



WHARFEDALE, AIREDALE & CRAVEN

ALLIANCE

## Mental Health Coaching Service Update

December 2022

### Recap of the year

Our 3 mental health coaches have been covering:  
Dyneley House Surgery, Grange Park Surgery, IG  
Medical Practice, Ling House Medical Centre and  
Townhead Surgery.

We have supported people who have been  
struggling with:

Stress

Worry/Panic

Anxiety

Isolation/loneiness

Sadness

Breavement Support/loss & grief

Low self esteem

Depression

Low mood

Sleep hygiene

Employment stress

Substance misuse affecting behaviour

Relationship challenges

And much more....

### The Coaches

HELEN MYERS  
IG MEDICAL , LING HOUSE  
MEDICAL CENTRE & DYNELEY  
HOUSE SURGERY



MELANIE DEWART BLOTT  
TOWNHEAD SURGERY &  
DYNELEY HOUSE SURGERY



CHRISTINE BRADLEY  
GRANGE PARK SURGERY &  
LING HOUSE MEDICAL CENTRE



# Team Highlights from 2022

The team were lucky to support and attend the Skipton Pride festival and help our social prescribers with health checks as well as meeting our local community.



The Mental Health Coaches have been completing specialist training so that we can provide the best possible service for Patients within Primary Care.

We were all proud to successfully complete the Mental Health First Aid Training which is accredited nationally.



Please do reach out for help if you are struggling with your mental health. We are here for you. Appointments are available over the phone, video calls, or in person at GP practices / Community Venues. Contact your GP practice to book an appointment.

The WACA mental health coaches directory has been developed and is updated regularly to ensure you have the most up to date information with the NHS support and local community support. The WACA mental health directory can be found on: [www.wacaalliance.co.uk](http://www.wacaalliance.co.uk).

The coaches in the Wharfedale area are now working in Partnership with Wharfedale Pathways and will be offering Mental Health Coaching appointments within the new Wharfedale Pathways Hub at Christchurch in Ilkley. For more information about the hub visit: <https://project6.org.uk/wharfe-valley-pathways/>



We were privileged to support our social prescribing team in delivering much needed Christmas food parcels to patients from our practices.



**App of the Year**

**Balance**, by Dr Louise Newson



**Podcast Series of the Year**

**Dr Chatterjee**



**Book of the Year**

**Why Has Nobody Told Me This Before?** By Dr Julie Smith

This App is a menopause support app which provides evidence based information and support for you to be better informed, prepared and empowered during the premenopause and menopause.

Dr Chatterjee has over 300 podcasts which are based on his 360 degrees approach to health by focusing on his 4 pillars of health: Food, Movement, Sleep and Relaxation. Podcasts are free please look at website.

This book tackles the everyday issues that affect us all and offers easy, practical solutions that just might change parts of your life. Easily manageable bitesize information.

## Support for over the Winter period



### First Response

For when you are in a Mental Health Crisis such as feeling suicidal, out of control or experiencing feelings of wanting to harm yourself.

0800 952 1181

If you are feeling lonely, anxious, low in mood, at any hour, pick up the phone and call any of the following organisations:

Samaritans:

116 123

Campaign Against Living Miserably (CALM):

0800 585858

Mind in Bradford:

08001 884 884- Guideline- can chat online

Papyrus UK: 0800 068 4141

Rethink: 0300 5000 927

If you are worried that you may be in an abusive relationship and want to talk to someone about it, call

IDAS: 0808 2000 247

## Looking ahead into the new year

We look forwards to welcoming a new Mental Health Practitioner to the team this Spring, who joins us from Bradford District Care Trust.

The Mental Health Transformation Programme is starting across Airedale Wharfedale and Craven in January 2023 which means the NHS, voluntary sector and wider organisations and services are working together to transform the way mental health care and support is delivered in your local area.

Over the next three to five years we hope you'll see improvements. We hope you will begin to find it easier to know where to turn for mental health support. We hope you'll make use of the many amazing organisations, groups and services that are there for you. We hope all this encourages you to ask for help and to talk about how you are feeling.

## Keep Updated!

To receive regular updates on changes to services across WACA Primary Care Network, please follow the Wharfedale, Airedale & Craven Alliance Facebook Page or keep an eye on our website [www.wacalliance.co.uk](http://www.wacalliance.co.uk)



**The team at WACA wish you all a Happy New Year!**