

Open Door

**Helping you untangle stuff and access
the support you need now**

**Debt Management • Food • Warmth • Immigration • Mental Health
Wellbeing • Help with Addiction • Form Filling • Safe Spaces
Welfare and Benefits • Information and Advice**

Brought to you by your friends at Keighley Creative

We understand that the system is hard to find your way through and receive actual help.

So we've called some meetings and had some conversations with all the organisations offering support and come up with Keighley's first ever Keighley specific help manual.

It's time for open doors and answered calls...

We are very lucky that this town, our town, cares about the lives of the people who live, work and play here.

We all need a bit of help from time to time, so let's try and make it as simple as possible.

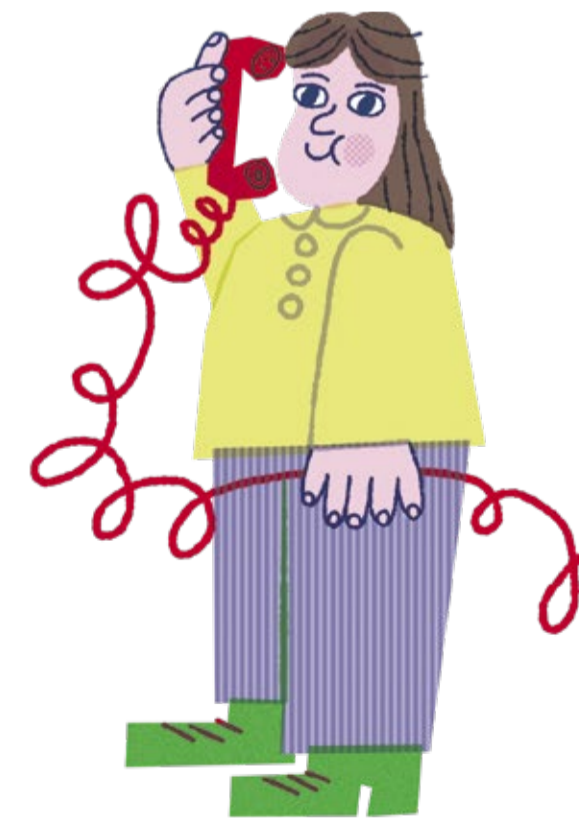
This newspaper came about when a fantastic group of local people who've all experienced poverty came together to develop support networks and provisions, all designed to make it easier for the rest of us to get help.

No more 0800 numbers, or faceless waiting rooms. Everything in this booklet is local to you. It's 01535 numbers and open doors. Real people, helping real people... close to home (we're pretty sure this is how you change the world!).

A lot of us have experienced tough times, and we know how hard it can be. Sometimes, the less we have, the less we feel we deserve. It can be silencing and hard to even know where to start. If that's you, start here...

The more we speak up about the effects of poverty on our lives, the harder we are to ignore - there really is strength in numbers. And don't worry, this is not about hand-outs, it's about getting a hand-up. Yes, to having fun. Yes, to meeting people and sharing experiences. Yes, to learning new skills, and YES to being heard.

You're not alone. Help is available.



Keep reading, and discover some of the opportunities to get involved with on your doorstep.



Help is at hand

It's ok to ask for a bit of help.

There's good people out there who can support you.

We've tried to take some of the hassle away and found the easiest ways to find the people you might need.

We've spoken to the people in the know and asked them where people in need can go to always be greeted with a warm friendly face, a couch to sit upon and someone willing to listen.

We've found three main 'open doors' where people are available to help and advise Monday to Friday; these include The Salvation Army, Keighley Pathways & Keighley Healthy Living.

If you need somewhere closer to home here's where your local community centres are and what times they are open. We've also provided telephone numbers should you wish to check ahead and book an appointment.

Keighley Pathways at Project 6

We work with people who are facing challenges and feel they might be at crisis point.

Our specialists are here to help with mental health, substance misuse, domestic violence, health and wellness, benefits advice.

Address: 11-19 Temple St, Keighley BD21 2AD

Phone: 01535 610 180

Open: Monday to Friday; 10am to 3:30pm

Keighley Healthy Living

We're in the town centre, dedicated to supporting the local community to help with health and wellbeing.

Anyone is welcome to come visit, we are a warm friendly bunch and look forward to meeting you.

Address: 13 Scott Street, Keighley BD21 2JH

Phone: 01535 677 177

Open: Monday to Thursday; 9am to 5pm

Worth Valley Food Bank

Address: West Lane Baptist Church, Haworth

Phone: Call 07704 586 030 on Monday, Tuesday or Friday, 9am to 12noon

Open: Collections on Tuesdays before 2.45 pm

Eden Community Association

Address: Keighley Civic Centre (first floor), North St, Keighley, BD21 3RZ

Phone: 01535 280 770

Open: Monday to Thursday; 9:30am to 3pm

Bangladeshi Community Association

Address: Surma Building, Kensington Street, Keighley BD21 1PW

Phone: 01535 604 359

Open: Monday to Thursday; 9am to 5pm

Hainworth Wood Community Centre

Address: 109 Hainworth Wood Road, Keighley BD21 5NG

Phone: 01535 358 766

Open: Monday, Tuesday, Thursday and Friday; 1pm to 3pm

Keighley Association for Women and Children Centre

(KAWACC)

Address: Eastwood Building, Marlborough Street, Keighley BD21 3HU

Phone: 01535 667 359

Open: Monday to Thursday; 9am to 4pm

Highfield Community Association

Address: 21 Drewry Road, Keighley BD21 2QG

Phone: 01535 608 900

Open: Monday to Thursday; 9am to 4pm

The Salvation Army Keighley

We express our faith through charitable action by working at the heart of communities.

We have a cafe, charity shop, toddler group, evening meals, refugee support, food bank and family services.

Address: High Street, BD21 2LJ

Phone: 01535 603 494

Open: Monday to Thursday; 10am to 2pm

Sangat Centre

Address: Marlborough Street, Keighley BD21 3HU

Phone: 01535 610 263

Open: Monday to Thursday; 10am to 4pm

Good Food Keighley

Address: 40 Brunswick Arcade, Airedale Shopping Centre, Keighley BD21 3QB

Phone: 07957 621 009

Open: Monday, Tuesday, Wednesday and Friday; 10am to 3pm



Get involved:
The Salvation Army Keighley
36 High Street
Keighley BD21 2LJ
Phone
01535 603 494

Volunteer Story



Roughly two years ago, Rachel saw an advert on a local Facebook page asking for volunteers at the local Salvation Army.

I had been an at home mum for a very long time after becoming a teen mum and having three children over the years. I had brought them up on my own and have never really had any support as all my family live far away. I left care when I was 16 and moved to Yorkshire just before having my first daughter at 18. After a few rebellious years, I wanted to get on the right path and after getting out of an abusive relationship we moved to a refuge in Leeds. After moving between a few refuges and some difficult years, I started looking for houses and we found one in Keighley.

We have lived in the same house now for 20 years. I hadn't worked for a number of years and had done various training courses and been to college to go back to work but just couldn't find the confidence to go back into the workplace. I was a carer for my son who was diagnosed with ADHD and Autism and thought I would never be able to cope with going back to work and looking after him.

So I saw the advert asking for a volunteer for a couple of hours a week in the cafe so I applied, thinking I could at least try this whilst my son was in school. I was very nervous and went to meet Penny, she was lovely, she made me feel welcomed and understood how I was feeling and offered me a few hours a week in the cafe.

Within a few weeks I felt my confidence grow, I loved being in the cafe, meeting new people from all walks of life and being a friendly face and listening ear to anyone who needed it. After a few months I started doing two days a week working in the cafe, making simple snacks and soup for everyone. After a while I began discussing about maybe do some sort of cookery sessions with the people we were seeing on a regular basis to help them cook more family meals. Myself and John came up with the idea of the cook and eat sessions. John applied for the funding and set them up and I, along with Becky and Rachel from other organisations work together to show food bank users, families and individuals how to make healthy meals on a budget using food bank essentials and some veg and store cupboard ingredients. It has been so popular and we have helped over 41 families in total so far. I have loved working and seeing the progress in the people we help.

I now am seen as a member of staff, I have begun to earn a wage again and my confidence has grown. I now help out every day in some way whether it's volunteering in the cafe, helping the food bank and running the cook and eat sessions. I feel like a valued member of a brilliant team and cannot wait to do more and help support more families.



“It’s hard to motivate myself when I’m at my lowest but getting out there, talking to people and doing some of these simple things really help me.”

Lee, our resident designer, shares a few tips, that cost nothing and really help him get out of a rut.



Health And Wellbeing

On your doorstep

We’re very lucky in Keighley, we’re surrounded by countryside, you don’t have to go far to get away from it all and see some stunning scenery. Walking is easy exercise, costs nothing and great for helping improve mental health. I go for a quick run round the park and the woods in the morning to clear my head and wake me up. Sometimes I feel really claustrophobic and getting out, seeing a nice view or climbing a hill really helps sort my head out. It’s amazing what’s on your doorstep.

There’s some great places to visit too.

- **Cliffe Castle**, a free museum that’s always got good stuff on to entertain the kids and you. Find out about the self led ‘Wellness Walks’ while you’re there.
- **Keighley Creative**, based in the old Argos run loads of free activities, we’re a friendly bunch and love to welcome new people into our space. Join us at Keighley Creative for our ‘Wednesday Creative’ artist led creative drop in workshops: Every Wednesday 10.30-12.30. 3-7 Cooke Lane, BD21 3PF
- **Get Out More**, is a really useful website set up to help people get out more and engage with nature: www.getoutmorecic.co.uk. There’s a full list of outdoor spaces close to you here: www.getoutmorecic.co.uk/wp-content/uploads/2019/01/Breathing-Spaces-.pdf

Get involved

I do various bits of volunteering and help out with workshops and activities. It’s really good for my head and I meet loads of other people in the same boat. It’s rewarding and can open doors to work and other opportunities.

- **Loads of opportunities in Keighley here:** www.actionpoint.uk or call 01535 609 506
- **Woodville Community Gardens:** Can offer you a place, with space and a connection to nature. Volunteers work outside, tending the gardens, meeting new people, growing, food, flowers, and friendships. Contact Rachael 07946 477 717 or visit the gardens Woodville Rd, (Spring Gardens Lane) Keighley, BD20 6JA

Have a chat

I find it really hard to talk about my problems and often feel like why would anybody listen or care, but it does really help to get stuff off your chest and there’s lots of support out there.

- **Keighley Pathways:** 01535 610 180
- **Salvation Army Keighley:** 01535 603 494



Happy Tummies



Rebecca Ellis (ANutr) from Keighley Healthy Living has four tasty recipe's that won't break the bank and super easy to make.



Tuna Pasta

Cost per family of 4 = £3.52

Cost per portion = 88p

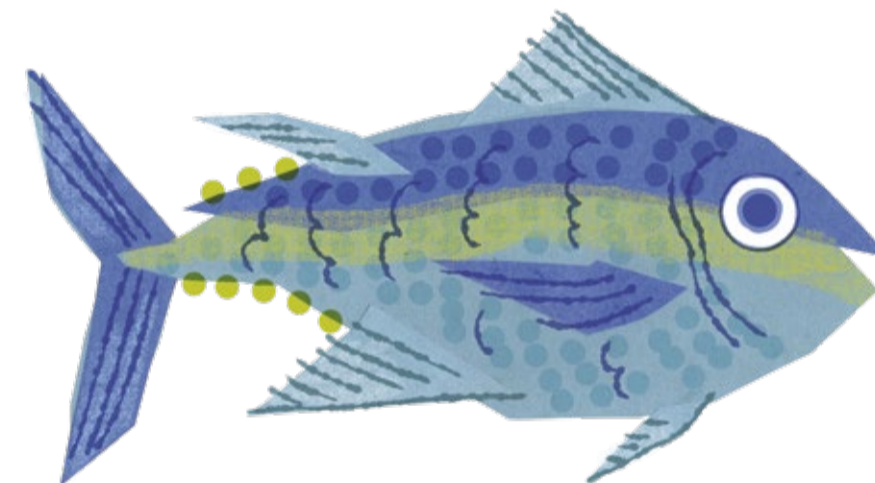
(Prices based off products from Aldi in March 2024)

With fresh vegetables to bulk the meal out and add essential vitamins (1 carrot, half broccoli, 1 pepper)
Cost per family of 4 = £4.60
Cost per portion = £1.15

Ingredients (Serve 4)

- 3-4 cups of pasta
- 1 small tub cream cheese
- 1 Tin chopped tomatoes
- 2 tins tuna
- 1 tin sweetcorn
- 1 big onion
- 1 tablespoon of oil
- Salt and pepper
- Any vegetables you like to bulk the meal out. E.g. 1 carrot, half broccoli, 1 pepper

Optional - garlic and mixed herbs to taste



How to make it

1. Bring a saucepan of water to the boil
2. Once boiling, add the pasta and cook according to the instructions on the packet (generally it takes 10-12 minutes)
3. Once the pasta is cooked, strain the water and place the cooked pasta in a bowl to one side for later
4. Next you need to start making the sauce. Chop the onion however you like it, we prefer it diced small but it doesn't matter too much
5. Add oil to a pan over a medium heat; once hot add the onion to the pan and begin to cook, stirring occasionally
6. Whilst the onion is cooking you can chop any vegetables you would like to add in to small, bite-sized pieces - we like to use broccoli and peppers
7. Once the onion is starting to soften you can add your chosen vegetables

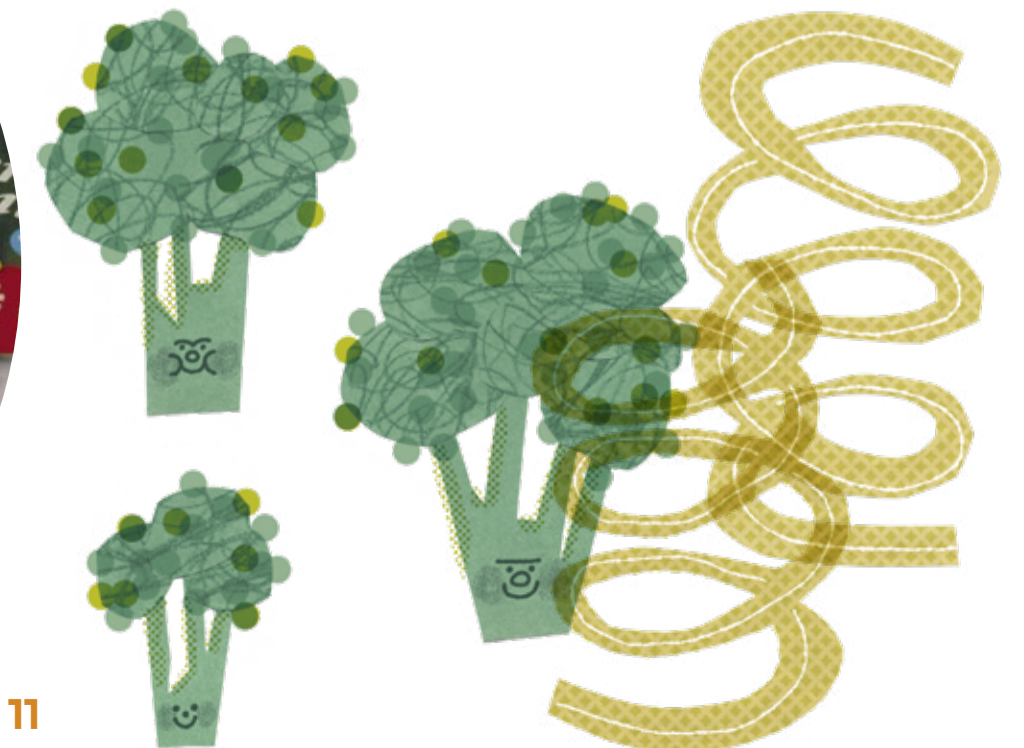
If you are using tinned or frozen vegetables these won't need to be chopped first, simply add straight to the pan, remembering to drain the tinned vegetables first

8. If you are using herbs and/or garlic add these to the pan now. We recommend 2 teaspoons of mixed herbs and 2 garlic cloves, as well as a pinch of salt and pepper

Add some basil and oregano if you have it handy

Taste and adjust as you go

9. Cook the herbs for about 1 minute and then add in chopped tomatoes, use 2 tins for a more saucy meal
10. Turn the heat to low and add in drained sweetcorn, cream cheese, and tuna
11. Add the pasta back in to the pan
12. Serve once everything is well mixed and hot, eat as is or give it 20mins in the oven for a browned off, crispy finish



Vegetable (or meat) Chilli Con Carne

Vegetable chilli:
Cost per 4 people = £2.88
Cost per portion = 72p

Meat chilli:
Cost per 4 people = £5.17
Cost per portion = £1.29

(Prices based off products from Aldi in March 2024)

Ingredients (Serve 4)

- 1 onion
- 1 carrot
- 1 stick celery
- Any vegetables you would like - we like to use half punnet mushrooms, 1 courgette, and 1 pepper
- 1-2 chilli's - thinly sliced
- 1 tin chopped tomatoes
- 1 tin red kidney beans (drained and rinsed)
- 1tbsp oil
- Salt and pepper
- Seasonings: garlic - finely chopped, cumin, coriander, paprika

Optional - if you want to make this with meat, you can use a pack of beef mince and add it in to the recipe between steps 3 and 4. Add a tin of baked beans for a high protein, a low cost alternative between steps 4 and 5.

Which ingredients are already in a food parcel?

- Tinned carrots
- Tinned sweetcorn
- Tinned peas
- Chopped tomatoes
- Red kidney beans
- Rice/microwaveable rice

How to make it

1. Peel and chop the onion as small as you would like it
2. Finely chop the carrot and celery, and any other vegetables you may wish to use in to no more than (roughly) 1cm chunks
3. Add 1tbsp of oil to a frying pan over a medium-heat and cook the onions until soft
4. To the onions, add all the vegetables you wish to use and continue to cook over a medium heat until the vegetables are beginning to soften and going a golden-brown colour
5. Add in 1tsp each of cumin, paprika, and ground coriander, if using, and the chilli and garlic
6. Cook for 1-2 mins then add in the tin of chopped tomatoes and red kidney beans
7. Stir well and bring to a gentle simmer - you can adjust the seasonings to how you like
8. Gently simmer for 10-15 mins, or until the vegetables are soft and sauce is thick
9. Serve with rice



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Minced Beef 'Hot Pot'

Cost per 4 people = £3.70
Cost per portion = 93p

(Prices based off products from Aldi in March 2024)

Ingredients (Serve 4)

- 500g minced beef (veggie mince)
- 1 onion
- 1 tin peas (or a couple handfuls frozen)
- 1 tin carrots (or 1-2 medium carrots thinly sliced)
- 1 tin potatoes
- 500ml stock (1 stock cube in 500ml water)
- 1 table spoon plain flour
- 1 table spoon oil
- Salt and pepper
- Thyme
- Rosemary

Optional - splash of worcestershire sauce, 1tbsp tomato puree, garlic

Which ingredients are already in a food parcel?

- Tinned peas
- Tinned carrots
- Tinned sweetcorn (optional)
- Tinned potatoes

How to make it

1. Thinly slice onion and start frying with the oil in a frying pan over a medium heat
2. Once the onions are starting to go soft, add the mince and cook until browned all over
3. If using, season with 1-2 cloves garlic, 1-2tsp thyme, 1tsp rosemary, and a splash of Worcestershire sauce
4. If using, stir through 1tbsp tomato puree
5. Sprinkle in 1tbsp of plain flour (or 2tsp cornflour) and mix thoroughly
6. After 2-3 minutes add the stock and increase heat until bubbling
7. Gently simmer the mixture, adjusting the seasoning as you like, until it is thick
8. Potatoes - may be added whole to the beef mixture and cooked until hot throughout and served in the style of a stew

Or, pour your beef mixture in to a baking dish, thinly slice the potatoes, and layer on top of the beef mixture. Place in the oven/under a grill/air fryer, and cook until the potatoes go golden brown on top - you may also choose to sprinkle cheese on top before cooking.



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Keema Vegetable Curry & Rice

Cost per 4 people with lamb = £4.66
or with chicken: £3.20

Cost per portion with lamb = £1.17
or with chicken = 80p

(Prices based off products from Aldi
in March 2024)

Ingredients (Serve 4)

- 500g minced chicken or lamb
- 2 table spoons of oil
- 1 big onion
- 2 teaspoons of ginger & garlic paste
- 1 teaspoon of salt
- 2 teaspoon of chilli powder
- 1 teaspoon cumin & coriander powder
- Half carrot thinly chopped
- 1 can of tomatos
- 1 and a half cups of water
- Half a cup of green peas
- 1 cup of white rice

Optional - fresh coriander to garnish



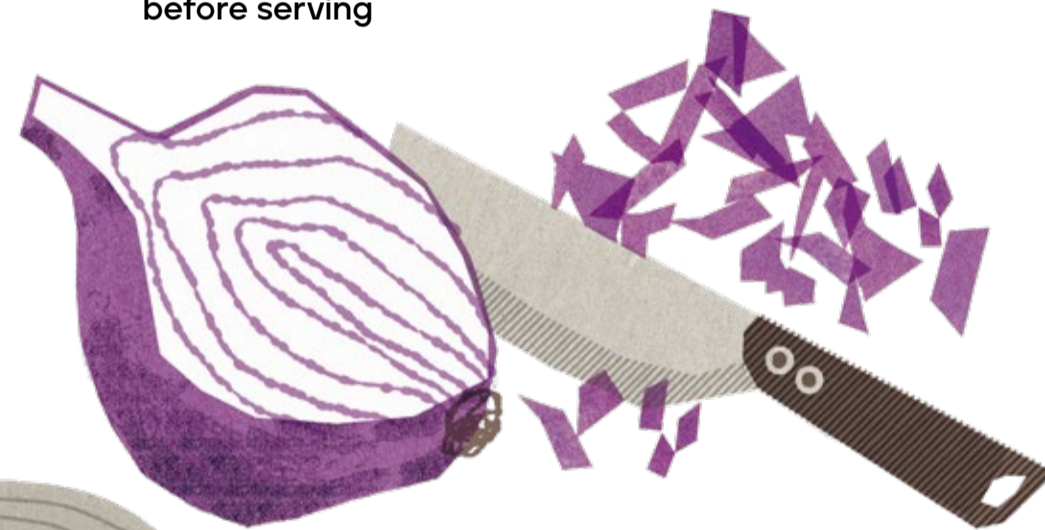
highfield
COMMUNITY ASSOCIATION KEIGHLEY

How to make the curry

1. Heat oil in a pan on medium heat, add onion and cook until soft
2. Add minced meat and cook, breaking it up as you go, until it changes from pink to light brown
3. Add ginger & garlic paste. Cook until raw smell disappears
4. Add salt and spices, mix well and continue to cook then add the carrots and tomatoes
5. Add water and give a good stir. Cover and cook for further 15 minutes or until most of the water has evaporated
6. Add peas and cook for a further 5 minutes or until the peas have heated through
7. Turn off the heat, add more salt if needed, garnish with coriander

How to make the rice

1. Place 1 cup of rice plus 2 cups of water into a pan, swish round so all rice is wet and loose
2. Add a little salt place on lowest heat, cover and cook until the rice has soaked up all the water
3. Turn off heat and leave to stand for 5 minutes, then fluff up with a fork before serving



Volunteer Story



I was born and raised in Bangladesh and migrated to the UK after I got married.

Despite being educated in Bangladesh, I encountered significant challenges in adapting to life in the UK with cultural and language barriers with no working female role models to follow within the migrated South Asian community. I therefore adapted to the norms and values of our typical gender roles. Nonetheless, I was determined to provide the best educational opportunities for my children. With two daughters and a son, my aspirations for them were high. Presently, two of my children are pursuing pharmacy degrees at university, while my youngest daughter attends Skipton Girls. Throughout their academic journey, I have consistently devoted my time and efforts to ensure they are equipped with the resources and support necessary to excel.

Over the year the demands of running errands and being less reliant on my husband led me to being the first female in our family to learn how to drive. I was very nervous as this was my first step to breaking down barriers but it helped inspire others to follow.

In 2018, my husband became the Keighley Town Mayor and as the Mayoress I had the opportunity to meet people from all walks of life's and became fascinated by their achievements. This inspired me to further my education and start my career to further break down barriers and be a strong role model for my children and family. I was given the opportunity to volunteer at Eden's warmspace and

work along other employees. I was advised I would need to attend prior training and courses before I was allowed to volunteer as I would be handling food and working with vulnerable service users. I started off volunteering once a week and as the numbers increased and different courses were provided so did my hours and my responsibilities.

I am now leading the office in the absence of senior management, liaising between stakeholders, recruiting and managing service users, carry out administration work, doing food parcel shopping, packing and home delivery, setting up IT equipment's for events, promoting events, running outreach events, running health and wellbeing events.

Quite recently I was asked to translate and do a video presentation for Bradford District & Craven to raise cancer awareness. I was very nervous to stand in front of the camera as it was outside my comfort zone but my manager Eyarun coached and empowered me, which gave me confidence. I have now become an employee of Eden and managing other staff. Many women 'like me' who thought there was no hope in the working industry have become inspired and have joined our Edens career pathway programme to seek employment. Eden worked around all the barriers I had to help me reach my potential. I feel I have found a new purpose in life and with this new found purpose I want to help others overcome their barriers to reach their full potential.

eden
COMMUNITY ASSOCIATION

Sufia's Story

Sufia (not her real name) needed support to complete a DLA (Disability Living Allowance) form for her son.

Whilst she was chatting to the Pathways worker she started to cry and said that she was feeling very overwhelmed with caring for her son. Her family were no longer able to offer as much support due to illness.

The Pathways worker referred Sufia to CAB (Citizens Advice) for support to complete the DLA form. They also suggested a referral to Carers' Resource for a Wellbeing review due to carers burnout. Sufia said that she felt listened to and welcomed the support offered to her.

Citizens Advice Keighley
Bow Street, Keighley BD21 2PH
08082 787 828



John's Story

John (not his real name) had contacted Keighley Pathways because he was behind with some of his bills.

During the conversation with the Pathways Worker, John admitted that he had borrowed money from someone his neighbour knew. This money lender had come to John's house two times the previous week demanding full payment of the loan plus a large amount of interest. On the last visit he had threatened John with physical violence and pushed him before John managed to shut his door.

The Pathways worker described the money lender as a Loan Shark and told John that what the loan shark was doing was illegal. John was advised to call the police if he was threatened again. The Pathways worker supported John to report the Loan Shark using Illegal Money Lender Team. They also made a referral to CAB for support to manage the debt that John had accrued.



Mark's Story



Mark (not his real name) contacted Keighley Pathways after a friend told him how they had helped him.

Mark was not in a good place. He had recently lost his job and had got behind on his rent. Money was very tight and he was worried about how he was going to afford food and other bills. He was feeling lonely and isolated since stopping work and felt that he had no routine or reason to get up in the morning.

A worker from Keighley Pathways contacted him and arranged an appointment to see Mark face to face. Mark felt relaxed in the meeting. He was able to sit on a sofa and have a cup of coffee. He said that the worker was friendly and professional and seemed to understand the challenges he was facing.

The Keighley Pathways worker supported Mark to apply for a Discretionary Housing Payment to pay off his rent arrears. They completed a benefits check with him to see if Mark's income could be increased and then referred him to Citizen's Advice for support with a Universal Credit application.

Mark and the Pathways worker had a chat about how he was feeling and the worker told him about the groups and activities happening at Keighley Healthy Living. Mark said that he wanted to try one of the groups and the Pathways worker helped him to book in. They also spoke about Mark's mental health and the options available to Mark for support. Mark agreed to a referral to The Cellar Trust for some peer support to cope better with his current circumstances.

Mark left his appointment saying that he had "felt listened to" and that he now "had a plan for coping with his current situation."

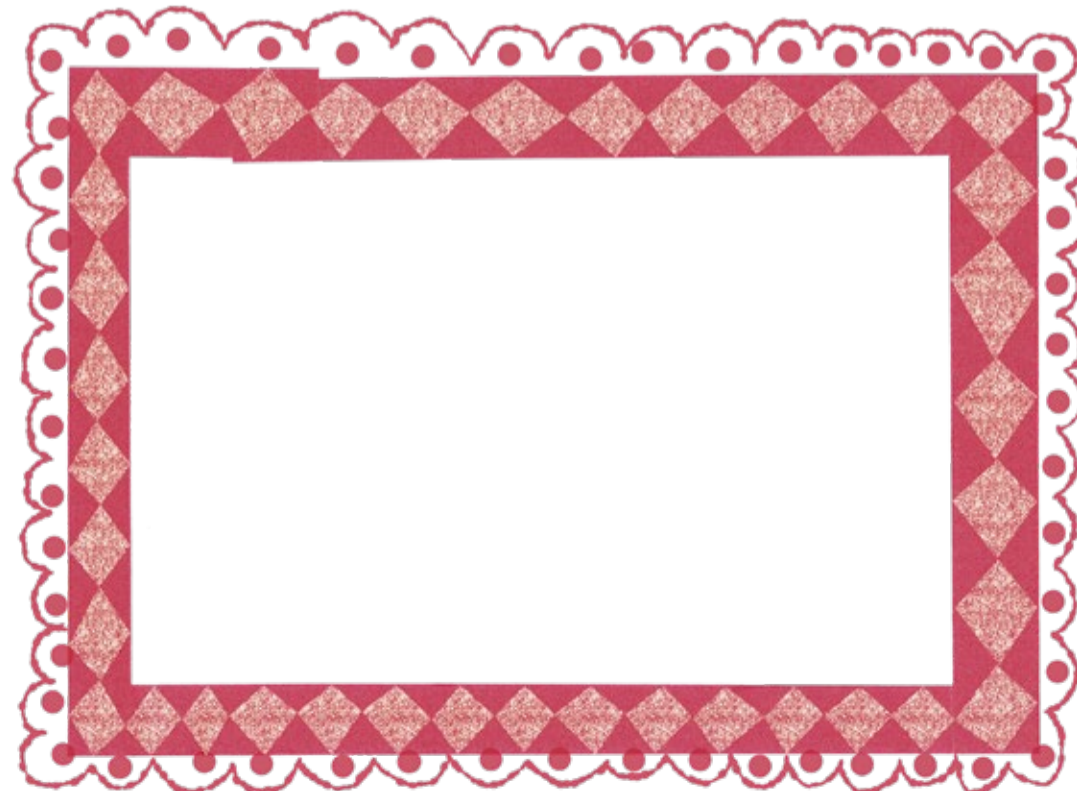
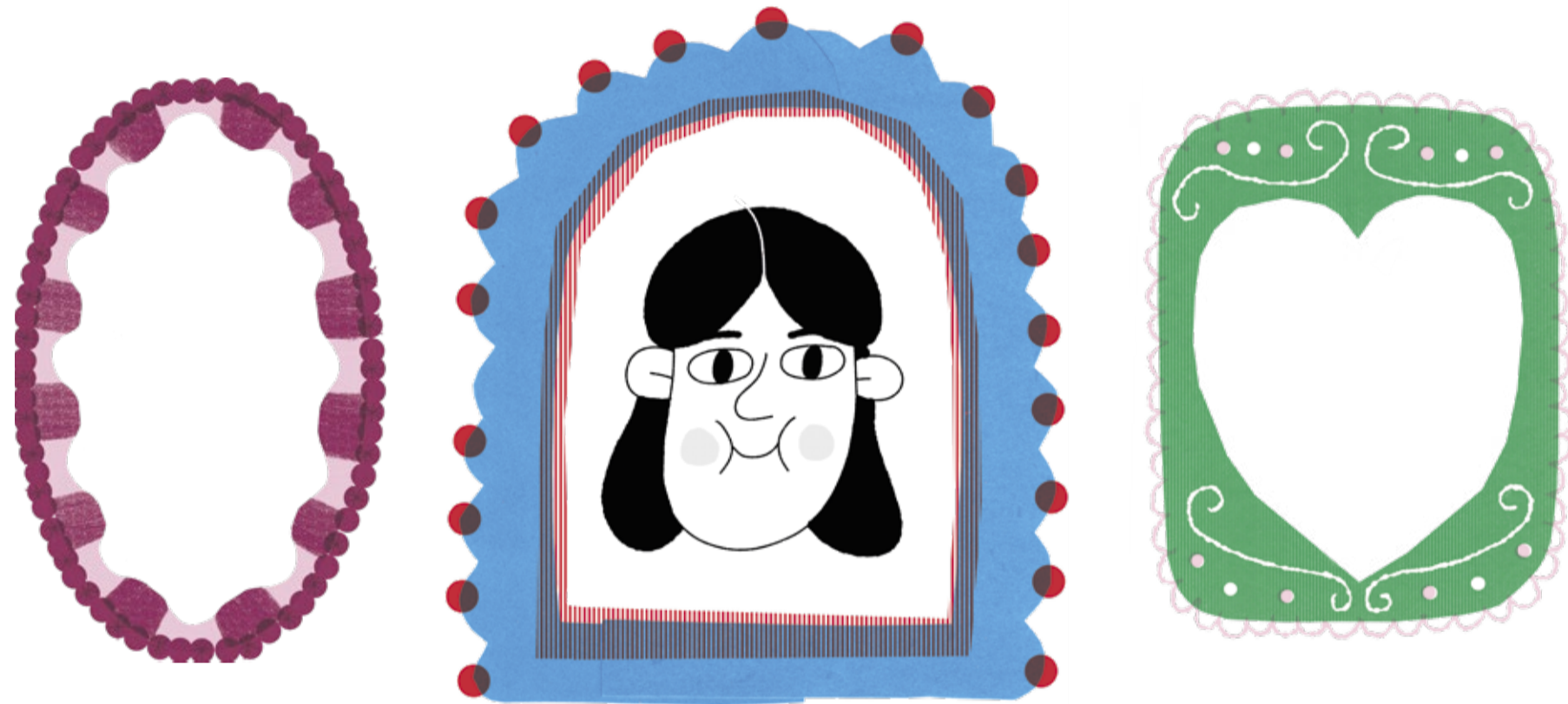
If any of these stories sound familiar and you need somebody to chat to, contact Keighley Pathways: 01535 610 180

Fun Stuff

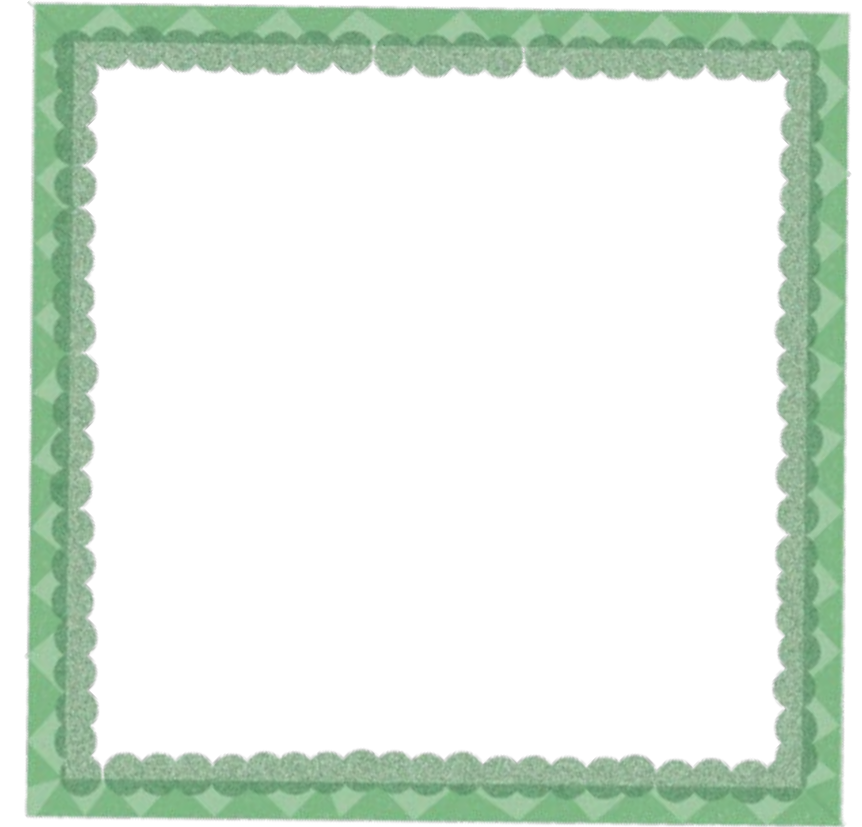
It's really nice to be recognised. We wanted to put as many faces as possible in this magazine, real people there to help you! Now you can draw the portraits of people who make you smile here...

Using the portrait below as inspiration, you can draw your own pictures of the people or pets that matter to you inside the frames. Be fearless and draw like no one else will look at it!

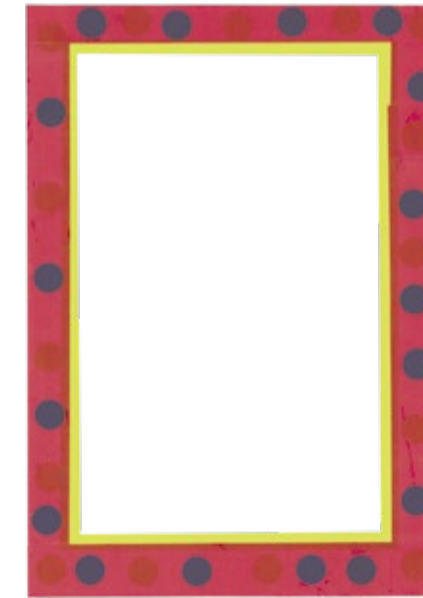
Have fun, and why not send the results over to us at Keighley Creative? We will even share them on our socials if you'd like us too. We've also asked a few questions, explore the newspaper and see if you can find the answers. No pressure, it's just a bit of a laugh!



What page can you find someone eating a watermelon?



Find the tuna fish and tell us what colour it is?



How many broccolis can you find in this newspaper?

Pet Corner

A bean has run away from its friends. Can you find which page it's hiding on?



Good Food Keighley

We're a friendly, social supermarket, with a wide selection of products, just like a corner shop.

Membership costs £5 per week and allows members to take home 10 items of your choice every week, plus other benefits including a Credit Union savings account.



Open:

Monday to Friday's; 10am to 3pm
(Excluding bank holidays)

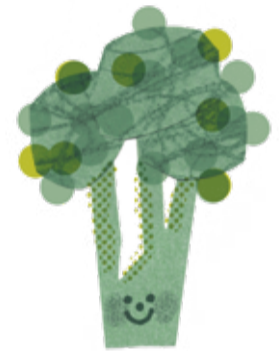
Address:

Unit 40, Brunswick Arcade,
Airedale Centre, Keighley BD21 3QQ

Phone:

07957 621 009

Bring this coupon and get your first shop at Good Food Keighley for free. New customers only.



With thanks to our collaborators

Citizen Advice Bureau, City of Bradford Metropolitan District Council, Department of Works and Pensions, Eden Community Association, Feeding Bradford and Keighley, Good Food Keighley, The Healthy Growth Initiative, Highfield Community Centre, J.A.M.E.S Project, Keighley Area Co-ordinators Office (BMDC), Keighley Creative, Keighley Healthy Living, Keighley Pathways, The Salvation Army, Worth Valley Food Bank.



Produced by Keighley Creative and Aimee Grundell, with illustrations from Rebecca Buchanan (@rebecca_buchanan_), photographs by Bob Smith and Lee Goater's graphic design (@leegoater).

keighleycreative.org



@keighleycreative