



Annual Report: Our Impact



**March 2021 -
April 2022**

WHO ARE KHL?

Based in the heart of Keighley, KHL is a charity aiming to support the health and wellbeing of the local community with a vision to develop a strong connected and thriving local community that is resilient, capable and healthy.

Alongside delivering services from the community hub, KHL work across Keighley, Airedale and Wharfedale through outreach work in community health, care and educational settings.

KHL actively and passionately deliver a huge variety of classes and groups on a weekly basis. KHL listens and responds to evaluation and feedback in order to provide what our community needs. The key areas are:

- Social activities and groups
- Physical activity and exercise
- Healthy eating and weight loss
- Supporting young parents and families
- Improving health and wellbeing
- Developing new skills

OUR COMMUNITY

KEIGHLEY
POPULATION:
97,789



MALE: 48.8%
FEMALE: 51.2%

19,937: CHILDREN
57,800: WORKING AGE
20,052: AGE 65+



INTENDED OUTCOMES FOR OUR PARTICIPANTS:

A stronger local community that builds on local assets by connecting and/or creating networks with individuals, groups and organisations.

Potential to thrive and ability to cope.



Enabled to take the lead in making better and healthier lifestyle choices that restore or improve quality of life.

Improvement of people's physical, mental and social wellbeing.



Increased confidence, skills, knowledge and experience.



Reduced experience of isolation and loneliness.

Improved social and local connections and networks with individuals e.g activities, groups and other organisations.

Increased skills and awareness to self care and better ownership of health.

Development of behavioural changes, skills and use of supportive tools.

IMPACT SUMMARY

1000+ UNIQUE USERS

have attended groups at KHL

KHL HAVE PROVIDED
OVER 650
1:1 SESSIONS, REACHING
300+ USERS

KHL have reached approximately
1200 UNIQUE USERS
through various campaigns and provided
OVER 1000 USEFUL RESOURCES
including recipe kits, craft and art kits,
DVD courses and exercise equipment

KHL have a Social
Media following of
OVER
3500

IN ADDITION TO OUR
COMMUNITY CENTRE,
KHL WORK IN MORE THAN
10 outreach
locations

KHL HAVE DELIVERED OVER 1500
group sessions including a range of exercise classes, walks,
cooking classes, social groups and peer support groups.

Our group sessions are facilitated by staff qualified in exercise,
nutrition and community engagement.

1:1 sessions included digital IT support, support with barriers to
health such as financial, social and relationship issues.

LIFESTYLE CHANGE

Summary...

The Lifestyle Change Project offers a range of programmes to support people to develop the skills required to better manage their own wellbeing and make positive changes to their lifestyle to enhance their physical and mental health. Working with people of all ages from children to the over 60s there's something for everyone. Our registered nutritionist delivers cookery classes to teach groups about how to eat a balanced diet, which includes looking at the Eat Well Guide, portion sizes and the importance of a varied diet, along with learning the hands-on cookery skills required to cook a healthy meal at home for themselves and their family. The Lifestyle Change Project also offers weekly exercise classes from yoga to Ballet Be Fit and our qualified exercise coordinator ensures that opportunities are accessible to all within the community regardless of ability.

HIGHLIGHTS FROM MARCH 21 - APRIL 22

Sangat Chair Exercise

+ One to One Exercise Support.

Alongside our full exercise timetable, a chair exercise class was delivered at the Sangat Centre in Keighley to support South Asian women, many who have diagnosed mental and physical health conditions. The class was extremely popular with on average 28 women attending the class and over time it was apparent that the fitness level of the ladies increased. As well as the exercise class, the ladies were offered 1-1 sessions which were tailored to suit individuals with specific medical conditions and enabled them to learn how to perform exercise in a correct and safe manner based on their needs, abilities and goals. These sessions allowed an opportunity for those who were fearful of exercising to grow in confidence so they could go on to join community exercise programmes.



We would like more classes, it helps more of my self-esteem and it helps me to meet people and get out of my house.

MSK Connect Peer Support Group



Throughout 2021-22 the MSK Connect service grew in participants and had greater impact. This service supports users living with pain to access a variety of local services and activities to support physical and mental wellbeing. Alongside the care received from health care professionals, MSK Connect activities include:

- Monthly peer support group
- Weight loss, lifestyle and cookery courses
- One to one support and wellbeing contacts
- Introduction to social groups
- One to one breathing therapy for pain management and reducing anxiety
- Chair based exercises including Yoga & Tai Chi
- Talks on a range of topics

I thought MSK Connect was going to be only about my arthritis and I have definitely learnt things that can help with that but for me it's been a form of therapy, more about my mental health. The one to ones gave me a toolbox to help me manage all of my pain.

Young Chefs



I can't believe I have cooked my own meal.

My dad will be waiting when I finish. He'll want my curry, my dad loves curry.

During the spring half-term, children living in Keighley were invited onto KHL 'Young Chefs' programme which was delivered both at KHL and at Sue Belcher Community Centre. The Young Chefs learnt about chopping skills, safety in the kitchen and how to cook a healthy meal for their family. Children were also asked to identify the 5 food groups of the Eat Well guide so they were able to make healthy choices. Before the session ended, all the children were given a food kit which contained the same ingredients as they used in the session so they could cook the meal for their family when they returned home.

Weight Loss Club

Delivered by our registered nutritionist, several weight loss clubs ran throughout the year, delivered weekly with approximately 20 clients attending. With the main focus on a healthy balanced diet and how that can be achieved in order to lose weight, service users received information and advice from the KHL nutritionist, along with support to keep a weight loss diary and follow a weight-loss plan. Healthy refreshments and healthy recipes were given to participants to encourage home cooking using fresh produce.



I think this programme will help me so I can fit back into my clothes! I'm definitely not buying any more in a larger size!

MARIA'S STORY

Maria lived in Holland during the 1980's which was when her Fibromyalgia symptoms began. She had worked most of her life but she had to give up work because of her condition as she struggled to move easily, manage her pain, stay steady and remember things. Maria also experienced migraines which along with the Fibromyalgia, left her feeling unwell and most days she struggled to leave the house. Maria does take medication, but tries to avoid regular pain killing medication.

After being referred by her GP, the MSK team initially provided Maria with several one to ones. Our aim was to build trust and confidence and enable Maria to make a decision to get more involved with the community-health offer, recognising that Maria did not like group activity and was very introverted. Over time, Maria gained confidence and a better quality of life through a tailored approach to her conditions. Maria said:

"I trusted the MSK Connect team and I knew I was going somewhere safe and the team knew what they were doing.

I think there's a big role for this kind of support, for me and other people. There's a lot of people who don't get enough time and attention from their doctors, it's not their [GPs] fault, they just don't have the time! This way you feel like someone gives you some time, and that they understand.

I now attend Ballet-Be-Fit and Staying Steady group classes. The exercise gets me to straighten up my back and my neck and I think this has made me more stable. I feel less tight and like I'm more balanced and don't feel like I'm wobbling everywhere, like I feel less likely to fall". The community support has been good too, it's become a bit of a habit and gives me a bit of structure, it's good for my head and for my sanity!"

SOCIAL GROUPS

Summary...

This year has seen a mixture of different COVID lockdown rules. We have been well equipped and in a position to continue offering a variety of weekly groups and courses through KHL's Connect Keighley project plus the continuation of our social group Conversation Cafes and Games Cafes. These have allowed for the local community to engage in a meaningful way giving the opportunity to learn new skills and allow for social interaction and friendship to continue through unprecedented circumstances. At the start of the year all our weekly groups and courses took place outdoors until our centre was allowed to reopen and people could return indoors at the start of summer. The groups have proven to be a life line for many people where social isolation has had a huge impact on people's health and wellbeing.

HIGHLIGHTS FROM MARCH 21 - APRIL 22

Group Walks

As COVID rules eased and people were able to meet in small numbers, walks have become extremely popular. We have offered many different walks with different themes.

We offered a variety of walks – Women's Wellbeing Walks, Walks with Tai Chi, Men's Walking for Health and Walk and Talk walks for men and women. Demand for walks has been high. Some of the walk attendees have now been trained in running peer-led walks. KHL now has two regular walks and KHL's volunteers have been keen to develop their own theme for the walks in consultation with the walk attendees. The walks include Women Only Walks with a focus on mindfulness in nature and a History of Keighley Walk. KHL's peer-led walks now form part of the 'Health and Wellbeing' offer at Cliffe Castle which is organised by Cliffe Castle Support Group and Bradford Council.

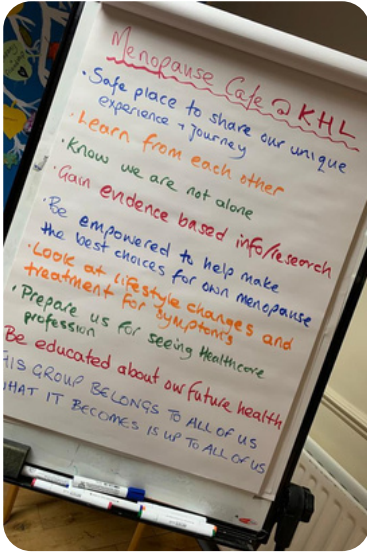


I started going to different walking groups and really enjoyed the outdoors and talking to others. I began making real friends here. friends I can share anything with. I was then told about a session that trained people to become walking leaders which I went to and have recently been leading walks myself! How brilliant is that?

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People attended our walks over a 2 year period

Menopause Course



The course objectives were to help women to find better ways forward in menopause, to deal with the impact of physical and mental symptoms, to understand these symptoms and to adjust their lifestyle and mindset accordingly. The course was presented in a way that was authentic and realistic. It provided information and education to women in the community on peri-menopause and menopause in a safe supportive space, using peer learning, professionally researched medical and scientific research, shared experiences and coaching techniques. Following the success of the 6 week course we developed a monthly peer-led Menopause Group.

The menopause café has been a great source of useful information, a friendly environment to go along and talk openly with others and to learn from them. We should never underestimate the importance of these support groups. Thanks for running them.

Art4All - Art Classes



At KHL we have been able to create a platform for all the Art 4 All attendees to continue accessing the group and continue with art using three platforms – Zoom, WhatsApp and YouTube videos. The classes have been designed to be flexible and inclusive so that people felt comfortable and inspired to use them. As COVID rules relaxed we were able to deliver some art sessions face to face, these happened in the KHL garden in small COVID-compliant groups until being able to return inside. All the art groups are back to pre-COVID times.

I love coming here it gets me out of the house to meet the friends I've made. I learn all the time. I depend on the routine and socialising. It is an important part of my week.

British Sign Language

Sign language has been brought to many people's attention recently and we were approached to run a sign language course. One of KHL's volunteers is proficient in British Sign Language and was keen to run the course.

The group has proved to be very popular and the six week course has now become a weekly group.

We are continuing to run a short course for beginners who can then attend the weekly group once they have finished the beginner's element.

I enjoy learning in a safe and comfortable setting, gaining new skills to be able to put into my everyday life.



Conversation & Games Cafes



Weekly cafes provide valuable social opportunities for people to get together, make friends and build relationships within their community. The weekly social groups allow our community the opportunity to drop in and have a hot drink, chat and play board games.

These groups have been running successfully for several years and are a really great example of inclusive community groups. The groups are a diverse mix of local people coming together and enjoying each other's company and offering peer support.

The Cafes were a lifeline for many people during COVID when they became Outdoor Cafes. The group like the present format and want a space to be able to sit and chat with peers, volunteers or staff.

I would struggle without the Tuesday class. Life can be lonely when you live on your own. I love talking to all the people in the group there are always interesting people to talk to.

CHRISTINE'S STORY

I suffer from clinical depression. For me, it can come on overnight. I'd just lost my husband when lockdown started and found myself alone in my room day after day and really struggling. I phoned the doctors and other places for help and just got the message 'everyone is down at the minute'. This hurt even more.



Rebecca was the first person I spoke to from KHL, she phoned me every single day in lockdown and gave me purpose. It was so good to know I was going to speak to someone each day. I don't know where I'd be now if it wasn't for those phone calls.

At that point I wouldn't leave my house, answering the door was even too much for me. She told me about the 'Outdoor Cafe' where you could still come and have a coffee and talk to others. It was such a big step for me to come but Rebecca told me she would be there and look after me. I'm so glad I made that step.

“

It was so brilliant to talk to people, people who weren't judgemental, who have struggles of their own and people who were pleased to see me. I was in a very dark place when I started coming to the cafes and they gave me my life back. KHL gave me my life back.

”

I then started going to different walking groups and really enjoyed the outdoors and talking to others. I began making real friends here, friends I can share anything with. I was then told about a session that trained people to become walking leaders which I went to and have recently been leading walks myself! How brilliant is that!?

I still come for support but I'm in a place where I can support others too. Because we all have struggles we can identify when someone is struggling. We meet up outside KHL now too, in fact me and some of the girls went for a coffee yesterday.



YOUNG PARENTS AND FAMILIES

Summary...

The Young Parents and Families project offers support in a variety of different settings. Through group antenatal sessions, one to one appointments and the Young Parents' Baby Group, support offered covers a range of services including:

- Making decisions about pregnancy (options counselling)
- Practical support around preparing for baby arriving
- Information and support around basic care of baby and routines
- Roles and responsibilities of parenting
- Healthy relationships and sexual health
- Support with benefits and applying for housing
- Accessing groups and activities
- Returning to education and accessing childcare
- Volunteering opportunities, gaining skills for employment

Antenatal Sessions

We offered a series of antenatal sessions to expectant young parents. The sessions covered how to be healthy in pregnancy, bonding with baby, preparing for labour and baby's arrival, information on practical skills such as feeding, changing, bathing and routines.

I loved learning about the balanced diet and how I can give my baby the best start in life. It has really made me think about things and try and change what I eat.

-Young Mum.
Antenatal Session

Even though I have a child already attending these sessions with my girlfriend has helped me remember things as well as learn new things that I didn't know about.

-Young Dad.
Antenatal Session

I loved the labour and birth session. it was really helpful as it gave me lots of information that I didn't know about. I also loved the roles and responsibilities of parenting it has made me more ready to be a mum.

-Young Mum.
Antenatal Session

Young Parent & Baby Group

Every Thursday at KHL, the Young Parent and Baby support group join together and are given the opportunity to share their experiences whilst allowing their children and babies to play. The young parents can meet others their own age, make new friends and receive information and support from our project leader.

During the school holidays, families are also welcome to join KHL so that babies and children can enjoy different activities, with a snack and also take home a food kit to cook together.



This group has helped me so much to be a more confident mum to my daughter. It is nice to talk and meet others my age without the feeling of being judged.

- Baby Group Participant

OUTCOMES & FIGURES

Despite the pandemic, we have managed to retain our relationships with new and existing young families and help them overcome an abundance of challenges. We are met with different barriers on a daily basis, but using our experience and resources KHL are equipped to help young parents to the best of our ability.

58 young parents can now address barriers/issues they are facing and develop a plan of action.

55 young parents have improved living conditions and feel they can achieve financial stability.

52 young parents now have increased knowledge, confidence and life skills to support a positive family life.

21 young parents are now more aware of the support available in pregnancy and after birth.

21 young parents are now prepared at home for the arrival of their baby, with access to equipment and resources.

Over **200** items have been provided to low-income families.

32 young parents feel less socially isolated and have developed a reliable support network.

27 young parents have improved their bond with their baby through a range of activities including designing a baby journal.

24 young parents have been enabled to access further education, employment and volunteering opportunities.

GINA'S STORY

What were you experiencing when you initially approached the T-natal project and why did you need support?

I found out I was pregnant at 19 years old. I was happy and nervous at the same time, but I was looking forward to being a mum. I **lacked confidence** in myself and had **low self-esteem** too and at first I was worried about what kind of parent I would be to my little boy.

I have not always had the best experiences myself whilst growing up and this probably led to the confidence issues and with low self-esteem and very little self-worth I **often put myself in risky situations**.

I suffered with anxiety and depression in my teenage years and now being pregnant I was worried that I could then go on to getting post-natal depression after my baby was born.

I **needed support in my pregnancy** as I wanted to be a good mum and learn everything there was to know so that I could be a confident new mum who made informed choices and was able to put my baby's needs before my own.

How did the T-natal project help? What actions did we take to support you?

I contacted the T-natal project at Keighley Healthy Living and attended ante-natal sessions with Flora. Some were done at Keighley Healthy Living, and some were done in my home.

I **learnt everything I needed to know regarding my pregnancy**, how to have a healthy pregnancy, caring for my baby, breastfeeding, my role as a parent and the relationship I will go onto have with my child.



I developed confidence in myself and my abilities to achieve what I wanted to as a parent. My anxiety and depression decreased, and I was able to focus on what the future would be like with my little boy and what kind of future I wanted for us.



One thing I wanted to do was breastfeed my baby, but I also knew I had to work on my confidence to be able to do that. Attending the sessions made me realise that I could do anything I wanted to do and the support is there as and when I need it. The information I was given built my confidence and empowered me too.



GINA'S STORY ctd.

How has your life improved since receiving support from the T-natal Project?

My little boy was born in July this year. I entered parenthood for the first time with masses of confidence and lots of knowledge that I had learnt from attending the sessions. I had built a good bond with my baby before birth, and this continued after too. **I started breastfeeding from the beginning with the knowledge and confidence to do so** and he still is exclusively breastfed, and I enjoy it so much.



I was worried in pregnancy that I would get post-natal depression but that didn't happen, I just focused on my baby and caring for him the best I could. He is a really happy and settled little boy who has a good attachment with me.



I recently connected with his biological father and we have a good friendship now and are able to parent together amicably so that we create a safe environment for our little boy. I have the confidence in my parenting to make great decisions for my baby now and in the future.



What might have happened if you didn't receive any support?

Without the support of KHL, I would have been anxious going into parenthood and not known what to expect. I would have been a less confident parent as I would not have been able to make informed choices around the care of my baby. This could have led me to make the wrong decisions.

Even though I knew I wanted to breastfeed, not accessing support and information around breastfeeding would have made me unprepared and less likely to continue. I also would not have known where to go if I had a problem or needed help with anything. I know that my baby would have been more unsettled and made me stressed. This could have led to poor parenting choices and could have also had an impact on my mental health.



Thinking about how different things could be right now makes me realise how grateful I am that services like this exist and that I was able to access it.



HEALTHY HOLIDAYS

Throughout the school holidays, KHL have committed to providing young parents, families and children in need with a fun activity, refreshments and a food kit to take home. This is to ensure those with less opportunities can experience a free and exciting event when they're not attending school.

The kids love attending KHL in the holidays, and we receive outstanding feedback from both children and parents.



In addition, connecting with organisations and schools throughout the pandemic allowed KHL the opportunity to distribute over 1,000 useful resources. This year has seen KHL supporting the community by distributing donations from other organisations including resources, food, Christmas gifts and children's activities to families and children in need of support during holiday time through the 'Connect Keighley' project.



We work closely with Morrisons' Community Champion and Asda's Community Champion; we were fortunate to have a luxury Christmas tree donated and Christmas activities for some of the weekly groups thanks to Asda.

COMMUNITY OUTREACH PROJECTS

HIGHLIGHTS FROM MARCH 21 - APRIL 22

FAIRY DAY

Through the 'Connect Keighley' project we have developed a strong working relationship with many organisations in Keighley.

The Fairies and Dragonflies event was developed as the first live event since the COVID pandemic started. It took place in the grounds of Cliffe Castle museum during the first weekend of the school summer holiday in 2021.

The event was aimed at families to come out and enjoy Cliffe Castle grounds, to search for all the Fairy and Dragonfly doors (made by the Men's Shed group) with lots of different craft activities for children to get involved in.

At KHL we work closely with many young parents and the event was a great opportunity to encourage many of them to come along with their children and get involved.



GET KEIGHLEY SKIPPING

'Get Keighley Skipping' project which was started in the first lockdown proved to be a great success with over 800 skipping ropes given out in the community. Our skipping videos have received 1,058 views to date.

This year we have returned to the primary schools to have a refresher on skipping techniques.

"Worth Valley School has received considerable support from KHL. At the start of the COVID pandemic children were in need of resources to use at home to support their learning. We have received so many varied kits from KHL from garden kits to food kits.

The skipping ropes and lessons were very popular with the children. It was great to see so many children skipping in the playground. The school's recent Health and Wellbeing week was again supported by KHL with lots of new physical activity kits. Thanks for all your amazing work."

Ed Tiffany, Year 3 Teacher, Worth Valley School



COMMUNITY OUTREACH PROJECTS

HIGHLIGHTS FROM MARCH 21 - APRIL 22

DIGITAL HEALTH HUB

We assisted in the facilitation of a range of friendly community hubs providing the tools and support to allow communities to access online health resources such as the NHS app, eConsult and accessing social media and text updates.

The hubs allowed us to understand the needs of the attendees and create local links.



Without the continued support of our partners, facilitators, volunteers and the associated funding granted by WY&H HCP Health Inequalities board our Digital Health Hub project would not have happened. It has opened a door to a "world wide web" of health and wellbeing opportunities. Speaking on behalf of Keighley Healthy Living - we are making a real difference in our communities, and we are very proud to have been part of this initiative.



LIGHT UP KEIGHLEY

We were approached to take part in the 'Light up Keighley' festival which took place for the first time in September 2021. We linked all the art groups and many of the weekly groups to work on material for the festival.

The groups produced artwork with cut out pieces of tissue paper to allow light to shine through at night, as part of the main light festival event. We displayed work in the KHL building windows and at town centre buildings.



Keighley Healthy Living have been an invaluable partner to us as we resume our programme of community events and activities after lockdown. By contributing their time, funds and expertise, they have helped shape and deliver a diverse offer for local families.

We look forward to continuing our partnership and serving the community together in future.

Emma Rochford, Heritage Parks Officer, Bradford Council

VOLUNTEERS

Our diverse team of volunteers help to support the running of different groups on a daily basis. We are extremely grateful for their skills and their time and for strengthening the service that we can offer to our community.

In turn, we offer continuous support and training sessions to allow our volunteers to develop their skills and confidence.

I joined KHL as a volunteer as a means to get back into work after debilitating anxiety took me away from my career. Being involved with such a supportive environment, I certainly have increased confidence and have achieved more than I anticipated. The team have seen in me what I have been unable to see in myself. I am encouraged to use my skills and the feedback I get from the service users rewards me greatly.

ANDREA'S STORY

I have a very complicated history and at the point I came to KHL I was at my lowest ever point. I had suicidal thoughts, not somewhere I ever want to be again. I felt I was just going in circles with the doctor. Age UK told me about KHL and said "there's a place you can go, just have a coffee and talk to people".



I decided I couldn't stay in the house any longer if I wanted to get better.

The first session was hard for me to come to, so I had someone come with me from Age UK. I was made to feel so welcome. No judgement from anyone. The Conversation Cafe saved my life. KHL saved my life. People were so easy to talk to, I felt part of it, not just discussing my problems but a place I could make a difference for others. A place I could be useful too.

I started baking for the Cafe and found purpose through doing that. My confidence started to come back and when they asked if I wanted to do my Level 2 Food and Hygiene I wanted to give it a go but hadn't passed any exams since being in school so didn't think I could do it. I could not believe it when I passed!

I now bake as well as volunteer for lots of the different groups each week. I'm known as 'the baking lady'.

The people I've met through KHL are now my friends. Sometimes you bump into people from here you haven't seen for a while and it's brilliant when they are doing great. You see them in a good place and they always talk about KHL and how it made such a difference to them.

Without this place I don't know where I would be.

WITH THANKS TO...

Thank you to all of our trustees, staff, volunteers and funders who have supported KHL this year. Your invaluable support contributes to the huge impact that KHL has on the community.

Our Trustees

**Pam
Essler**

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Our Funders



THE FUTURE

A message from Melanie Hey, CEO



Although March 21 - April 22 has been a challenging period we have still grown as an organisation. We have responded well to meet our communities' expressed needs. We have adopted new ways of working and we will maintain some of these approaches going forward, along with returning fully to our face to face activities. The expansion of our Trustee Board has meant that we have strengthened the expertise and skills supporting our team, and this will help drive KHL forward and ensure effective governance.

We intend to build on our learning, progression and growth to continue to deliver excellent services embedded in the local community. We will strive to build on partnerships to strengthen projects and connect communities to work together to reduce barriers to health and improve local health and wellbeing. We will continue to upgrade our building and offer a safe welcoming space in the heart of Keighley.

In 2022 - 2023 we aim to deliver a range of activities and projects to support people with their physical, mental and social health. We will build on specific programmes supporting people living with chronic pain, diabetes, blood pressure and other physical and mental health conditions.

We are looking forward to the future and creating opportunities to support building a strong, resilient and healthy community in Keighley and surrounding areas.