

OVERVIEW OF KHL



Building healthier and stronger communities together.



Healthy Living



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www.khl.org.uk



Keighley Healthy Living



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Registered Charity No: 1090543 Registered Company No: 04190566

OVERVIEW OF KHL

KHL is a community-based charity that supports people to improve their physical and mental health, reduce social isolation and build confidence through inclusive, accessible activities. Rooted in the heart of Keighley, West Yorkshire, we offer over 40 weekly groups and classes, as well as one-to-one health coaching and personalised support. Our work responds directly to significant local need: Keighley faces some of the highest levels of deprivation in the Bradford district, with long-term health conditions, poor mental health and health inequalities disproportionately affecting people on low incomes and ethnically diverse communities. We design all our work around these local priorities, ensuring that support is welcoming, culturally sensitive and genuinely accessible.

Each year, KHL supports more than 5,000 residents to connect with others, improve their wellbeing and take positive steps towards living healthier, happier lives. We work closely with local authorities, GP practices, NHS partners and voluntary sector organisations to create community-led solutions that strengthen resilience and contribute to longer-term system change.

AIMS



Improve physical and mental health and wellbeing



Reduce social isolation and loneliness



Facilitate a strong integrated community



Address health inequalities by working collaboratively



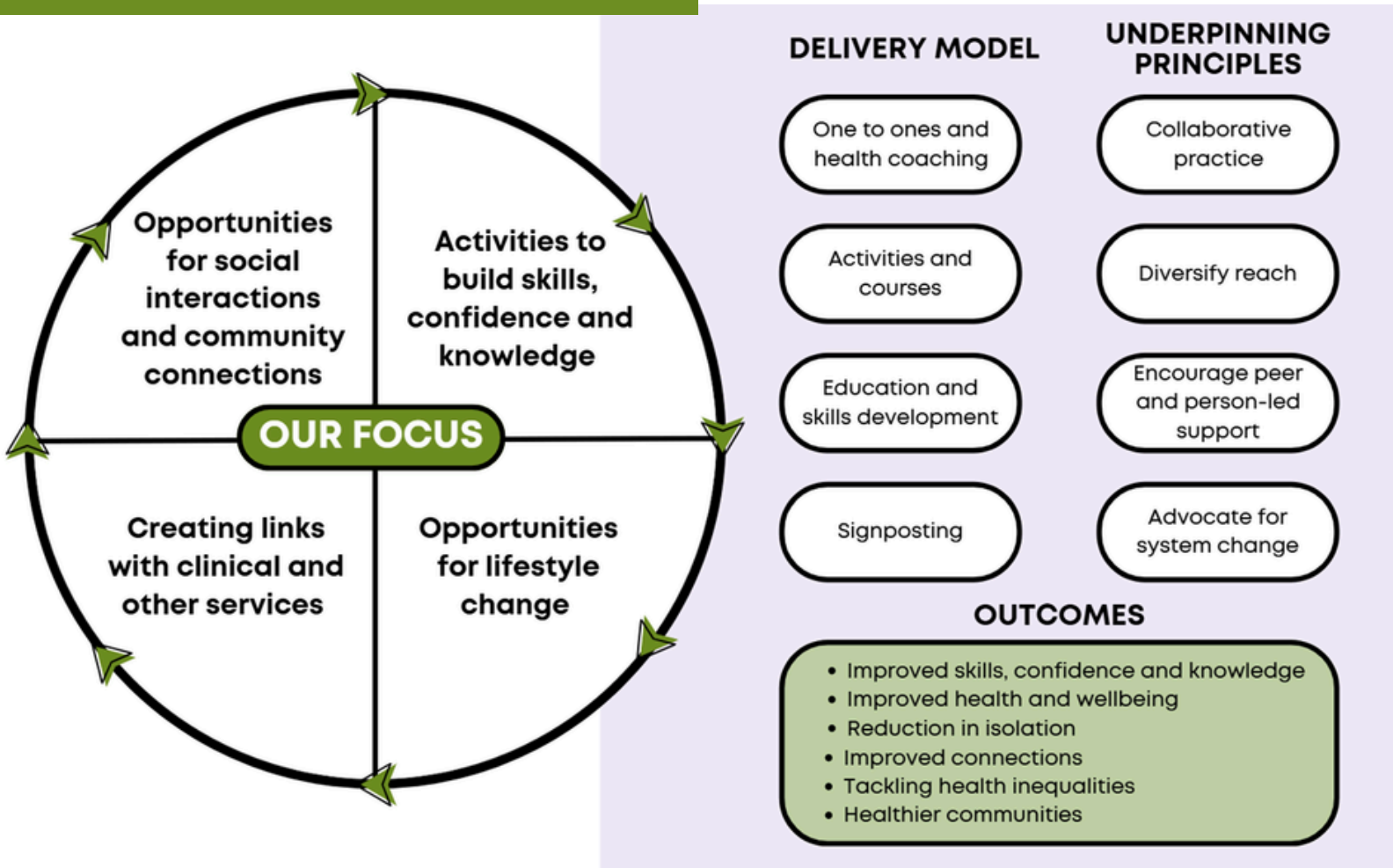
Support and advocate for an integrated health system



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

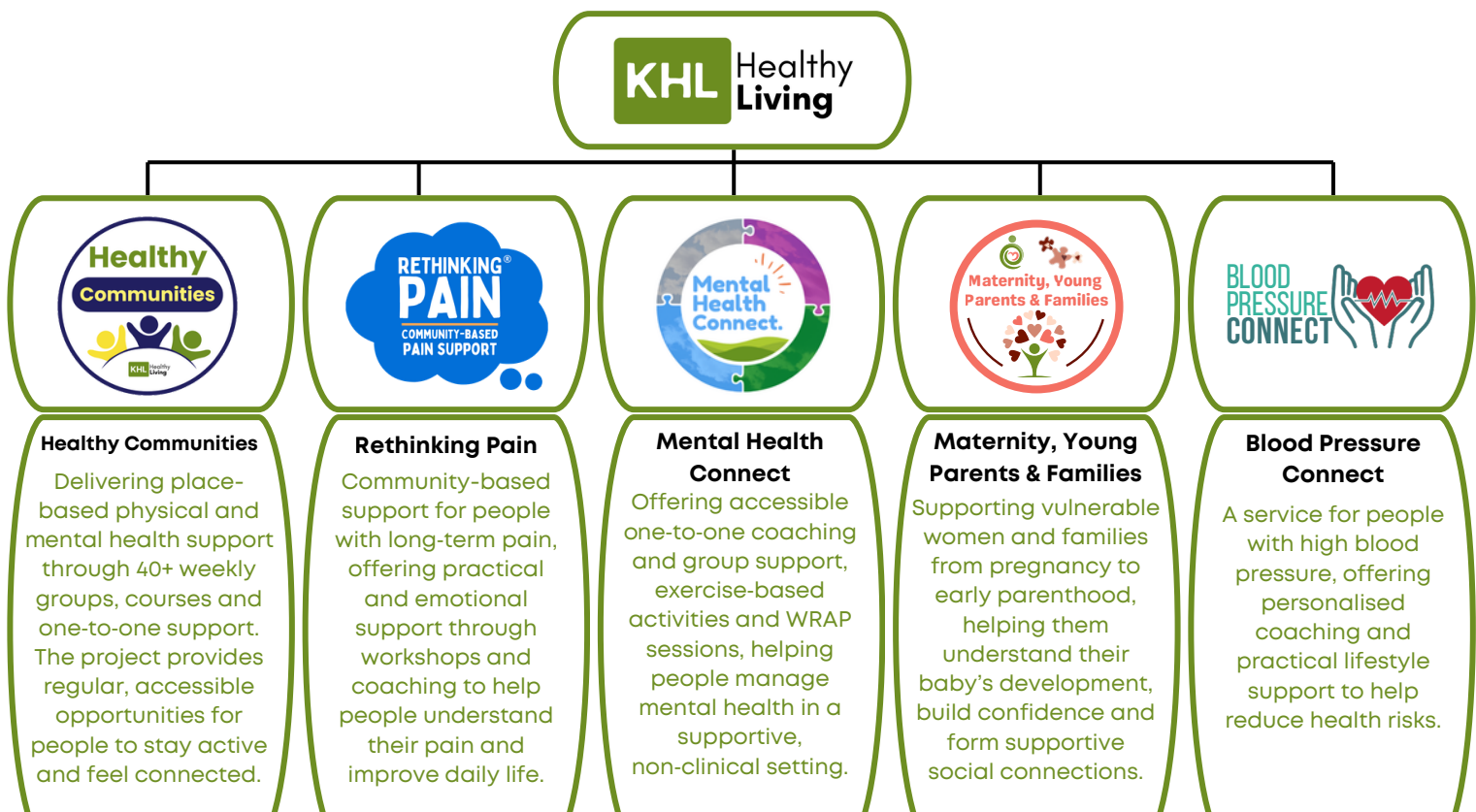
Attendees of our weekly Walk and Talk group, in nearby woodland.

OUR APPROACH



We operate a test-and-learn, iterative approach in which we encourage feedback from service users. This ensures that the sessions remain relevant and appropriate for the changing demographics of Keighley.

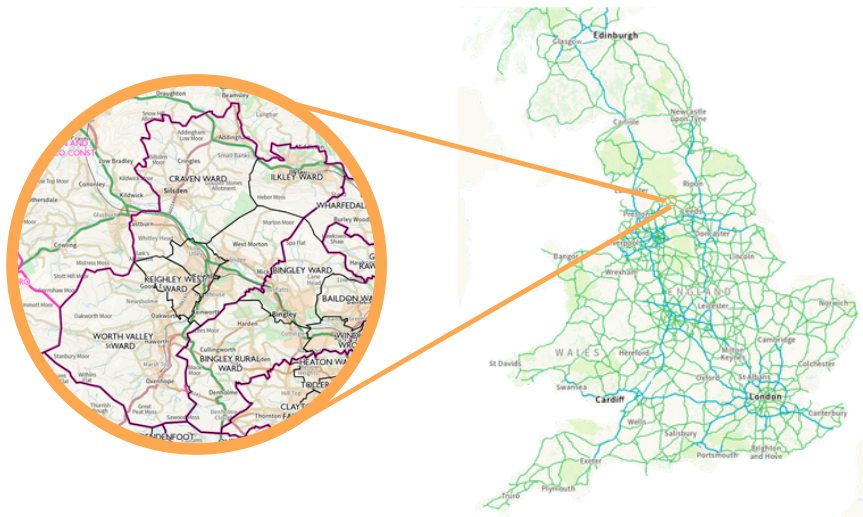
OUR PROJECTS



OUR COMMUNITY

Keighley is a place to be proud of - a West Yorkshire urban market town with a unique appeal shaped by traditions of industry, invention and enterprise, a rich cultural heritage, and an authentic, down-to-earth community spirit, all set against the backdrop of stunning countryside right on the doorstep.

Made up of the wards of Keighley Central, Keighley West, Keighley East, Craven, Worth Valley and Ilkley, the Keighley district is a growing and diverse community. As the population expands, the town faces a combination of demographic pressures, socio-economic challenges and health inequalities that create a clear need for targeted support, particularly for services that strengthen wellbeing, community cohesion and overall health.



DEPRIVATION STATISTICS

44.1% of children in Keighley Central live in absolute low-income families - far above the Bradford average of 28.9%

15.8% of Keighley households are in fuel poverty, meaning almost 1 in 6 homes struggle to heat their property.

**Life expectancy is significantly lower than average in Keighley Central:
Men: 74.5 years / Women: 77.6 years**

21.6% of Reception-aged children are overweight or obese - higher than the district average.

Keighley has an older population, with 20% aged 65+ compared to 15.2% in Bradford overall.

Keighley contains neighbourhoods among the most deprived in England.

Keighley faces lower life expectancy, higher levels of physical inactivity, and a growing burden of long-term conditions such as diabetes, heart disease and respiratory illness. National inequality analyses highlight how these issues are intensified locally by deprivation, widening the gap between the healthiest and least healthy communities. Together, these factors reveal a community where poor health outcomes and limited access to resources intersect, creating a cycle of disadvantage that requires targeted, sustained investment to break.

OUR OUTREACH

Although our primary network is the Keighley Community, KHL's outreach projects reach as far as Airedale, Wharfedale, Bradford district and Craven. In addition to our own fully accessible facility in Keighley town centre, we extend our outreach through a network of community health, care and educational settings.

We work with:

- People living with mental and physical health conditions
- 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
- Ethnically diverse groups
- Vulnerable people
- Individuals with additional needs and learning disabilities
- Health professionals and clinical settings, e.g. GP practices, health trusts, social prescribers

KHL have strong partnerships in place with many local community organisations, 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.

OUR PEOPLE

Our friendly and knowledgeable team is comprised of approximately 30 staff, 7 trustees and approximately 30 volunteers and freelance tutors.

We work with around 5,000 people each year with direct contact either at our central facility or outreach at other centres, schools and outdoor spaces.

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 seven highly experienced individuals who together have an extensive knowledge of both the local area and the effective governance of a small charity.



"This place has really helped me transform again to a reasonably fit, fairly confident being, and I am grateful for it. I would, and have recommended it to a few - a major help in my journey back to the top!"

OUR IMPACT

Last year, KHL supported 5790 individuals through 8549 one to one interventions, 903 sessions of exercise, 538 social activities and 639 support groups, including educational workshops. 91% of people improved their physical health, 95% of people improved their mental health and 58% of people who frequently attended their GP surgery have reduced their visits since attending KHL

In 2025, KHL was a winner of the GSK IMPACT Award, a national award for health and wellbeing charities. These were the judges' comments:

“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.”

“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.”

“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!”

“This service has been invaluable to me. The last couple of years have been incredibly trying, yet this haven (and I never use the word lightly) has given me a safe place to sit and be. I can have brews and a chat or just be left to reflect and contemplate. I enjoy the art activities, being able to create is a source of comfort. The garden is a wonderfully quiet space and is rightly treasured. I came to KHL a mess, yet the kindness and support has been unconditional and humbling. I am very lucky and forever indebted to this place.”

“I have found the atmosphere at KHL has enriched my life, besides the enjoyment of the company at my art lessons, which I greatly enjoyed. Plus helping with the Christmas decorations and the occasional volunteer work has made me realise what a change it makes to your outlook and appreciate just what a difference KHL makes to many people who attend here.”

“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.”

In November 2023, KHL were delighted to receive Locality’s award for Transforming Lives, in recognition of our work in improving the health and wellbeing in our community. The award springboards community organisations who have had a significant impact on changing people’s lives to a national level of awareness.

WITH THANKS



For more information,
please contact us:



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