

# 2024/25 ANNUAL IMPACT REPORT

Building healthier and stronger communities together.



# CONTENTS

Page	Contents
3	Introduction
4-5	Who we are
6	Our projects
7 - 8	Key impact 24/25
9	Impact summary
10	Our year in pictures
11	Healthy Communities: Overview and Impact
12	Melissa: Case Study
13	Rethinking Pain: Overview and Impact
14	Danara: Case Study and 'Our 5 best things about Rethinking Pain'
15	Mental Health Connect: Overview and Impact
16	Keith: Case Study
17	Maternity, Young Parents and Families: Overview and Impact
18	Jess: Case Study
19	Blood Pressure Connect: Overview and Impact
20	The impact of volunteering with KHL
21-22	Impact summary ctd.
23	Message from the chair of trustees

# INTRODUCTION

2024/25 has been a year of growth, innovation, and impact at KHL. We've expanded our exercise programmes, increased the number of short courses and workshops to support community connection and skill-building, and reached more people through targeted health checks across the area.

We're proud of what we've achieved together. This report highlights key milestones and showcases some of the incredible projects that shaped our year. We're committed to measuring our impact and deeply value the feedback and case studies shared by those whose lives have been touched by KHL.

**None of this would be possible without the collective effort of our trustees, staff, volunteers, funders, partners, and community members. Thank you for being part of the journey.**





# WHO WE ARE

## OUR VISION

Building healthier and stronger communities together.

## OUR MISSION

- To improve physical and mental health and wellbeing
- To reduce social isolation and loneliness
- To facilitate a strong integrated community
- To work in collaboration to address health inequalities
- To advocate for and support an integrated health system



## OUR VALUES

- **KHL put people first** - people and the community make up the heart of KHL. We are open and accessible to all.
- **KHL are understanding** - we care about those around us and can empathise.
- **KHL are flexible** - we adapt to those around us to make an impact on people's lives.
- **KHL work with others** - we collaborate to create networks and broaden opportunities for all.
- **KHL think creatively** - we innovate and progress with originality.



# WHO WE ARE

KHL is a charity that provides inclusive opportunities to improve the physical and mental health and wellbeing of people living in our local community. We are proud to be rooted in the heart of Keighley, West Yorkshire and our centre offers a friendly, welcoming and accessible space for personal growth and building connections.

We deliver a wide range of projects across Keighley and the wider Bradford district, shaped by local health and social priorities. Our weekly timetable provides over 40 groups and classes, alongside personalised health and wellbeing coaching, one-to-one support, and signposting to local services.

We use local health data to create and deliver initiatives to meet the needs of the local community and to work towards achieving sustained change. We listen and understand the challenges our communities face, and build on their strengths to create meaningful impact.

Alongside our day-to-day delivery of activities, we work in partnership with a variety of other organisations, including local authorities, GP practices, NHS services and charities.



## DELIVERY MODEL

One to ones and health coaching

Activities and courses

Education and skills development

Signposting

## UNDERPINNING PRINCIPLES

Collaborative practice

Diversify reach

Encourage peer and person-led support

Advocate for system change

## OUTCOMES

- Improved skills, confidence and knowledge
- Improved health and wellbeing
- Reduction in isolation
- Improved connections
- Tackling health inequalities
- Healthier communities

# OUR PROJECTS

## Healthy Communities

Our Healthy Communities project promotes both physical and mental wellbeing by offering tailored support that strengthens social connections and encourages positive lifestyle changes. Each week, we deliver over 40 group sessions, courses, and one-to-one support opportunities, creating accessible pathways for people to improve their health and feel more connected.

## Rethinking Pain

Rethinking Pain is a community-based service for adults living with long-term pain, enabling people in the Bradford and Craven area to better manage pain through understanding exercise, sleep, diet and more.

## Mental Health Connect

Mental Health Connect enhances the current mental health support that is available in the local area and makes it more accessible to the community through one to ones, group sessions, exercise and WRAP.

## Maternity, Young Parents and Families

Through our Maternity Circles and T-Natal projects, we provide support with pregnancy and parenting journeys, baby's health and development and building important social connections that will help families to navigate the challenges of parenthood.

## Blood Pressure Connect

Blood Pressure Connect is a free, local project designed to support individuals who have been advised by their GP or health professional that their blood pressure is above the normal range. The project offers personalised one-to-one coaching and practical lifestyle support to help manage and improve blood pressure through positive, sustainable changes.

## MAST

MAST (Multi-Agency Support Team) supports patients at Bradford Royal Infirmary, Airedale General Hospital, and in the community after discharge. Referred directly by hospital staff, we work alongside trusted partners to provide peer-led support that helps individuals address the root causes of frequent hospital visits.

## Keighley Pathways

Keighley Pathways works with people who are facing challenges and feel they might be at a crisis point. The service offers both face-to-face and telephone appointments to provide specialist advice around a range of social issues, information, and referrals to local services.

## Takeaways

We are supporting fast food takeaways in the Bradford district to develop a healthy approach to the food they sell. During the project, we are offering one to one business coaching to implement small cost-effective changes, nutritional advice and support for menus and promotional materials, with the goal of encouraging vendors to offer healthier options.

## KCAN

The KCAN project improves access to health support by placing trained 'health champions' in local community centres. Champions offer basic guidance on issues like cancer awareness, smoking cessation, diet, and fitness, and can signpost people to specialist services when needed.

# KEY IMPACT 24/25

1

## INNOVATIVE PROJECTS

Our projects have gained momentum this year. The Maternity, Young Parents and Families programme has grown significantly, now delivering support groups in nine locations while maintaining strong one-to-one support for young and vulnerable families. The Rethinking Pain programme continued to push boundaries with innovative resources that bridge clinical and community care, earning recognition as an exceptional model of work. Mental Health Connect experienced high demand, receiving over 1,270 referrals and delivering 2197 one-to-one interventions. The Blood Pressure Connect programme demonstrated increased impact, with 72% of clients seeing a reduction in Blood Pressure readings. KHL's Healthy Communities programme remained the foundation of our work, consistently supporting the health and wellbeing of people throughout the local community.



2

## GSK IMPACT AWARD WINNER

By enhancing our data collection and evaluation systems, we've been able to clearly demonstrate the impact of our work - an achievement that contributed to us receiving the prestigious King's Fund GSK Impact Award for 2025.



We are really proud of everything that we have achieved this year, and

***'Keighley Healthy Living is a pioneering community-based charity working tirelessly to support its local population to be physically and mentally well through lifestyle changes. Through its excellent partnership-working and innovative approach, it plays a huge role in bringing people together, reducing social isolation, as well as supporting people with specific health conditions. It is now rightly being recognised for its impact on supporting its community while reducing pressure on the NHS.'***

***Judges comments***



# KEY IMPACT 24/25

## 3 GROWTH OF HEALTH COACHING DELIVERY

In addition to delivering over 40 group sessions each week, we have significantly enhanced our health coaching model - providing 8,549 one-to-one sessions this year - to empower individuals to self-manage their health and wellbeing. We've invested in a comprehensive programme of staff training, focused on developing core competencies for our coaches, and continue to strengthen our approach through consistent use of the coaching model.

## 4 STRENGTHENING COLLABORATION

We continue to collaborate with a diverse range of partners across all our projects, with a strong focus on embedding meaningful partnerships. Our current work includes a collaboration with Leeds Beckett University on the Rethinking Pain service, alongside previous partnerships with Leeds University on the Positive Intentions project and Oxford University on a menopause initiative. We've also deepened our commitment to user engagement through open days, dedicated user groups, and regular feedback opportunities, ensuring that lived experience remains at the heart of everything we do.

## 5 INCREASED REACH

We are working across Keighley, Wharfedale and the wider Bradford district with a range of partners, delivering our services across a variety of community centres and venues across the district. We are planning to work in partnership to have a new community and family hub in our local shopping centre. In addition, we are developing a 'healthy at home' programme e.g. online exercise classes and wellbeing initiatives.



# IMPACT SUMMARY

We have supported

**5790**

individuals

We have delivered

**903**

sessions of exercise

improving the  
physical  
wellbeing of

**585**

participants

We have supported

**43**

active volunteers

We have delivered

**538**

social groups

providing social  
opportunities  
for

**423**

participants

We have delivered

**8549**

one to one's

We have delivered

**639**

support groups  
(including educational  
sessions)

improving the  
mental  
wellbeing of

**2809**

participants

# OUR YEAR IN PICTURES



We hosted two open days to celebrate the building renovation and welcome new faces.



A KHL walking group ventured to Whermside in collaboration with Move 2 Change.



We attended a record number of community events, delivering health checks.



Rethinking Pain delivered workshops on faith and pain in partnership with Happy Healthy You.



Christmas Afternoon Tea raised over £1300 and attendees had a wonderful experience.



Rethinking Pain's diet therapy module was launched, and highly commended.



Exercise groups saw an uptake in attendance, especially within ethnic communities.



We improved our centre's energy efficiency from an E to a C rating, making it more sustainable.



World Cancer Day saw 60+ guests learn more about cancer symptoms.



Maternity Circles reached record numbers, now delivering in nine locations.



MHC visited Keighley's biggest employer to deliver health checks and wellbeing support.



GSK x The Kings Fund attended KHL to create our winners video. A great experience for staff and participants.



# HEALTHY COMMUNITIES



This year, we connected our Lifestyle Change and Social Connect initiatives under the Healthy Communities project. By integrating these programmes, we were able to offer a wider range of exercise options, increase the availability of short courses and workshops that promote community engagement and skill-building, and extend our reach through proactive health checks - connecting with even more individuals across Keighley. In addition to our core day-to-day delivery, we actively hosted and co-hosted a range of community events and collaborative opportunities. These initiatives enabled us to deepen partnerships with Primary Care Networks (PCNs) and other anchor organisations committed to serving our community, encouraging stronger integration and shared impact with a real focus on lifestyle change to improve health and wellbeing.

**77%**

of people have made a positive change to their lifestyle



”

The class has given me skills that I now use in everyday life, filling life with joy and purpose. Thanks to the teacher's patience and care my confidence has grown. The friendship and community within the group is priceless. Life is much richer with KHL in it. Thank you to everyone involved.



”

KHL is a lifeline for the local community. It has really improved my mental and physical health and today's training was very interesting and informative.

**58%**

of people who frequently attended their GP surgery have reduced their visits since attending KHL



**78%**

of participants now have the motivation to try new things

# MELISSA'S JOURNEY WITH KHL



I first came to Keighley Healthy Living in 2021. I was new to the area after fleeing domestic violence and I didn't know anyone. The Covid pandemic was only just settling down too, so the feeling of isolation was even stronger and to be honest, I felt agoraphobic.

My social prescriber brought me to KHL, as she felt I needed to become part of something and get a sense of community, so I attended a course called Busy Minds, which was a meditation/mindfulness group. I was extremely anxious and panicky at the thought of coming, so my social prescriber came with me for support. Looking back, I was so worked up I can barely remember what the class was like, it feels a bit of a blur.

I persevered though and came again a couple of weeks later to give it another go, and after the second session I came on my own. I met Anita, who was friendly and kind, and she suggested all sorts of groups to me. I was so nervous inside, but the people pleaser in me made me agree and from that I tried Tai Chi and the weight loss journey group.

The groups were lovely, there was no pressure or judgement with anything, and I received such gentle encouragement. As I started to go to more groups, it all felt very intense, and I realised this when I joined the Conversation Café, it all just felt too much for me. The social environment made me feel overwhelmed and anxious and I just didn't have the confidence to join in the conversation, even when I was approached, so I decided to just attend the other couple of groups, to try build my confidence.

The idea of Positive Vibes was introduced, a small, peer led group that took place in the KHL garden. This was perfect for me as the smaller group made me feel comfortable. I attended this group weekly for a long time, and as the group grew, so did my confidence and I didn't even feel overwhelmed, when we got more and more people join, in fact I think I embraced it.

Over time staff and other participants noticed my helpful nature and saw my confidence was growing, so they kept mentioning the volunteering opportunities there might be for me. I brushed this off for a while, but after about a year I spoke with Kristina and said I was ready, and we started the process of becoming a KHL volunteer. I now volunteer at the Conversation Café, something I never thought I would be capable of, especially after my initial experience! I was so nervous at first, but within weeks I was settled in, and I love it in the group now.

I love socialising and getting to know everyone, but most of all I love having a role, and getting new jobs to do. I like the sense of responsibility, and it makes me feel like I have a purpose. I have also attended some volunteer training, such as a level 2 Peer Support course, Safeguarding and GDPR training, which I thoroughly enjoyed, and I feel is helping to build my skills and employability. I am also attending Keighley College to redo my Maths and English, which I would never have had the confidence and from all this, although I still don't feel 100% ready, I know now that I am on the road to employment and that is so exciting to me, it feels doable now.

My goal is to work with people with additional needs, possibly both adults and children. I feel this would be such a valuable job and I can imagine it would be so rewarding helping people get access to the appropriate support they need.

When I speak of KHL I tell everybody that it is warm and welcoming, with a great community spirit, and the people are so lovely here. I would recommend it to anyone. KHL is my comfort blanket, just like a second home, a place where I feel safe and seen, and I know I have support whenever I need. Whenever I look back at my former self, I don't recognise the girl I see, I was an empty shell, but now I am a completely different person, and it is with huge thanks to KHL for helping me progress so much.

# RETHINKING PAIN

RETHINKING<sup>®</sup>  
**PAIN**  
COMMUNITY-BASED  
PAIN SUPPORT

Over the past year, Rethinking Pain has delivered wide-reaching innovation and impact, contributing to major local and national events such as the Live Well with Pain conference, Population Health Summit, British Pain Society gathering, and the Research Engagement Network - highlighting the value of a shared evidence base across Yorkshire communities.

The service launched new workshops such as 'Your Story' and 'Faith, Beliefs, Spirituality, and Pain', helping participants explore their pain journeys and cultural perspectives on health. A key milestone was the Diet Therapy programme with Ursula Philpott, showing how small dietary changes can significantly affect pain experience.

Digital engagement grew through expanded video content and website updates, supported by a partnership with Happy Healthy You. These platforms now offer vibrant spaces for learning and support. Rethinking Pain also reached wider audiences via the Airing Pain podcast and educated communities through its Opioids Masterclass.

Most importantly, those supported by the service have shared powerful stories of transformation - gaining confidence, self-awareness, and a renewed sense of control over their pain.

Rethinking Pain provided

**5494**

one to one interventions



Since doing the Rethinking Pain programme my life has progressed a lot. I've learned how to deal with my pain, I've learned how to live with it on a day-to-day basis, I know my limits and when to take a step back.



Rethinking Pain has been quite amazing, actually. You've helped me a lot to understand that I've got to live with this and accept it as it is. You've also helped me stay clear of strong painkillers that weren't really good for my mental health, and I truly appreciate all the help you guys have given - especially that session we did on Islam in Mind as well.

**678**

people attended the Understanding Pain workshops (in-person and online)



Rethinking Pain delivered

**213**

workshops on understanding pain, sleep, diet and pain management through community activities.



## DANARA'S STORY – EXPERIENCE OF RETHINKING PAIN & HOW SHE USES NEW KNOWLEDGE TO HELP OTHER'S



I am a Rethinking Pain facilitator as well as a Refugee Support Worker with Happy Healthy You. I live with chronic back pain, which is undiagnosed. I have used a lot of painkillers, but they haven't helped, and I realised I needed to take serious action - sometimes I couldn't sleep because of the pain.

I started to take Rethinking Pain sessions, and it helped me a lot. I focused on balancing my life through diet, sleep, and exercise. One thing I learned during the exercise section was about pacing. I used to do all my house chores in one day, which left me in pain for several days and unable to sleep or move properly. Once I started pacing myself, I noticed real improvement in my back pain.

Because I work with refugees and asylum seekers and some of them experience physical pain, and mental health challenges. I also attended the sessions so I could better support them. Recently, I've set up a working group at Maharishi, and it's going very well. Refugees and asylum seekers are joining me, and the group has been beneficial for their wellbeing - and mine too.



## ROXY AND DEAN: OUR 5 BEST THINGS ABOUT RETHINKING PAIN

### **The coaches:**

Without them, I wouldn't have had the courage to join Rethinking Pain. They have helped me discuss my pain, come up with new ideas, they have listened to my opinions and generally made me feel so at ease.

### **The friendships:**

I have made some amazing friends. It's good for friendships, and emotional stability.

### **The ability and outlet to express myself towards my pain:**

It doesn't matter if you get happy, sad, angry, anything within Rethinking Pain because you are expressing yourself and others understand that you are going through that pain.

### **Learning about the pain you're in:**

You understand what's good pain and bad pain, you understand what foods can cause pain. Everything might not be perfect straight away, but it does get easier.

### **The variety:**

You have so many different things going on art therapy, diet, sleep, peer support, there are so many different options out there for you to learn and discuss.

# MENTAL HEALTH CONNECT



Throughout the year, Mental Health Connect has experienced high demand, receiving 1,270 referrals and delivering 2197 one-to-one interventions. The service continues to make a meaningful impact in communities across Airedale and Wharfedale by improving access and delivering mental health and wellbeing support through one-to-one coaching, group sessions and exercise. Using a more cohesive and person-centred approach, we've built a joined-up system of care, with our partners, that meets people on their own terms. The project continues to support individuals facing mental health challenges to grow in confidence, reduce isolation, and build genuine connections with others who understand their experiences. The impact speaks volumes: with more clients engaging with services, building lasting resilience, and contributing to healthier, more connected communities.

**95%**

of people have improved  
mental health



“  
Thank you so much for helping  
me through the last few months.  
Your support and patience,  
listening to me and advising me  
through the next steps has helped  
me so much. Onwards and  
upwards!



“  
I have been having a think and I  
feel I think I can do this on my own  
now with the tools I have learned  
from yourself and from the self-  
help book, I think my confidence is  
coming back nicely.

For those who were looking  
to access further support  
and find out more about  
other organisations

**83%** of them said that  
KHL had made  
this easier



**78%**

of participants now have  
the motivation to try new  
things

# KEITH'S JOURNEY WITH MHC



Keith was referred to the Positive Vibes Group by the MAST Team during a hospital admission, where he was undergoing treatment for cancer. At the time, he was dealing with severe physical symptoms - frailty, weight loss, and hair loss—and navigating a deep sense of isolation and low self-worth. As an only child with mild learning disabilities and no close relatives, Keith had spent most of his time at home, caring for his father. Prior to his diagnosis, he wasn't engaged in work or study and had very limited social connections.

After being discharged from hospital, Keith began attending the group weekly with unwavering dedication. The group quickly became a lifeline, offering not just physical and emotional support, but a sense of belonging. As Keith entered remission, he struggled with a new feeling of loss—his previous routines vanished, and he began reaching out to hospitals and organisations in unhelpful ways, seeking the comfort he'd grown used to.

It was clear that Keith had never formed friendships with peers his own age and found it difficult to engage as an equal. Recognising this, the group environment gradually shifted. Instead of viewing Keith as someone to care for, the focus became celebrating his potential. Small victories were uplifted, and Keith began to take steps toward independence—learning new skills, expressing choice, and setting personal goals.

Keith was encouraged to broaden his horizons by joining other peer and creative groups, particularly through KHL, and was connected with agencies specialising in financial and vocational support. One pivotal moment came when he began volunteering at the hospital—not as a patient, but as a contributor. This reframed his relationship with that environment, giving him a renewed sense of purpose and community. His impact was felt immediately, and he was soon seen as a trusted and responsible team member.

Today, Keith has applied for paid roles at the hospital, is training for a 10K Cancer Research run, and has built a life full of meaningful commitments. His attendance at the Positive Vibes Group is less frequent now, not due to disengagement, but because his world has expanded so beautifully. His story is a powerful reminder of what can happen when someone is genuinely seen—not just for where they've been, but for all they're capable of becoming.

## Path to Progression

- 📖 Introduced new learning opportunities and personal choice
- 👉 Supported with goal setting and personal challenges
- 📍 Signposted to local creative peer support groups including KHL
- 💼 Connected with financial and vocational agencies
- 🏥 Encouraged to volunteer at the hospital—reframing his relationship with care in a positive, empowering light

## Impact & Outcomes

- Became a dedicated volunteer and valued team member at the hospital
- Applied for paid roles, gaining trust and responsibility
- Formed peer relationships, embraced independence
- Began training for a 10K Cancer Research run
- Diversified social commitments, transitioning away from weekly group attendance due to increased independence and opportunity



# MATERNITY, YOUNG PARENTS AND FAMILIES



Over the past year, the Maternity, Young Parents and Families project has significantly expanded and enriched its support for young families, as well as those seeking advice on pregnancy, parenthood and beyond. With support groups now active in nine key locations, and additional pop-up sessions across Keighley and surrounding areas, the programme has become a dependable lifeline, tailored to meet families where they are. Deepening our partnerships with Family Hubs and Start for Life, Modality, and other health organisations has allowed us to move closer toward an integrated care system, working towards wraparound services under one umbrella, ranging from immunisations and perinatal mental health care to parenting support, and guidance on housing, financial stability and education. We continue to positively impact the lives of families, creating a positive ripple effect, and breaking cycles of disadvantage by creating opportunity. This project has supported 497 people (including children), over the past year.

**37%**

of people who have accessed this project have reduced their visits to the GP



Attending KHL young parent group has empowered me as a parent to have more confidence in making positive parenting choices and confidence in the choices I already made. I have been able to develop new friendships to create a positive support network.

**89%**

who have accessed this project said their mental health has improved

Before joining Maternity Circle, I was quite shaky and unconfident due to really bad OCD, intrusive thought episodes, and my health visitor advised me to attend Maternity Circles. This has helped me majorly and diminished the intrusive thoughts massively. I only attended the KHL Maternity Circle, but now I have also attended Haworth and Rainbow Centre. I feel that my baby benefits in terms of development and has made new friends. We have also been out to other places with some of the mums and other babies from the group, the staff are knowledgeable, warm, friendly, professional, welcoming and supportive. I feel part of a community here.



# JESS'S STORY: EMPOWERING A NEW MOTHER THROUGH T-NATAL AND MATERNITY CIRCLES



Jess was referred to the T-Natal project in a difficult emotional state. At her first session, she arrived visibly upset and tearful, overwhelmed by anxiety and self-doubt. She expressed uncertainty about her readiness for motherhood and questioned whether continuing the pregnancy was the right choice. From the outset, it was clear that Jess needed a safe, supportive space to explore her feelings and begin building confidence. While little was known about her personal background, her emotional distress suggested she was experiencing isolation and a lack of a strong support network. What she needed most was reassurance, connection, and guidance to help her navigate this life-changing transition.

Jess's initial needs were primarily emotional. She was overwhelmed and uncertain, and needed someone to listen, encourage her, and help her believe in her own abilities. Hearing a genuine "You can do this" meant everything. Alongside emotional support, she also required practical information to help her understand pregnancy and prepare for life as a mother.

As sessions continued, Jess began to open. She asked more questions and showed a desire to build her confidence. It became clear that consistent encouragement, a warm environment, and ongoing support were essential to helping her grow into a capable and self-assured mum.

Here's how Jess was supported throughout her journey:

- **Initial Support through T-Natal:** Jess attended six pregnancy and parenting sessions designed to build confidence and prepare for motherhood. These sessions provided a safe space to speak openly and ask questions.
- **Signposting to Maternity Circles:** After completing her initial sessions, Jess was encouraged to join the Maternity Circles evening pregnancy group, allowing her to stay connected and deepen relationships.
- **Building Friendships:** Within a few sessions, Jess began forming bonds with other expectant mothers. One friendship, in particular, became a cornerstone of emotional support - someone she could laugh with, lean on, and share experiences with.
- **Postnatal Support and Continued Engagement:** Once her baby boy was born, Jess continued attending Maternity Circles, now accompanied by her child. She became a familiar face in the group, offering guidance to newer mums and sharing her story.

## Outcome and Impact

By the time Jess gave birth, her transformation was remarkable. She emerged more confident, emotionally stable, and genuinely excited to begin motherhood.

- **Mental Health:** Jess's anxiety had significantly reduced. No longer tearful or uncertain, she embraced her role with calm and pride.
- **Peer Support:** The friendships she cultivated during pregnancy grew stronger. She now spends time with other mums beyond the group sessions, reducing isolation.
- **Active Participation:** Jess is now a welcoming presence in Maternity Circles, engaging with her baby and other participants to help new attendees feel at ease.
- **Parenting Confidence:** She is breastfeeding successfully, bonding beautifully with her baby, and thriving as a mother.

*"She's grown into a confident, nurturing mother who is now helping others on their journey."*

Her baby boy is also thriving, enjoying a loving, responsive environment and regular social interaction through the groups.

Jess's story is a powerful testament to the impact of timely, compassionate support. Through encouragement, safe spaces, and meaningful connections, she transitioned from feeling lost and doubtful to becoming a confident, empowered mother who uplifts others.



# BLOOD PRESSURE CONNECT



This year, Blood Pressure Connect continued to prove that personalised support and community collaboration can drive real improvements in hypertension awareness, management, and overall wellbeing. Through match funding, BPC delivered Community Wellbeing Checks, recording 738 blood pressure readings, identifying individuals with elevated readings, and supporting follow-ups with health professionals. The partnership with Eden Community Association empowered 18 women with knowledge, sustained healthy habits, and improved access to primary care systems. The service is successfully bridging the gap between clinical and community care across Airedale and Wharfedale. Through coaching sessions and health assessments, including free BP monitor provision and training, clients were educated on hypertension and supported to set personalised lifestyle goals.

Clients made meaningful health changes such as switching to decaffeinated drinks, increasing physical activity, improving diet, reducing salt, and implementing sleep routines.

**89%**

made at least one lifestyle change

This programme is excellent. Whereas a GP tends to respond to illnesses – my health coach took the time to thoroughly understand my habits and what I needed to do over time to improve. She is an excellent coach – knowledgeable, very engaged, patient and kind. The fact my average blood pressure has dropped from 150/100 to 120/80 in this time is a result of this.

**32%**

saw a reduction in BMI

It's great speaking to someone and working through to a solution.

**72%**

saw a reduction in blood pressure readings

I found most useful the general discussions around blood pressure causes and how to manage them. It was great to have the time to focus on blood pressure. I am no longer taking medication after consultation with Doctor.





# THE IMPACT OF VOLUNTEERING WITH KHL

Over the past year, our volunteer programme has grown steadily, driven by the creativity and dedication of local people. Volunteers have been vital in delivering activities and helping us strengthen how we work and connect with the community. We've supported their development through workshops on CV writing, interview skills, safeguarding, cancer awareness, GDPR, and numeracy, which have boosted confidence and often led to more active roles. One participant shared,

We have supported

**43**

**active volunteers**

**"I got some key information and advice that will help me to make a CV that stands out."**

Alongside training, we've placed a strong emphasis on wellbeing. Sessions like Champion Numeracy helped tackle everyday maths anxiety, while a self-care workshop gave space to focus on mental health:

**"I came in feeling anxious but I now feel very relaxed."**

We've also celebrated our volunteers through social events, a festive Christmas party, a quiz night, and activities for National Volunteer Week—all helping people feel recognised and part of something bigger. One volunteer reflected:

**"It was really fun and a good way to get to know other volunteers."**



**KHL treat staff and volunteers as one team. We all work together solving all tasks as one happy team that keeps it safe and running like clockwork.**

# SINCE ATTENDING KHL...

**77%**

of people have made a positive change to their lifestyle

**57%**

of attendees have said that their quality of life has improved

**63%**

of attendees feel less isolated

**78%**

of participants now have the motivation to try new things

**44%**

of people now understand how to manage their own wellbeing (self care)

**57%**

of people have developed their skills

**66%**

of participants now have more self confidence

**61%**

of attendees feel more connected to their community

**59%**

of people have better management of their health and wellbeing

**67%**

of people are more physically active

# FOR THOSE IT WAS RELEVANT TO...

**91%**

of people have improved physical health

**58%**

of people who frequently attended their GP surgery have reduced their visits since attending KHL

For those who were looking to access further support and find out more about other organisations

**83%** of them said that KHL had made this easier

Of those who were open to return to work or volunteer

**63%** said that KHL has given them the skills and confidence to do so

**18%**

of people who were taking medication, are now taking less after attending sessions with KHL (not including Rethinking Pain figures)

**95%**

of people have improved mental health

KHL helps me to cope with my various needs, it's an absolute gem. It's given me confidence to cook, go for a walk and it's been a safe space for me.

This place has saved my life. I love coming here meeting friends and having a coffee and a chat.

KHL is an excellent, accessible friendly organisation where everyone is made welcome and encouraged in meeting health/lifestyle goals. Thank you!



Additional links:



As our lottery funding came to an end this year, we developed our last Keighley Connect report.



In 2025 KHL won the GSK IMPACT award, achieving national recognition.



As the Rethinking Pain service builds momentum, take a look at the ever-developing resources for professionals.



## MESSAGE FROM THE CHAIR OF TRUSTEES

For many years, the role played by the voluntary community in supporting people to lead healthier and happier lives has been understated. This fantastic Impact Report provides clear evidence that, by working with people and their communities, Keighley Healthy Living has made a positive difference to the lives of many people. The report shows that, through a range of approaches and activities which are sensitive and appropriate, people can be supported to take small but meaningful steps to improve their lives.

There is clear evidence of just how successful this approach has been, with an ever-increasing demand for our services together with an assessment of clear outcomes for so many people. However, it is the case studies that really stand out, and we are very grateful to those individuals who shared their often very personal stories with us that are very powerful in demonstrating just what a difference Keighley Healthy Living makes to people's lives.

As always, there are challenges ahead, though particularly in the present economic climate. However, we are lucky in having a fantastic team of skilled and dedicated staff, volunteers and trustees who, together with our wider partners, will work together to ensure we continue to provide high-quality, effective services to our local population. You are all stars, so thank you!

*Pam Essler*