

Activity List June 2022

Call 01535 677177 or email admin@khl.org.uk for more info or to book your place.

Activity	Day/Time	Venue/Platform
Mondays		
Walk & Talk (Ladies Only)	10.00am – 11.00am	KHL (Please phone KHL to book a place)
Seated Yoga (6 Week Course)	11.00am -12.00 or 12.00pm – 1.00pm	KHL (Please phone KHL to book a place)
Parkinson Support Group (1 st 3 Mondays of every month)	1:30pm – 3.30pm	KHL (Run by the Parkinson's Support Service)
Tuesdays		
Conversation Café	10:00am – 11.45am	KHL (Drop In)
BalletBeFit Exercise Class	10:00am – 10:45am or 11:00am – 11:45am	KHL in the Sight Airedale Building 1 Albert Street, Keighley, BD21 2AT (Please phone KHL to book a place)
Art 4 All	10.00am – 12pm or 1:00pm – 3:00pm	KHL (Please phone KHL to book a place)
Keighley Pathways at Highfield Finding solutions to problems, support, info and referral service	1:00pm – 3:00pm	Highfield Community Centre Keighley BD21 2QG (Drop In)
I.T. for Beginners (other days/times available)	3.15 pm – 4.45 pm	KHL (Please phone KHL to book a place)
Keighley Pathways for Carers 1:1 appts with Carers Resource	All Day (various times)	KHL (Please phone KHL to book a place)
Emotional Eating Course 4 week course starting 14 th June	6.00 pm – 7.30 pm	KHL (Please phone KHL to book a place)
Wednesdays		
Gardening Club	10.00 am – 12.00pm	KHL (Please phone KHL to book a place)
DDMIX Dance Exercise Class	10.00am – 11.00am	Civic Hall, North Street, Keighley, BD21 3RZ (Please phone KHL to book a place)
FitStart Group Exercise Class	11:00am – 12:00pm	Civic Hall, North Street, Keighley, BD21 3RZ (Please phone KHL to book a place)
Healthy Weight Loss Programme (8 week course starting 8 th June)	10.00am – 12.00pm	KHL (Please phone KHL to book a place)
Art 4 All	10:00am – 12pm or 1:00pm – 3:00pm	KHL (Please phone KHL to book a place)
Cavendish Art Group	1:00pm – 3:00pm	KHL - Community Art Group (Please phone KHL to book a place)
Menopause Café (22nd June) Monthly Support / Info Group	6:00pm – 8:00pm	KHL (Please phone KHL to book a place)
Thursdays		
One 2 One I.T. Support	10.00 am – 12.00 pm	KHL (Please phone KHL to book a place)
Wharfe Valley Pathways Conversation Matters Community based support for people who need help with their mental, physical or social health.	10.00am - 12.00pm (Drop In) 1.00pm – 3.00pm (Appointment Only)	Christchurch The Grove Ilkley LS29 9LW (Please phone KHL to book a place)
Games Café	10:00am – 11:45am	KHL (Drop In)

Thursdays (Continued)		
Core and Floor (Exercise Class)	10:00am – 11:00am	Civic Hall, North Street, Keighley BD21 3RZ (Please phone KHL to book a place)
Busy Minds Relaxation and Mindfulness 1 st & 3 rd Thursday of every month	10:00am - 11:15am	KHL (Run by the Well Together Service Contact 01274 259190 for details)
STICKS Simple Therapy in Crochet/Knitting 2 nd & 4 th Thursday of every month	10:00 am – 11.15 am	KHL (Run by the Well Together Service Contact 01274 259190 for details)
Healthy Weight Loss Programme (8 week course starting 9 th June)	Various times available	KHL (Please phone KHL to book a place)
Keighley History Walk	11:00am – 12:00pm	Various locations, meet at KHL (Please phone KHL to book a place)
Somatic Yoga (Starting 9 th June)	11.00 am – 12.00 pm	Civic Hall, North Street, Keighley BD21 3RZ (Please phone KHL to book a place)
Positive Strength & Conditioning (Seated Exercise Class)	12:30pm – 1:30pm	KHL (Please phone KHL to book a place)
Outdoor Photography Course Starting 16 th June	12.30pm – 2.30pm	KHL (Please phone KHL to book a place)
Oakworth Shed Handycrafts & Woodwork Activities	1:00pm – 3:00pm	Oakworth Village Hall (Drop In)
Young parents – pregnancy & post-natal wellbeing group	1:30pm – 4:00pm	KHL (Please phone KHL to book a place)
Singing Group Starting 23 rd June (4 weeks)	1.30pm – 2.30pm	KHL (Please phone KHL to book a place)
MSK Connect Monthly Support Group for people living with Musculoskeletal (MSK) conditions and chronic pain	1:30pm – 3:00pm (Every 3 rd Thursday)	KHL (Please phone KHL to book a place) Individual and Small group sessions. Telephone support also available.
Fridays		
Tai Chi	10:00am – 11:00am	KHL (Please phone KHL to book a place)
British Sign Language Course	10.00 am – 12.30pm	KHL (Please phone KHL to book a place)
KHL Cookery Club (4 week course various start dates)	10am – 11:30am <u>or</u> 1:00pm – 2:30pm	KHL (Please phone KHL to book a place)
Keighley Pathways for South Asian Women	12.30pm – 4.30pm	KHL (Please phone KHL to book a place)
Laughter Yoga Taster Session on 24 th June	12.30pm – 2.00pm	KHL (Please phone KHL to book a place)
Mental Health Wellbeing Course (1:1s also available by request)	1.00pm – 2.30pm	KHL (Please phone KHL to book a place)
Young Parents Support and other services		
Prepare 4 Parenthood	By appointment	For more information or to book an appointment contact Flora 0792 0432428
T-Natal Project - Young Parent Support	Various	Contact Flora 0792 0432428 or Facebook t-natal Keighley.
Weekly Groups at Hainworth Wood Community Centre		
Conversation Café, Exercise classes and cooking		Hainworth Wood Community Centre (Please phone KHL for more information)

Further information on our services can be found on our Facebook page www.facebook.com/KeighleyHealthyLiving, by visiting our website www.khl.org.uk or YouTube Channel www.youtube.com/channel/UCONy0OYq_cHbkT4-yn3Gqvg and by visiting us at **Keighley Healthy Living, 13 Scott Street, Keighley, BD21 2JH. Telephone 01535 677177.**