



Artwork by a member of our Art 4 All group

Building a resilient, capable,
healthy & happy Keighley.



Registered Charity No: 1090543 | Registered Company No: 04190566

OVERVIEW OF KHL

KHL is a registered charity based in Keighley, West Yorkshire which develops, delivers and supports a range of initiatives that aim to:

- tackle health inequalities
- improve physical and mental health and well-being
- work towards a strong integrated community where people from different backgrounds live, work and socialise together, based on shared rights, responsibilities and opportunities
- provide inclusive and accessible community health services (support & delivery)
- reduce social isolation and loneliness
- co-design innovative interventions for individuals and our community's health
- have a test-and-learn, iterative approach
- share learning and insights that support local and national strategic health outcomes.

KHL work across Keighley , Airedale and Wharfedale through outreach work in community health, care and educational settings. Complementing this, KHL have a community centre in the heart of Keighley which is accessible to all local people and is for community groups to use. Alongside regular activities we provide opportunities for social events, volunteering, students and work placements, training, capacity building, healthy lifestyles programmes and counselling.



"I met my friend through KHL and without her I couldn't have survived the last few months"

Walking Group Participant

WHO WE ARE AND WHO WE WORK WITH

KHL work with people of all ages and backgrounds, supporting them and signposting them into a range of groups, classes and projects. We have a focus on:

- Healthy Lifestyles through a range of food and exercise projects
- Social connections through a variety of groups such as Art, Craft, social and peer led
- Young Parents and families project offering a bespoke young parent project and healthy holiday activities
- Enabling Projects such as our digital hubs, support to Keighley Pathways and active signposting

KHL have strong partnerships in place with local community organisations such as Roshni Ghar, Sangat Centre, Sue Belcher Community Centre and Hainworth Wood Community Centre which increases our reach and the diversity of people we work with. We also work with a diverse range of statutory services, local champions and organisations and strive to continually build new community links to ensure our diversity aims are met.

The KHL Trustee board is effective in ensuring good governance and that all policies and management systems are in place. Our Board is made up of eight highly experienced individuals who together have an extensive knowledge of both the local area and the effective governance of a small charity.

Our friendly and knowledgeable team comprises of 11 staff, 8 Trustees and approximately 20 volunteers and freelance tutors. We work with around 3,000 people a year with direct contact either at our centre or outreach at other centres, schools and outdoor spaces. On average we have an 11,000 footfall through the building in the year (around 1,000 people a month).

“Perhaps my favourite example was the work done to get Keighley Skipping for Health. The video we created together was fantastic and sold the benefits to a massive proportion of our residents. Bringing on board so many local businesses and organisations within the video creation was a boost to our networks and the town as a whole. Couple all this with many of the free skipping ropes being handmade by the Shed made for an amazing community project, key to which were Keighley Healthy Living as a conduit to bring us all together”.

Dan Palmer, Heritage Park Officer Cliffe Castle

OUR COMMUNITY

Keighley is a deprived area. Statistically, 22% of people living in Keighley are in the 10% most deprived in the UK and have a shorter life expectancy and a poorer state of health within these shorter lives. It has a statistically diverse population and high population percentage from BAME backgrounds, including refugees and asylum seekers.

The Keighley population is older than UK average and Keighley is a recognised older person's location. Comparative to UK data, Keighley has a high incidence of child and adult obesity, tooth decay and type-2 diabetes as well as a low proportion of people eating 5 portions of fruit and vegetables per day. Physical activity engagement is lower than the national average in all age groups and does not meet NHS guidelines for activity levels, across the lifespan.

In our activities we work with:

- People living with mental and physical health conditions
- Health professionals & clinical settings, e.g. GP Practices, health trusts, social prescribers
- People living in socio-economically deprived wards
- Lifespan age groups, early years, children, young adults - to older adults
- Older people and/or people who experience loneliness and isolation
- BAME groups and ethnic minorities
- Vulnerable people
- Individuals with additional needs and learning disabilities



OUR IMPACT

Established in 2001, KHL have a proven track record of delivering programmes on time and on budget, accompanied by successful collaborative working practices and good quality evaluation and impact reporting.

We have excellent feedback from our users and our impact demonstrates:

- Enhancement of people's physical and mental wellbeing, with a person-centred approach that enables them to take the lead in making better and healthier lifestyle choices that improve quality of life.
- People are able to meet in a welcoming place, people who might never have met one another otherwise, and provide opportunities for people to connect in meaningful ways and build supportive networks and provide peer support.
- People feel more confidence, skills and experiences.
- Our diverse and accessible activities and/or signposting of people to appropriate support enables peer-led connections to continue.
- We help strengthen the local community and build on local assets by connecting and/or creating networks with individuals, groups and organisations.

