental Health

<https://mylivingwell.co.uk/mental-health>

01274 438884

[hello@mylivingwell.co.uk](mailto:hello@mylivingwell.co.uk)

Mental wellbeing describes how you are feeling and how well you can cope with day-to-day life. Looking after your mental wellbeing is something you should really invest in, in the same way as you look after your physical health.

There are a number of online services for:

- Adults: <https://mylivingwell.co.uk/mental-health/online-services--adults>
- Children and Young People: <https://mylivingwell.co.uk/mental-health/online-services--children-and-young-people>

The Healthy Minds website (<https://www.healthyminds.services/>) provides everyone in Bradford with access to local mental health and wellbeing support services, resources and information. From workshops to peer support groups, tailored suggestions on services and self-help apps are available based on how you are feeling. The resources cover a range of topics and provide self-help materials to help you understand and improve your thoughts and feelings.

## Sleep

<https://bmywellbeingcollege.nhs.uk/information-support/about-mywellbeingcollege/>

0300 555 5551

MyWellbeing College supports everyone in Bradford, providing guidance on low mood, anxiety, sleep problems and stress. They do this by looking at your feelings and providing you with ways to help you with how you think and feel about your day-to-day experiences, through online courses from your own home, group courses, phone advice or one-to-one therapies.

## Mindfulness

<https://bmywellbeingcollege.nhs.uk/information-support/about-mywellbeingcollege/>

0300 555 5551

[admin@mindinbradford.org](mailto:admin@mindinbradford.org)

The Mindfulness and Meditation group, provided by Mind in Bradford, uses breathing exercises and other practices to relax the mind and help reduce stress. There is no cost for any of the groups with an individual 1:1 welcome session to ensure your needs are catered for.

## Craven

### Smoking Cessation

<https://www.northyorks.gov.uk/stopping-smoking>  
01609 797272  
[stop.smoking@northyorks.gov.uk](mailto:stop.smoking@northyorks.gov.uk)

Living Well Smokefree has a team of advisors who have plenty of experience in helping people to stop smoking for good. They will see anyone from the age of 12, have community based locations across North Yorkshire and can arrange home visits for people who have mobility issues. Living Well Smokefree offers personalised one-to-one support over six to 12 weeks.

### Healthy Eating

<https://mylivingwell.co.uk/resources?filter=Eat+Well>  
01274 438884  
[hello@mylivingwell.co.uk](mailto:hello@mylivingwell.co.uk)

A range of community cookery courses, including pre-diabetic courses, that are running within the Craven area. Courses cater for a range of ages including children, adults and activities for the elderly ensuring there are activities everyone can participate in.

### Physical Activity

<https://www.northyorks.gov.uk/exercise-and-activities-craven-area>  
01609 780780  
<https://myaccount.northyorks.gov.uk/contact-us>

A range of local walking groups, exercise schemes, swimming pools and fitness centres within the Craven district to support a wide range of activities that you can either undertake on your own or with other locally based groups.

### Mental Health

Mental wellbeing describes how you are feeling and how well you can cope with day-to-day life. Looking after your mental wellbeing is something you should really invest in, in the same way as you look after your physical health.

There are a number of online services for:

- Adults: <https://mylivingwell.co.uk/mental-health/online-services--adults>
- Children and Young People: <https://mylivingwell.co.uk/mental-health/online-services--children-and-young-people>

Online chat sessions are available with experienced counsellors where you can drop in or alternatively, book a one-to-one session. The counselling sessions are available from 12-noon until 10pm on weekdays and from 6pm until 10pm on weekends, 365 days a year.



**Sleep**

<https://bmywellbeingcollege.nhs.uk/information-support/about-mywellbeingcollege/>  
0300 555 5551

MyWellbeing College supports everyone in Craven, providing guidance on low mood, anxiety, sleep problems and stress. They do this by looking at your feelings and providing you with ways to help you with how you think and feel about your day-to-day experiences, through online courses from your own home, group courses, phone advice or one-to-one therapies.

**Mindfulness**

<https://bmywellbeingcollege.nhs.uk/information-support/about-mywellbeingcollege/>  
0300 555 5551  
[admin@mindinbradford.org](mailto:admin@mindinbradford.org)

The Mindfulness and Meditation group, provided by Mind in Craven, uses breathing exercises and other practices to relax the mind and help reduce stress. There is no cost for any of the groups with an individual 1:1 welcome session to ensure your needs are catered for.

## Calderdale

### Smoking Cessation

<https://calderdale.yorkshiresmokefree.nhs.uk/>  
0330 660 1166 / 0800 612 0011

A list of Yorkshire Smokefree clinics across Calderdale. They offer free telephone support, face-to-face sessions and an online quit programme. Their 28 day personalised service takes you on a journey to become smoke-free.

### Healthy Eating

A range of community cookery courses, that are running within the Calderdale area. Courses cater for a range of ages including children, adults and activities for individuals with learning disabilities ensuring there are activities everyone can participate in.

Adults:

[https://www.calderdale.gov.uk/education/adultlearning/courses/detail.jsp?course\\_id=5526&offset=0&venue\\_id=103](https://www.calderdale.gov.uk/education/adultlearning/courses/detail.jsp?course_id=5526&offset=0&venue_id=103)

Learning disability support: <https://disabilitypartnershipcalderdale.org/2021/05/04/cook-together-share-together/>

### Physical Activity

<https://active.calderdale.gov.uk/getting-active>  
[activecalderdale@calderdale.gov.uk](mailto:activecalderdale@calderdale.gov.uk)

A range of local physical activities available within the Calderdale area including walking, bike rides, leisure centres and mobile apps to support tracking your activities.

If you prefer to exercise at home you can access a range of at-home sitting, flexibility, balance, strength and active exercises along with advice on activities for people with a range of medical conditions.

CREW is a voluntary organisation based in Calderdale providing Cardiac Rehabilitation exercise classes for people with heart problems or conditions that mean they could be at risk in the future. They offer fitness classes and walking group activities to continue fitness levels: <https://crewheartsupport.co.uk/>

### Alcohol

<https://www.calderdale.gov.uk/v2/residents/health-and-social-care/bls/adults/alcohol>  
01422 230230  
[blt@calderdale.gov.uk](mailto:blt@calderdale.gov.uk)

Better Living Service offer a confidential one-to-one session where they can support you to look at your drinking patterns and the effects this has on your health and energy levels, provide information and advice in how to reduce alcoholic consumption and talk through your habits, developing ideas for small changes which can have a positive impact on your health.

### **Mental Health**

<https://www.healthymindscalderdale.co.uk/>

01422 345154

[info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk)

Mental wellbeing describes how you are feeling and how well you can cope with day-to-day life. Looking after your mental wellbeing is something you should really invest in, in the same way as you look after your physical health.

Calderdale Health Minds provides everyone with access to local mental health and wellbeing support services, resources, and information. From workshops to peer support groups and tailored suggestions are available based on how you are feeling. The resources cover a range of topics and provide self-help materials to help you understand and improve your thoughts and feelings.

### **Sleep**

<http://www.openmindscalderdale.org.uk/sleep-advice/>

Open Minds Calderdale offers advice and videos on the amount of sleep you should try and achieve and the impact this can have on your wellbeing.

### **Mindfulness**

<https://www.healthymindscalderdale.co.uk/workshops--courses.html>

01422 345154

[info@healthyminds.co.uk](mailto:info@healthyminds.co.uk)

Workshops and courses are created and facilitated by staff and volunteers with personal experience of emotional distress. The workshops and courses provide an opportunity to think about and understand yourself better, and to develop skills and resources to support your emotional wellbeing.

## Kirklees

### Smoking Cessation

<https://kirkleeswellnessservice.co.uk/service/stop-smoking/01484234095>  
[wellness.service@kirklees.gov.uk](mailto:wellness.service@kirklees.gov.uk)

Kirklees Wellness Service offers both one-to-one and group support by their trained Wellness advisors. The service is for both individuals who want to stop smoking for the first time or those who have tried to stop smoking in the past but were unsuccessful.

Advisers will work with you to discuss your smoking patterns and any concerns you may have. They will support you with behaviour change to manage the challenges you may identify in your daily or regular routine which you feel may affect your attempt to stop smoking.

Your advisor will support you using a combination of motivational conversations and health coaching techniques along with nicotine replacement therapy products by issuing with a prescription.

The support you will be offered will be for your individual needs and your advisor will support you over a number of weeks to guide you to sustain your stop smoking quit.

### Healthy Eating

<https://www.kirklees.gov.uk/beta/public-health-partners/kirklees-food-initiatives-nutrition-education.aspx>

Kirklees Food Initiatives Nutrition Education (FINE) offer nutrition literacy training to improve dietary requirements across Kirklees. All training sessions are bespoke and can be tailored to suit individual needs.

### Physical Activity

<https://www.kirklees.gov.uk/beta/food-exercise-and-sport/try-it.aspx>

A range of local physical activities available within the Kirklees area including walking, bike rides, football, jogging, yoga, table tennis, dance and more.

If you prefer to exercise at home you can access a range of at-home sitting, flexibility, balance, strength and active exercises.

Individual contact details are provided on the website beside each activity.

### Alcohol and Drugs

<https://kirkleesinrecovery.com/services/chart-kirklees/>

Every year, CHART Kirklees works with hundreds of people who have problems with drugs or alcohol in supporting them to change their behaviour and achieve their recovery goals. They provide help for individuals, families and communities throughout Kirklees who are affected by alcohol and drugs.

### **Mental Health**

<https://www.kirklees.gov.uk/beta/mental-health/index.aspx>

Mental wellbeing describes how you are feeling and how well you can cope with day-to-day life. Looking after your mental wellbeing is something you should really invest in, in the same way as you look after your physical health.

Kirklees mental health support provides everyone with access to local mental health and wellbeing support services, resources, and information. From workshops to peer support groups and tailored suggestions are available based on how you are feeling. The resources cover a range of topics and provide self-help materials to help you understand and improve your thoughts and feelings.

### **Sleep**

<https://kirkleeswellnessservice.co.uk/struggling-with-sleep/>

Kirklees Wellness Service offers advice and videos on the myths surrounding sleep challenges you may be experiencing and how to cope when you are struggling to sleep well.

### **Mindfulness**

<https://kirkleesinrecovery.com/services/support-to-recovery/>

Support to Recovery promotes positive mental health and well-being to people in the Kirklees community. They believe that appropriate support and information will lead to progress towards personal resilience and meaningful life outcomes: to those who experience mental health difficulties, their families, and their carers.

They provide different creative, interactive and inclusive opportunities intended to aid and promote positive mental health, emotional and physical well-being as well as social contacts.

## Leeds

### Smoking Cessation

<https://oneyouleeds.co.uk/be-smoke-free/>

0800 169 4219

[Contact form](#)

OneYou Leeds provides free one-to-one or group support with a health and wellbeing coach over 12 weeks. They use a mix of encouraging behavioural support and Nicotine Replacement Therapy (NRT) OR Prescription Only Medication to help you quit.

### Healthy Eating

<https://oneyouleeds.co.uk/cook-well/>

0800 169 4219

[Contact form](#)

A range of community cookery courses are provided which you can join in person or online. Jamie Oliver's Ministry of Food courses are hands-on, practical, fun and friendly. There are a range of different courses based on your cooking experience ensuring everyone is catered for.

### Physical Activity

<https://oneyouleeds.co.uk/move-more/>

0800 169 4219

[Contact form](#)

12 weeks of free exercise classes which can be undertaken in person with people from the Leeds area or online. Sessions range from low impact exercises to moderate or higher impact activities. Examples of some of the exercises include brisk walking, water aerobics, riding a bike, swimming, jogging, hiking, football etc.

A range of helpful apps are available to help you set and track progress against your goals.

### Alcohol and Drugs

<https://www.forwardleeds.co.uk/>

01138 872477

[info@forwardleeds.co.uk](mailto:info@forwardleeds.co.uk)

Forward Leeds provides a free confidential alcohol and drug support service specifically for adults, young people and families living in Leeds. Forward Leeds will support you to help achieve your goals around your alcohol and/or drug issues through a range of treatments – this may be stopping completely or just cutting down.

Services offered include one-to-one support, structured group therapy, support for family members, health and wellbeing checks, support on reducing the harm of drugs and overdose prevention, substitute



medication for certain drugs, detox within the community or at a rehab centre, peer mentors and specialised support for those with additional needs.

### **Mental Health**

<https://www.mindwell-leeds.org.uk/>

[Contact form](#)

Mental wellbeing describes how you are feeling and how well you can cope with day-to-day life. Looking after your mental wellbeing is something you should really invest in, in the same way as you look after your physical health.

MindWell is the mental health website for people living in Leeds. There is a comprehensive directory with a wide range of local and national services that support people's mental health including for issues like housing and money worries.

### **Sleep**

Leeds community healthcare run a variety of sleep related sessions providing practical skills to get a better night's sleep and understanding of what happens when you sleep. Online group sessions can be booked here: <https://www.leedscommunityhealthcare.nhs.uk/our-services-a-z/leeds-mental-wellbeing-service/online-group-classes/workshops/sleep-well-session/>

Sleep Right Leeds is a parent/carer led service that supports parents of disabled children or those with additional needs experiencing sleep issues. They offer short term interventions to support making changes to aid in sleep problems, usually delivered in group and one-to-one environments online, via telephone or face-to-face: <https://leedslocaloffer.org.uk/#!/model/page/service/31870>

### **Mindfulness**

<http://www.leeds-mindfulness.uk/mindfulness-groups-leeds/>

07999 218450

[info@leeds-mindfulness.uk](mailto:info@leeds-mindfulness.uk)

Leeds Mindfulness are a community of mindfulness practitioners and facilitators / specialists in the Leeds area. They offer sessions at a range of easy to reach venues close to Leeds City covering a range of subjects including meditation techniques.

## North Yorkshire

### Smoking Cessation

<https://www.northyorks.gov.uk/stopping-smoking>

01609 797272

[stop.smoking@northyorks.gov.uk](mailto:stop.smoking@northyorks.gov.uk)

Living Well Smokefree has a team of advisors who have plenty of experience in helping people to stop smoking for good. They will see anyone from the age of 12, have community based locations across North Yorkshire and can arrange home visits for people who have mobility issues. Living Well Smokefree offers personalised one-to-one support over six to 12 weeks.

### Physical Activity

<https://www.northyorkshiresport.co.uk/>

01423 226303

[info@northyorkshiresport.co.uk](mailto:info@northyorkshiresport.co.uk)

North Yorkshire Sport Ltd is a registered charity and the Active Partnership for North Yorkshire & York. They use sport and physical activity as a driver for positive change to help tackle barriers to being regularly active such as health, deprivation, training & employment and disability to build stronger communities. Simply enter your postcode and type of activity you are interested in and they will advise on local activities running in your area that you could potentially participate in.

### Alcohol and Drugs

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

08000 141480

North Yorkshire Horizons are an adult drug and alcohol recovery service. They offer face-to-face, phone and online support to recover from, and be free from drug and alcohol dependency. When you join the service you are allocated a key worker who will support you throughout your treatment and help you develop a recovery plan that is built around you and your circumstances. There are many different recovery groups and activities you can also join including breakfast clubs, recovery cafes, therapeutic groups etc. Your assigned worker will be able to help you determine which groups are most appropriate for you based on your needs.

### Mental Health

<https://www.northyorks.gov.uk/mental-health-support-north-yorkshire>

0800 0516 171

A free mental health self-help course is provided by the North Yorkshire Community Learning Partnership covering the various aspects of mental health. From helping your own wellbeing to supporting a friend, family member or colleague that may be struggling. It includes information on spotting the warning signs of stress, anxiety and depression and also tips and self-help solutions.



**Sleep**

<https://www.northyorks.gov.uk/sleep-better>

An online sleep self-assessment provides some practical tips and advice on how to ensure you receive good-quality sleep. This is supported by the One You website (<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>) providing resources to help you introduce good sleep habits.

**Mindfulness**

<https://www.hcvresiliencehub.nhs.uk/mindfulness/>

01325 552017

[TEWV.mindfulness@nhs.net](mailto:TEWV.mindfulness@nhs.net)

8 week courses are provided to combine training in mindfulness with elements of cognitive therapy. Taking place online (via MS Teams), the weekly sessions are two and a quarter hours long and focuses on learning skills to manage distress and difficulty as well as appreciating the good things in our lives, The course is entitled Mindfulness-based Cognitive Therapy for Life and is adapted from a course recommended by the National Institute of Health and Care Excellence (NICE).

## Wakefield

### Smoking Cessation

<https://wakefield.yorkshiresmokefree.nhs.uk/>  
0800 612 0011 / 0330 660 1166

Yorkshire Smokefree offer free telephone support, face-to-face sessions and online quit programmes to help you quit or cut down on smoking. They provide advice, motivational and behavioural support, as well as information about and access to licensed stop smoking medications such as nicotine patches, gum, lozenges, varenicline (Champix).

### Physical Activity

Following is a list of social and physical activity sessions / activities that you may be interested in joining within Wakefield:

- Castleford and Airedale: <https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2014/11/Castleford-and-Airedale-August-2021.pdf>
- Pontefract, Carlton, Darrington, East Hardwick, Knottingley and Ferrybridge: <https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2014/11/Pontefract-Carlton-Darrington-East-Hardwick-Knottingley-and-Ferrybridge-November-2019.pdf>
- South East Wakefield: <https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2014/11/South-East-updated-November-2021.pdf>
- Normanton, Altofts, Featherstone, Sharlston, Crofton, Walton and Nostell: <https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2014/11/Normanton-Altofts-Fstone-Sharlston-Crofton-Walton-and-Nostell-February-2020.pdf>
- North Wakefield: <https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2014/11/Wakefield-North-November-2019.pdf>
- North-West Wakefield: <https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2014/11/Wakefield-North-West-November-2019.pdf>
- Wakefield South and Rural: <https://www.southwestyorkshire.nhs.uk/wp-content/uploads/2014/11/Wakefield-South-and-Rural-July-2021.pdf>

## Alcohol and Drugs

<https://www.turning-point.co.uk/services/wakefield>

0300 123 1912

Inspiring Recovery is the drug and alcohol services for adults age 25 and over. They offer support and promote wellbeing and recovery from drug and alcohol related issues through two main hubs (Wakefield and Castleford) and satellite sites across the district. They deliver a wide range of treatment methods including brief interventions and structured treatment, access to substitute prescribing and detoxification.

Inspiring Futures is the Young Persons, Young Adults, Families & Carers Drug & Alcohol Service for those under 25 and families.

## Mental Health

24 hour mental health hotline: 0800 183 0558

A free, confidential mental healthline offering support, advice, information and guidance is available to anyone registered with a GP in Calderdale, Kirklees, Wakefield and Leeds. The service supports people who are:

- At risk of developing mental health problems
- Diagnosed common mental health problems
- Known to mental health services
- Experiencing mental health distress
- Seeking information, advice, and support

Richmond Fellowship's Wakefield Community Based Support service

(<https://www.richmondfellowship.org.uk/services/wakefield-community-support/>) works with individuals affected by mental ill health already living in their own homes to receive assistance with day-to-day tasks and activities, such as budgeting finances or doing the weekly food shop. They are a crisis drop-in service delivered throughout Wakefield providing information, advice and guidance to people suffering from mental ill health.

A 12-week support programme is run which provides one-one-to support to people that need support with mental ill health, including poor self-esteem, social isolation, budgeting and finance, accessing support services. They provide a Peer Support Hub. This runs a programme of groups and courses for and by people that have a mental health problem with the aim of reducing social isolation and facilitating peer support. Groups include crafts, Internet café, scrapbooking, wellbeing and many others.

They also offer volunteering opportunities within their peer support service. This includes facilitating and co-facilitating groups and courses, administration, graphic design and providing advice and guidance to people with mental ill health.

Contactable on 01924 339157 ([wakefieldsupport@richmondfellowship.org.uk](mailto:wakefieldsupport@richmondfellowship.org.uk))

## Sleep

<https://talking.turning-point.co.uk/wakefield/who-we-help/sleep-problems/>

01924 234 860



[Wakefield.talking@turning-point.co.uk](mailto:Wakefield.talking@turning-point.co.uk)

Turning Point Talking Therapies provide sleep workshops, delivered by qualified therapists, to help examine sleep issues you may be experiencing and provide practical tips and guidance on how to restore a good quality level of sleep.

### **Mindfulness**

<http://www.mindfulness-wakefield.co.uk/>  
07725 362825

Mindfulness Wakefield deliver a range of courses, workshops and regular meetings to help people learn about and develop a mindfulness practice. This ranges from short taster sessions, regular drop-in meditation sessions, short courses and full mindfulness-based stress reduction (MBSR) courses.