

Activity	Day & Time	Venue/Platform	Contact	Description
<b>Ballet, Strength &amp; Conditioning</b> (Exercise Class)	Monday 11:00am – 11:30am	Facebook <a href="https://m.facebook.com/KHLExerciseStudio/">https://m.facebook.com/KHLExerciseStudio/</a>	View our KHL Exercise Studio facebook page. For further information or Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a>	Free service: Standing exercise class with Alison performed using a chair. Learn new exercises to tone and sculpt the body, while increasing your flexibility and muscle strength.
<b>Hungry for Change</b> (6 week nutrition course)	Monday 6:00pm – 7:30pm	Online via Zoom	Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to book your place	Say Goodbye To Dieting; Make A Change For Good with our 6 week Nutrition course on Zoom. Interactive activities on various topics, designed to encourage behaviour change to adopt a healthy lifestyle.
<b>Workout For Wellbeing</b>	Monday 6:30pm – 7:00pm	Online via Zoom	Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to book your place	Weekly zoom exercise classes designed to help you keep fit in 2021 and promote wellbeing.
<b>Art 4 All</b>	Tuesday 10:00am – 12:00pm	YouTube & WhatsApp	Search Victoria Alderson Art on YouTube and Facebook or ring 01535 677177 for further information.	Lead by our talented artist Victoria. Video tutorials hosted on YouTube with a WhatsApp group for discussion.
<b>Outdoor Cafés</b>	Tuesday 10:00am – 11:00am or 11:15am- 12:15am	KHL Garden	<b>Appointment Only</b> Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to register your interest and we will phone to book you on to a session.	Free Service: Enjoy a cuppa in the KHL garden whilst enjoying a chat with others, and a member of our team, who will signpost you to our other services.
<b>Disco Aerobics</b>	Tuesday 11:00am – 11:30am	Facebook <a href="https://m.facebook.com/KHLExerciseStudio/">https://m.facebook.com/KHLExerciseStudio/</a>	View our KHL Exercise Studio facebook page For further information or Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a>	Free service: Join Alison for a fun cardio workout with a disco atmosphere, working a variety of muscles groups and strengthening you heart and lungs. Easy to follow moves ideal for all fitness levels with easy and hard options.
<b>Hungry for Change</b> (6 week nutrition course)	Wednesday 10:00am – 11:30am	Online via Zoom	Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to book an your place	Say Goodbye To Dieting; Make A Change For Good with our 6 week Nutrition course on Zoom. Interactive activities on various topics, designed to encourage behaviour change to adopt a healthy lifestyle.
<b>Zoom for Wellbeing</b>	Wednesday 10:00am – 10:30am	Online via Zoom	Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to book your place	Weekly conversation session. Grab a coffee for a chat over zoom.
<b>Walk and Talk in the Park</b> (Start date to be confirmed)	Wednesday 10:00am or 11:00am	Cliffe Castle	Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to register your interest and we will phone to invite you to a session	Free Service: Enjoy the outdoors and aspects of nature whilst enjoying a chat with one of our team.
<b>Core and Floor</b> (Exercise Class)	Wednesday 11:00am – 11:30am	Facebook <a href="https://m.facebook.com/KHLExerciseStudio/">https://m.facebook.com/KHLExerciseStudio/</a>	View our KHL Exercise Studio facebook page. For further information Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a>	Free service: Standing and floor exercises to tone the tummy and core and strengthen the muscles of the pelvic floor.
<b>Games Cafés</b>	Thursday 10:00am – 12:00pm	KHL Garden	Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to register your interest and we will phone to invite you to a session.	Free Service: Enjoy playing games such as Bingo, 'Play your Cards Right' and Pictionary along with a drink and a chat.

<b>FitStart</b>	Thursday 11:00am – 12:00pm	Facebook <a href="https://m.facebook.com/KHLExerciseStudio/">https://m.facebook.com/KHLExerciseStudio/</a>	View our KHL Exercise Studio facebook page For further information or Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a>	Exercise class with Mary Parkinson, working a variety of muscle groups, using different techniques, standing, seated and floor exercises. A great start to fitness for both beginners and those experienced in exercise.
<b>KHL Kitchen</b>	Thursday 1:00pm – 2:00pm	Facebook <a href="https://m.facebook.com/KeighleyHealthyLiving/">https://m.facebook.com/KeighleyHealthyLiving/</a>	Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to book an your place	Join Rebecca for a live cooking demonstration. Learn how to cook a range of healthy quick meals.
<b>Yoga</b> (6 week course) (Starting 21 <sup>st</sup> Jan)	Thursday 4:30pm – 5:15pm	Online via Zoom	Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to book an your place	Led by yoga teacher Nicky Candlish. Reconnect with your body, mind and breath.  Suitable for all fitness levels.
<b>Staying Steady – Fall Prevention Seated Exercise Class</b>	Friday 11:00am – 12:00pm	Facebook <a href="https://m.facebook.com/KHLExerciseStudio/">https://m.facebook.com/KHLExerciseStudio/</a>	View our KHL Exercise Studio facebook page For further information or Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a>	A live seated exercise class delivered by Steve Pugh. Video’s from previous classes also available on the website.
<b>Art 4 All</b>	Friday 10:00am – 12:00pm	YouTube & WhatsApp	Search Victoria Alderson Art on YouTube and Facebook or ring 01535 677177 for further information.	Lead by our talented artist Victoria. Video tutorials hosted on YouTube with a WhatsApp group for discussion.
<b>Beginners Art Coming Soon</b>	Various Times and Dates available	Online or DVD	Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to register your interest	A four week art beginner’s art course available to watch online or via DVD. Our artist Victoria will be on hand to support with a weekly telephone call.
<b>Creative Writing Coming Soon</b>	Various Times and Dates available	Online via Zoom	Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to register your interest	A four week creative writing course
<b>Beginners Patchwork</b>		Online	Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to book an your place	Four week beginner’s patchwork with Shirley. Watch the online tutorial and Shirley will be available to support you with a weekly phone call. Patchwork pack provided.
<b>Prepare 4 Parenthood.</b>	By appointment		For more information or to book an appointment contact Flora 0792 0432428	One to One antenatal sessions and small groups, create a baby journal.
<b>T-Natal Project - Young Parent Support</b>			Contact Flora 0792 0432428 or facebook t-natal Keighley.	Providing one to one support around the health and wellbeing of young parents and their children.
<b>Oakworth Shed</b>	By appointment	Telephone	01535 677177 to sign up.	Telephone conversation between community members.
<b>Conversation Cafés</b>	By appointment	Telephone	Call 01535 677177 or email <a href="mailto:admin@khl.org.uk">admin@khl.org.uk</a> to book an appointment.	Free Service: Grab yourself a cuppa and have a chat with one of our team. We will ring you at an appointed time for a chat. We can also link you with other service users for peer to peer support.
<b>Breastfeeding Support</b>	Various Times and Dates available	Zoom , text or telephone.	Text Feed to 667777 with name, postcode and baby’s date of birth and a mentor will contact you or Book via Facebook @Bradfordbreastfeedingbuddies	Further support available by calling the NCT support line 0300 330 0700

Further information on our services can be found on our YouTube Channel [www.youtube.com/channel/UCONY0OYq\\_cHbkT4-yn3Gqvg](http://www.youtube.com/channel/UCONY0OYq_cHbkT4-yn3Gqvg) Facebook page [www.facebook.com/KeighleyHealthyLiving](http://www.facebook.com/KeighleyHealthyLiving) and by visiting our website [www.khl.org.uk](http://www.khl.org.uk)