

Activity List April 2021

Our classes and courses from week beginning April 12th 2021



Activity	Day/Time	Venue/Platform	Contact	Description
BLT Bums, Legs and Tums (Exercise Class)	Monday 11:00am – 11:30am	https://www.facebook.com/KHLDietandExerciseStudio	For further information find us on Facebook, KHL Diet and Exercise Studio , Call 01535 677177 or email admin@khl.org.uk	Free service: Standing and floor exercises to tone and sculpt the tummy, bottom and legs.
Art 4 All	Tuesday 10:00am – 12:00pm	YouTube & WhatsApp	Search Victoria Alderson Art on YouTube and Facebook or phone 01535 677177 for further details.	Lead by our talented artist Victoria. Video tutorials hosted on YouTube with a WhatsApp group for discussion.
Outdoor Cafés	Tuesday 10:00am – 11:00am or 11:15am-12:15am	KHL Garden	Appointment Only Call 01535 677177 or email admin@khl.org.uk 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.
BalletBeFit , (Exercise Class)	Tuesday 10:00am – 10:30am	Online via Zoom	Call 01535 677177 or email admin@khl.org.uk to book an your place.	A ballet inspired standing exercise class with Alison performed using a chair. Learn new exercises to tone and sculpt the body, while increasing flexibility and muscle strength.
Walk for Wellbeing Mens Group (Starting 27 th April)	Tuesday 10:30am – 12:30pm	Cliffe Castle	Call 01535 677177 or email admin@khl.org.uk to register your interest.	Free Service: Encourage wellbeing and mindfulness whilst enjoying the outdoors and aspects of nature as you walk.
Women's Wellness Walks (Starting 27 th April)	Tuesday 10:30am – 12:30pm	Cliffe Castle	Call 01535 677177 or email admin@khl.org.uk to register your interest.	Free Service: A walk to promote women's health and wellbeing while you connect with nature and enjoy the outdoors.
Disco Aerobics	Tuesday 11:00am – 11:30am	https://www.facebook.com/KHLDietandExerciseStudio	For further information find us on Facebook, KHL Diet and Exercise Studio , Call 01535 677177 or email admin@khl.org.uk	Join Alison for a fun cardio workout with a disco atmosphere, great for strengthening you heart and lungs. Easy to follow moves for all fitness levels with easy and hard options.
Keighley Come Dancing DDMIX DiverseDanceMix	Wednesday 10:00am – 10:30am	Online via Zoom	Call 01535 677177 or email admin@khl.org.uk to book your place	Live dance exercise class with Alison, have fun learning new moves, such as tango, Bollywood and American Jazz. Suitable for all the family!
Core and Floor (Exercise Class)	Wednesday 11:00am – 11:30am	https://www.facebook.com/KHLDietandExerciseStudio	For further information find us on Facebook, KHL Diet and Exercise Studio , Call 01535 677177 or email admin@khl.org.uk	Free service: Standing and floor exercises to tone the tummy and core and strengthen the muscles of the pelvic floor.
Healthy Weight Loss Programme 5 session nutrition programme Starting 21st April	Wednesday 1.00pm or 6:00pm Other dates and times available.	Small group sessions inline Covid 19 Regulations. Telephone support also available.	For further information find us on Facebook, KHL Diet and Exercise Studio , Call 01535 677177 or email admin@khl.org.uk	Say Goodbye To Dieting; Make A Change For Good with our 6 week Nutrition course. Interactive activities on various topics, designed to encourage behaviour change to adopt a healthy lifestyle.
Games Cafés	Thursday 10:00am – 10:45am or 11:00am-11:45am	KHL Garden	Call 01535 677177 or email admin@khl.org.uk 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.
FitStart	Thursday 11:00am – 12:00pm	https://www.facebook.com/KHLDietandExerciseStudio	For further information find us on Facebook, KHL Diet and Exercise Studio , Call 01535 677177 or email admin@khl.org.uk	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.
KHL Kitchen	Thursday 1:00pm – 2:00pm	https://www.facebook.com/KHLDietandExerciseStudio	For further information find us on Facebook, KHL Diet and Exercise Studio , Call 01535 677177 or email admin@khl.org.uk	Join Rebecca for a live cooking demonstration. Learn how to cook a range of healthy quick meals.

Digital Hub (Starting 15 th April)	Thursday 1:00pm – 3:00pm	Sue Belcher Centre Keighley BD22 7AF	Call 01535 677177 or email admin@khl.org.uk for further information or to book your place.	A new way to connect to your doctor..... A local community service in Keighley to enable access to information technology and digital services online.
Walk for Wellbeing (Starting 15 th April)	Thursday 12:00pm – 1:00pm or 1:00pm – 2:00pm	Cliffe Castle	Call 01535 677177 or email admin@khl.org.uk for further information or to book your place.	Free Service: Enjoy the outdoors and aspects of nature whilst enjoying a chat with one of our team.
Yoga	Thursday 4:15pm – 5:15pm	Online via Zoom	Call 01535 677177 or email admin@khl.org.uk for further information or to book your place.	Led by yoga teacher Nicky Candlish. Reconnect with your body, mind and breath. <i>Suitable for all fitness levels.</i>
Staying Steady – Fall Prevention Seated Exercise Class	Friday 11:00am – 12:00pm	https://www.facebook.com/KHLDietandExerciseStudio	For further information find us on Facebook, KHL Diet and Exercise Studio , Call 01535 677177 or email admin@khl.org.uk	A live seated exercise class delivered by Steve Pugh. Video's from previous classes also available on the website and on DVD for those without internet access.
Art 4 All	Friday 10:00am – 12:00pm	YouTube & WhatsApp	Search Victoria Alderson Art on YouTube and Facebook or phone 01535 677177 for further details.	Lead by our talented artist Victoria. Video tutorials hosted on YouTube with a WhatsApp group for discussion.
Beginners Art	Various Times and Dates available	Online or DVD	Call 01535 677177 or email admin@khl.org.uk 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.
Beginners Patchwork		Online	Call 01535 677177 or email admin@khl.org.uk 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 kit pack provided.
Prepare 4 Parenthood.	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.
T-Natal Project - Young Parent Support			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.
Oakworth Shed	By appointment	Telephone	01535 677177 to sign up.	Telephone conversation between community members.
Conversation Cafés	By appointment	Telephone	Call 01535 677177 or email admin@khl.org.uk to book an appointment.	Free Service: Grab a cuppa and have a chat with one of our team. We will phone you at an appointed time for a chat and can also link you with other service users for peer support.
Breastfeeding Support	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
MSK Connect A free local service supporting people living with Musculoskeletal conditions	Various Times and Dates available	Individual and Small group sessions inline Covid 19 Regulations. Telephone support also available.	View our KHL Exercise Studio facebook page, call 01535 677177 or email MSKconnect@khl.org.uk for further information.	MSK conditions affect the joints, bones and muscles and include autoimmune diseases and back pain. Our friendly team will introduce you to opportunities which support independent living, making social connections and other meaningful activities aimed at managing your pain and giving back quality of life
Keeping it Cool in Midlife Coming soon	Starting 7 th May Time TBC	Online via Zoom	Call 01535 677177 or email admin@khl.org.uk to register your interest/ book your place	A 4 week Menopause course delivered via zoom with midlife coach Emma Roberts.

Further information on our services can be found on our YouTube Channel www.youtube.com/channel/UCONy0OYq_cHbkT4-yn3Gqvg Facebook page www.facebook.com/KeighleyHealthyLiving and by visiting our website www.khl.org.uk



KEEP CONNECTED (EVEN WITHOUT THE INTERNET) ...

*Our conversation
cafes are still
happening weekly,
you can grab a cuppa
and have a chat in
our garden...ring to
book your place.*

KHL has lots for
you to do whilst
we are in
lockdown...

PLEASE SIGN UP OR BOOK FOR ANY OF OUR...



- REGULAR PHONE CHATS
- NEWSLETTER WITH QUIZ
DVDS (CHOOSE FROM ART
OR EXERCISE CLASSES)
- SINGING DOWN THE PHONE
- PEN PALS



**FIND OUT MORE PHONE KEIGHLEY HEALTHY LIVING ON
01535 677177 OR EMAIL: ADMIN@KHL.ORG.UK
WWW.KHL.ORG.UK**

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