



Keighley Healthy Living  
KHL IMPACT SUMMARY  
2018

*November 2018*

*An overview of Keighley Healthy Living's activities  
and their impact.*

Keighley Healthy Living  
26/11/2018



Keighley's Health & Wellbeing Charity

# KHL IMPACT SUMMARY 2018

## General Impact

This year we will have reached over 3,000 people with an additional 500 people accessing other services at our centre.

We are proud to have created a welcoming centre, an excellent range of projects and strong partnerships.

Recent evaluation from a sample of users across our programmes highlighted the following impact:

- **80% of people have increased confidence.**
- **78% have improved wellbeing.**
- **72% feel less lonely.**
- **89% feel part of their community.**

## T-Natal Project – supporting young parents

Our Young Parents' Project helps to support parents through their journey of pregnancy, birth and parenting. From a sample of our young parents who have accessed support during pregnancy and after giving birth through both group and one to one support:

- **96% agree that they feel better about themselves.**
- **100% felt more confident in pregnancy.**
- **96% more confident/empowered to access support.**
- **100% feel they had received help they wouldn't have got elsewhere.**



## Kick Start – Improving activity levels in children and adults

The aim of the Kick Start Your Activity programme is to deliver short intervention to “Kick Start” people’s physical activity levels. These have been delivered in schools and in the community.

Recent results show:

- **70% increased activity at the end of an intervention (for example: dancing, walking, running, outdoor play).**
- **67% increased activity 16 weeks after the intervention has finished.**
- **75% have made a lifestyle change after attending.**



## Cook Confident – Community Food Projects to develop skills and improve knowledge in eating well

These projects are designed to improve cooking confidence and skills with the ultimate aim of improving health and wellbeing. We work with children and adults. After attending groups at KHL:



- **80% felt more confident at cooking.**
- **83% said this would encourage them to cook more at home.**
- **78% got to try new foods they would not normally eat.**

## Social Groups – Developing skills and friendships

We offer a range of groups from art classes to luncheon clubs at KHL and at different venues across Keighley. From our evaluations we found:

- **71% feel more optimistic about life.**
- **67% feel less excluded from society.**
- **81% are able to get out of the house more often.**
- **89% meet new people and make friends.**



## Other services

We also offer a range of other services including parenting and breastfeeding support through our Bumps, Babies and Breastfeeding Group and crisis support through our work with Keighley Pathways and the CAB outreach session. We also actively signpost to other services and connect people to help where needed. Recent quotes from group members:

*"I have regained my self-confidence, I love the Art 4 all group and all the new friends I have made through it".*

*"I feel that since I started a group at KHL I have really come out of myself and I'm feeling more positive about life".*

*"At KHL I learned so much, and I met other mums in the same situation which made me feel less alone."*

*"KHL's support has completely changed the course of my life. I'm now doing a breastfeeding peer support course and hoping to go to university to study midwifery."*

*"I can't explain what KHL means to me. When you're struggling, it's so easy to shut yourself away. Coming here has really been a lifeline"*

*"It's fun and there's always something different to try and make".*