

Official Newsletter

# Keighley Healthy Living

Spring Issue



## Hot off the press

Welcome to the official KHL newsletter! This spring edition is the first of many seasonal publications that will keep you informed of all the exciting developments at KHL and in the Keighley community. So, be sure to keep an eye out for future editions that will be available in the KHL headquarters. For now, take five, sit down with a cuppa, and find out what is happening over the coming months.



## What we are about

We provide a wide range of activities that aim to improve the health and well-being of the Keighley community. To achieve this, we use togetherness to enrich the lives of people within the community.

## This issue:

Find out what exciting activities are on the horizon this Spring

We say a special thank-you to our volunteers

Read about how new projects will enhance our community

Details about our fantastic rooms for hire

All the details you need to keep in touch with developments at KHL



## What's on at KHL

We have lots of activities going on at KHL - see our website or Facebook for the full list but here are a couple of examples of what we do.

### FitStart

11am-12pm, every Wednesday at The Leisure Centre, Keighley  
£3

Have you been thinking about starting to exercise or getting back into exercise? Are you interested in losing weight? If so, we have the perfect opportunity for beginners to get into exercise, because, let's face it, the gym can be an intimidating place. FitStart is the perfect introduction to a healthier lifestyle. Not only will you benefit from losing weight, but also, exercise is scientifically-proven to make us happier through the release of endorphins. It's a no-brainer! So, come along and break a sweat, in a welcoming environment, under the guidance of a qualified fitness instructor.



### Social Groups

Various courses throughout the year

£Various prices, please ask for details

Fancy yourself as a future MasterChef contender? Or, are you just looking to meet new friends? Come in and try one of our social groups, from cooking to art to joining in with the Games Cafe, there's bound to be something that's just right for you.

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





## A special thank-you to our volunteers!

Here at Keighley Healthy Living we really value our volunteers. They help with our groups and work with staff to make KHL the wonderful place it is.

This month our spotlight is on Jane who is one of our I.T. mentors. Jane is patient and makes everyone feel welcome. She's really approachable and as one of our staff said, she brightens up everyone's day!

We will shortly be recruiting more volunteers for our peer support course in May. If you are interested, please contact Dan on 01535 677177 or email him at [dan.brannan@khl.org.uk](mailto:dan.brannan@khl.org.uk)

"Every time Jane comes into KHL she's like a ray of sunshine!"



## New funding announcement!

We are delighted to announce that we have been successful in obtaining National Lottery funding from the Community Fund. This will fund our Connect Keighley project which will offer a range of activities with taster sessions across Keighley. Look out for the Connect events coming soon!

To keep up to date with us follow us on Facebook: [@KeighleyHealthyLiving](https://www.facebook.com/KeighleyHealthyLiving)





## Rooms for hire

We have rooms available for any occasion. Whether it be counselling sessions, arts and crafts classes, or if you are just looking for an excuse to consume a monumental amount of tea and biscuits, then we can help!

The Devonshire (up to 40 people)

As seen below, The Devonshire boasts a relaxed setting with comfortable sofas. However, tables and chairs can be set up if required. Brilliant for meetings, training or as a pop-up nursery.



The Cavendish (up to 30 people)

Photographed on the right-hand side, this room has an amazing source of natural light. With the inclusion of a sink, this room is perfect for arty projects that can get a tad messy.

The Hardwick (up to 8 people)

This intimate space is perfect for counselling and clinical appointments.

The Bronte (up to 8 people)

Cosy and bright. This room is ideal for group projects or small meetings.

The Kitchen (up to 8 people)

Everything you need to cook up a storm. Includes a large oven and fridge freezer. A great setting for cooking classes or preparing food for events.

For more information on prices or to make a booking enquiry, please contact us by telephone or by visiting the website (details above, right-hand side).

Just can't get enough?  
  
Facebook:  
@KeighleyHealthyLiving  
  
Twitter:  
@KHL\_Keighley  
  
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