

## SELF REFERRAL HELP GROUPS

The Filey Surgery, Station Avenue, Filey, North Yorkshire, YO14 9AE

Tel: 01723 515666

[www.fileysurgery.co.uk](http://www.fileysurgery.co.uk)

There are many services that can help you manage your health and wellbeing. Included within this document are several organisations to whom you can refer yourself.

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|  <p><b>Strong and Steady</b></p>   | <p><b>Strong &amp; Steady</b><br/>         Provided by Age Uk a gentle exercise programme to improve your balance, rebuild your muscle strength and have fun from £3 per session.<br/>         Tel: 07732 804 805 for more information regarding classes in the Filey and Scarborough area.<br/> <a href="mailto:pat@ageukscarborough.org">pat@ageukscarborough.org</a><br/> <a href="https://www.northyorkshiresport.co.uk/strong-and-steady">https://www.northyorkshiresport.co.uk/strong-and-steady</a></p> |
|  <p><b>escape pain</b></p>  | <p><b>Escape Pain</b><br/>         An exercise and education class for people with chronic joint pain or Osteoarthritis.<br/>         Tel: 01423 226303 during office hours<br/>         Email: <a href="mailto:info@northyorkshiresport.co.uk">info@northyorkshiresport.co.uk</a><br/> <a href="https://www.northyorkshiresport.co.uk/escape-pain">https://www.northyorkshiresport.co.uk/escape-pain</a></p>  |
|  <p><b>Living Well</b><br/>Smokefree</p>   | <p><b>Living Well, Smokefree</b><br/>         A free service to help you quit smoking. Sessions available in the Filey and Scarborough area.<br/>         Tel: 01609 797272<br/> <a href="http://www.northyorks.gov.uk/stopping-smoking">www.northyorks.gov.uk/stopping-smoking</a><br/>         Email: stop.smoking@northyorks.gov.uk</p>   |
|  <p><b>IDAS</b></p>  | <p><b>IDAS (Independent Domestic Abuse Service)</b><br/>         Is the largest specialist charity in Yorkshire supporting people affected by domestic abuse and sexual violence.<br/>         Online self referral <a href="https://www.idas.org.uk/">https://www.idas.org.uk/</a><br/>         Helpline for the Scarborough office Tel: 01723 354874<br/>         National 24 hours helpline Tel: 0808 2000 247</p>  |
|  <p><b>YorSexual Health</b><br/>Free and confidential services across North Yorkshire and York</p> | <p><b>YorSexual Health</b><br/>         Free and confidential sexual health services for all kinds of contraction, emergency contraction, STI &amp; HIV testing and treatment, pregnancy information and advice.<br/>         Tel: 01904 721111<br/> <a href="https://www.yorsexualhealth.org.uk/">https://www.yorsexualhealth.org.uk/</a></p>   |
|  <p><b>BPAS</b><br/>British Pregnancy Advisory Service</p>   | <p><b>BPAS (British Pregnancy Advisory Service)</b><br/>         Clinics in York and Leeds offering care and support after a miscarriage or abortion also with pregnancy testing, emergency contraception and much more.<br/>         Tel: 03457 304030<br/> <a href="http://www.bpas.org">www.bpas.org</a></p>  |



**Physio Direct**

Physio Direct is an NHS self-referral service for adults over the age of 18 years which allows you to talk to a physiotherapist without seeing your doctor first. To speak with a physiotherapist call our customer access service Tel: 01653 609609 7 days a week, 8.00am to 6.00pm. All initial assessments are done over the telephone, with the option to do a video consultation if needed. You may be asked to attend a face to face assessment at a clinic of your choice or be referred for treatment if this is necessary.



**Scarborough and Whitby NHS Weight Management Services**

A FREE Service lasting up to 24 weeks to support adults to lose weight, move more and maintain long term weight loss. Call 01723 821395/ 0800 9177752 Text to Healthy 60163 Email hnf-tr.weightmanagement@nhs.net <https://yourhealth.humber.nhs.uk/services/north-yorkshire/nhs-weight-management/scarborough-whitby/>



**Dementia Forward, Supporting people affected by dementia across North Yorkshire.**

Dementia Forward are an experienced and established team supporting people with dementia and those who care for them through a range of services. They can support you whether you have a diagnosis, are worried about memory problems or care for someone affected by dementia. Please browse their website to find out more about what they offer, or call the helpline 03300 578 592 (Monday to Friday, 9am to 4pm) for support, advice and a listening ear from a member of their team. <https://www.dementiaforward.org.uk/>



**Carers Plus Yorkshire**

With over 25 years' experience of listening, supporting, and working in partnership with unpaid family carers. Giving support to people who are impacted by loneliness, isolation and/or reduced confidence. Also offering a Home from Hospital Service, this is a FREE service helping patients make a seamless transition from hospital to home by providing a variety of help and support, as well as giving reassurance and building confidence. The service is available for patients living in North Yorkshire or East Riding of Yorkshire. T: 01723 850155 E: [admin@carersplus.net](mailto:admin@carersplus.net) <https://www.carersplus.net/>



**Living Well** in North Yorkshire aims to improve the health; well-being and independence of adults and reduce their use of formal support services, including emergency admissions to hospital.

Their Coordinators spend time with individuals on a one-to-one basis to identify what is important to them, they can help with the following issues:

- Support to build self-confidence
- Help with lonely/social isolation
- Bereavement or loss support
- Support with practical advice and skills
- Advice on healthy living and sign posting to lifestyle services such as

stop smoking or exercise

- Help to get online either in the home or using a universal/community service e.g. library or cyber café
- Help to become a volunteer or to access the community
- Helping a person to be connected to, linked with or signposted to a voluntary agency for support or involvement for a specific support e.g. befriending, shopping, transport, advocacy etc.

Tel: 01609 780 780 choose option 2 for social care.