KHL Spring NEWSLETTER

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www.khl.org.uk

Opening of Keighley Community and Family Hub



KHL is proud to be a partner in the recent opening of the Keighley Community and Family Hub. The hub demonstrates what can be achieved when organisations come together with a shared purpose. As part of this partnership, we will be delivering Baby Day Mondays - a relaxed drop-in session where families can access advice and support. Our collaboration is guided by a shared ambition to respond to long-standing health challenges in Keighley. Families are welcome to pop in on Mondays between 9.30am and 2.00pm.

General Updates from KHL



Introducing Welcome Appointments

We understand that trying something new can be overwhelming therefore we have introduced welcome appointments - to make the experience comfortable and stress-free. Whether you want to get active, meet new people, learn new skills or support your physical and mental health - we're here to help.
To book an appointment, please call 01535 677177 or email admin@khl.org.uk.

Beyond The Banks Exhibition

A huge thank you to everyone who joined us for our Beyond the Banks Art Exhibition. Our Art4All groups showcased an incredible range of artwork, with each piece reflecting the talent, dedication, and stories within our community. We are grateful to every artist, volunteer, the art tutors and visitors who helped make the afternoon such a success. The exhibition was in partnership with the Aire Rivers Trust, and was a great example of community collaboration.





Visit from the Mayor

We were delighted to welcome Keighley Town Mayor, Chris Herd, to KHL for a recent visit. He enjoyed a full tour of the building, including our kitchen and community garden, met some of our fantastic service users, and viewed the beautiful artwork from our recent exhibition. It's safe to say he was very impressed! If any other professionals would like to learn more about what KHL does and how we support our local community, please don't hesitate to get in touch.

Fruit Growing Workshop



We were pleased to welcome Alan from the Fruit Works Co-op, who recently delivered a hands-on workshop focused on the basics of planting, pruning, and caring for fruit trees. Participants had the opportunity to learn practical skills and ask questions in an engaging and accessible session. The workshop received fantastic feedback!

History Walk Group Visit Malham



The Keighley History Walking Group enjoyed a fantastic visit to Malham, kindly hosted by the Malham Dales History Group. The day included a beautiful walk through the local area, an engaging and informative talk, and a delicious lunch, making for a memorable and enjoyable trip for everyone involved. A special thank you goes out to the National Trust for funding and organising the trip - your support made this experience possible, and it is very much appreciated.

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.

Scan to see our full timetable

Click to see

Bhangra & Balance

Thursdays - 1.30pm - 2.15pm

Highfield Community Centre

Digital Support - One to one

Wednesdays - call to book an appointment

KHL, Scott Street, Keighley ***(available until the end of May)***

Introduction to Fitness

Mondays - 10.00am - 10.45am

KHL, Scott Street, Keighley

Gardening Group

Wednesdays - 10.00am - 11.45am

KHL, Scott Street, Keighley

Singing Group

Thursdays - 1.30pm - 2.45pm

KHL, Scott Street, Keighley

Project Updates

Maternity, Young Parents and Families



Visit the Maternity Circles facebook:

The Maternity, Young Parents and Families project has had some recent changes to the timetable. Adding Baby Day Mondays at the Keighley Community and Family Hub, and a weekly group in Haworth. To find out more, visit their Facebook page.

Rethinking Pain



Visit the Rethinking Pain website:

The Rethinking Pain project continues to grow, delivering a wide range of workshops across the Bradford District. Sessions include diet therapy, pain management, and our popular Give It a Try activities such as hand drumming, creative journalling, and sound baths. To find out more, visit www.rethinkingpain.org.

Rita's Story – Finding Strength and Confidence through Falls Prevention

Rita was referred to KHL by her GP after experiencing a fall that left her feeling anxious about her balance and mobility. By taking part in our Falls Prevention course, she gained both physical strength and renewed confidence in her ability to stay active and independent. Rita noticed significant improvements in her leg strength, balance, and stamina, helping her to feel steadier and more capable in everyday life.

The course also opened the door to new opportunities, encouraging Rita to try other KHL activities, reconnect with her love of movement, and build meaningful social connections.

Scan to read:



A Tribute to Dave - With Thanks

We would like to extend our sincere condolences to the family and friends of Dave Blundell. Dave was a valued and much-loved member of the KHL community, regularly attending both the Gardening Group and the Oakworth Shed. He will be greatly missed and fondly remembered by all who knew him.

Dave's family kindly chose to use his funeral as an opportunity to raise funds for KHL and the Oakworth Shed, with donations shared between the two groups. We would like to express our heartfelt thanks and gratitude to his loved ones for thinking of us at such a difficult time. Their generosity is deeply appreciated and will help honour Dave's memory through the continuation of the groups he cared about.

