



Winter NEWSLETTER



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Annual Impact Report

Each year, we bring together the data we collect, the feedback and quotes shared by our service users, and the case studies gathered across our projects to create an annual impact report. This report showcases the difference our work has made over the past year and plays an essential role in demonstrating our impact to funders and potential supporters.

We want to extend a heartfelt thank you to everyone who contributes - every completed survey, every shared story and every photo captured helps us tell the real story of our community and continue this work year after year.

To see the impact report, scan this QR code:


[Click to read](#)

General Updates from KHL



Exercise Update

As a charity, we believe it's important that everyone has a fair opportunity to access and benefit from our classes. To help manage demand, we'll be introducing a limit of three classes per person, per week starting in January 2026.

Our booking process will remain unchanged - you can continue to book in class, at reception, or over the phone.

Baby Week Bradford

The Maternity, Young Parents and Families team, in partnership with Family Hubs - Start for Life, helped coordinate a series of events across Keighley as part of Baby Week Bradford.

These activities were designed to shine a light on the maternity and charitable organisations that support local families. Throughout the week, our Maternity Circles sessions offered a range of engaging activities, including Baby Massage, Baby Sensory, a Pregnancy Afternoon Tea, story-board and journaling workshops, and baby wellbeing events - all aimed at celebrating and supporting parents and their little ones.



Refresh for Games Cafe

Our long-standing Games Cafe has now introduced the opportunity to craft!

Join us every Thursday from 10am to 11:45am at KHL for a relaxed morning of board games, dominoes, knitting, crochet, and more.

No need to book - just drop in!



Christmas Celebrations



We had a fantastic few weeks filled with celebrations, delicious food, and festive activities, in the lead up to Christmas.

Thank you to everyone who joined us and supported us in creating joyful experiences for our community.

Malham Trip



In collaboration with the National Trust Malham Estate Community & Participation Team, KHL's Give it a Go group visited the beautiful Malham Tarn.

Participants enjoyed a scenic coach tour, a peaceful walk, creative crafts and a delicious lunch, all set within stunning surroundings.

It was a brilliant opportunity to share experiences and explore some of the barriers people face when accessing the Yorkshire Dales National Park.

Registered Charity Number: 1090543

Registered Company Number: 4190566

Address: 13 Scott Street, Keighley, BD21 2JH



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Why not drop by our Conversation Café? Join us every Tuesday from 10:00am to 11:45am - it's a welcoming space to connect, chat, and discover what KHL has to offer.

Group Updates

Here are some of our most recent additions/updates to the timetable. For more information or to book a place, please contact us.

Cancer Support Group

Mondays - 2.00pm - 3.30pm
IG Medical, Ilkley, LS29 8TH



Scan to see our full timetable

[Click to see](#)

Digital Support - One to one

Wednesdays - call to book an appointment
KHL, Scott Street, Keighley

Introduction to Fitness

Mondays 10.00am - 10.45am
KHL, Scott Street, Keighley

Keighley Hearts Support Group

Every third Thursday of the month (apart from 26th Jan)
Sight Airedale, Scott Street, Keighley, BD21 2JH

Cook Confident

Mondays - 1.00pm - 3.00pm (one-off sessions)
KHL, Scott Street, Keighley

Project Updates

Maternity, Young Parents and Families



Scan to read:



[Click to read](#)

Over the past two years, Maternity Circles has supported more than 1,012 parents and children. Read the full impact of the project in our 2023 - 2025 impact report.

Rethinking Pain



Scan to read:



[Click to read](#)

The Rethinking Pain service is the feature on another published paper! Read our case for a shift in care for chronic pain via community-based culturally-responsive GP support.

Keighley Community and Family Hub

Launching in the next few weeks, KHL will be a key partner in the Keighley Community and Family Hub. Located in the town centre (in the old Wild's Bakery and Café), the hub will provide a welcoming space where families and individuals can access support and advice on health, education, parenting, and other aspects of living a happier, healthier life.



With Thanks

Since our last newsletter, our fundraising efforts have continued to grow, supported by two incredibly generous donations from local businesses - £560 from the Great Northern Pub and £2,000 from Teconnex.

We also raised £274 at our Autumn Fundraiser, which featured a Bake Sale, Tombola and Craft Stall.

A huge thank you to everyone who contributes: local businesses, volunteers who help us organise events, and all those who donate. Your support makes a real difference to the work we do.



KHL is currently in the process of introducing Gift Aid into our fundraising practice. In the near future, you may be asked to complete a Gift Aid declaration - a simple step that will allow us to increase the value of donations at no extra cost to you. This will help us raise even more to support our community.