



STRESS LESS

Course

1st May 10am - 1pm

- Understand where anxiety and stress originate
- Learn about the physiological effects of anxiety
- Learn how to manage anxiety for interviews
- Learn how to improve confidence



Held at : Westwood Community Hub,

31-35, Hampton Court, Peterborough PE3 7JA

**Please note that this service is open to everyone regardless if
you are a CKH resident or not**

To find out more call 01733 396404 or
email community@crosskeyshomes.co.uk.



WestRaven
Community Café

Westraven Community Cafe

FREE!

GET INTO COOKING

A 2 day seasonal cooking skills class.
Develop your cooking skills with a plant
based curry and cheesecake dessert

**Thursday 2nd and Friday 3rd
May 2024**

10am to 3pm

booking essential: 01733 396404
community@crosskeyshomes.co.uk

Westraven Community Cafe

Hampton Court, Peterborough, PE3 7JA

westraven.co.uk

Following completion of the Cooking
Course, you will gain access to
complete a **FREE Level 1 Food
Hygiene Course**



**City College
Peterborough**





Basic ICT Course

If you want to learn how to use a computer and search the internet proficiently, this is the course for you

You'll also learn how to send emails, create documents and simple spreadsheets and send documents via email

These sessions are perfect for anyone who has very little knowledge of computers and the internet. If you already have skills in Word and Excel, ask us about our Higher ICT Course.

**Classes will run from 10th May
Every Friday, 9.45am - 11.45am at the
CKH Westwood Community Hub**



**Sign up sessions will be held in May 3rd
10am and 11am - get in touch to sign up**



**Peterborough
College**

Booking is essential. To book your place come along to the sign up session or scan the QR code to go to our website. You can also call 01733 396404 or email community@crosskeyshomes.co.uk.



Don't forget to follow us on Facebook to keep up to date with all our news and events.

Higher Level ICT Course



If you have a good working knowledge of Microsoft Word and Excel, having used them in a workplace setting, and want to develop your skills further, this is the course for you.

You'll learn Word skills like mail merge, tables and formatting your documents professionally. You'll also learn how to format Excel spreadsheets and use functions, formulas and filters.

If you don't have IT skills already, ask us about our Basic ICT Course.

**Classes will run from 10th May
Every Friday, 12.15 to 2pm**

**Sign up sessions will be held in
3rd May 10am and 11am - get
in touch to sign up**

Bring ID with you!



**Peterborough
College**



Booking is essential. To book your place come along to the sign up session or scan the QR code to go to our website. You can also call 01733 396404 or email community@crosskeyshomes.co.uk.



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REPAIR CAFE

Peterborough

COMMUNITY, SUSTAINABILITY, SKILL SHARING



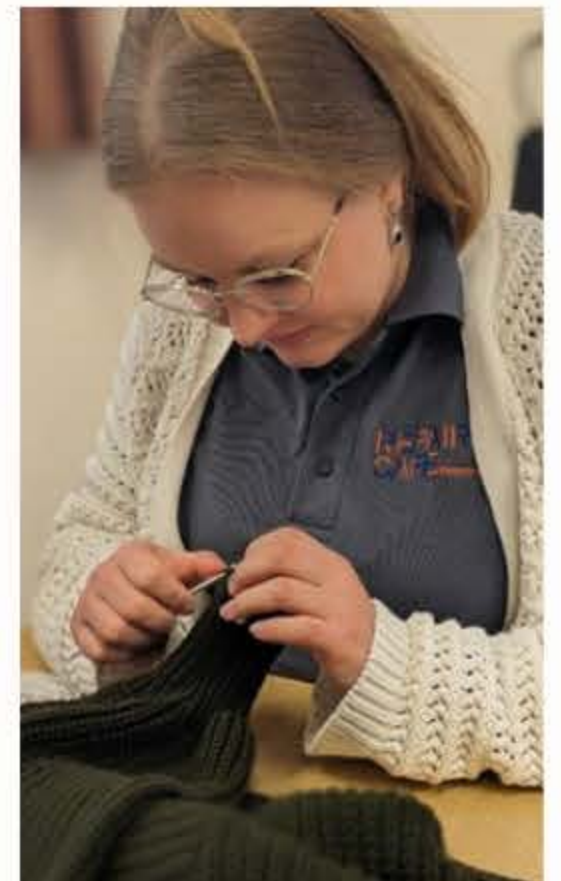
Repair Cafés are regular get-togethers of volunteers with skills in repairing things, and people who want something repaired.

**CLOTHES - BIKES - SMALL FURNITURE
TOYS - PORTABLE ELECTRICAL APPLIANCES**

We do functional repairs on portable household items for free! Find us at various locations across the city on the 1st Saturday of the month, 11am-3.30pm.

Upcoming 2024 dates

4th May at West Raven Community Garden
1st June at Angle Gaming Lounge
6th July at The Amenity Centre in Yaxley
3rd August at Tesco Community Room in Hampton
7th September at West Raven Community Garden
5th October at Railworld



Peterborough Repair Cafe UK



peterborough.repair.cafe@gmail.com



Photos by R Neal



Scan here to book

Making Space



A build up of items in the home, difficulty parting with items and hoarding can affect health, wellbeing and lifestyle. It also poses a significant risk of fire and illness.

Our support group is a non-judgmental, confidential and supportive, giving advice and practical solutions for anyone who has difficulty parting with possessions.

Starting Monday May 13th and running weekly between 1pm and 3pm at our Westwood Community Hub, 31-35 Hampton Court, Westwood, Peterborough PE3 7JB



Booking is essential. To book your place please call 01733 396404 or email community@crosskeyshomes.co.uk.

Don't forget to follow us on Facebook to keep up to date with all our news and events.

ESOL courses

Starting at Westwood Community Hub



The WEA will be delivering FREE ESOL (English for speakers of other Languages) classes.

Come along on the:

Wednesday 15th May 12noon - 14:30pm to sign up

Westwood Community Hub, 31-35 Hampton Court,
Westwood, PE3 7JB

Classes will run every Tuesday morning and Wednesday afternoon following completion of the initial assessment



Booking is essential. To book your place come along to the sign up session or scan the QR code to go to our website. You can also call 01733 396404 or email community@crosskeyshomes.co.uk.



Don't forget to follow us on Facebook to keep up to date with all our news and events.

Westraven Community Garden

GET INTO GARDENING

FREE!

A 2 day intro to the basics of gardening.
Develop your skills and knowledge in
horticulture & gardening on this
2 day course with certificate
– *ideal for job seekers.*

Thursday 16th May

Friday 17th May

9:30am to 2:30pm

booking essential: 01733 396404

community@crosskeyshomes.co.uk

Westraven Community Garden

Hartwell Way, Peterborough, PE3 7LX

westraven.co.uk



WestRaven
Community Garden



**City College
Peterborough**

Get into Employment or Training



Are you looking for work or training? Have you hit a barrier finding work and need some extra help?

This course will cover confidence, motivation, help you to improve your job searching habits and support with creating the best CV and cover letter, as well as preparing for and making a good impression during interviews.

The course will run

**Wednesday 22nd and Thursday 23rd May
2024, 9.30am-2.30pm at the CKH Westwood
Community Hub, 31-35 Hampton Court,
Westwood, PE3 7JB**



**City College
Peterborough**



Booking is essential. To book your place come along to the sign up session or scan the QR code to go to our website. You can also call 01733 396404 or email community@crosskeyshomes.co.uk.



Don't forget to follow us on Facebook to keep up to date with all our news and events.



WestRaven
Community Café

Westraven Community Cafe

GET INTO COOKING

A 2 day seasonal cooking skills class.
Develop your cooking skills with a
vegetable and meat quiche and yummy
dessert

**Thursday 23rd and Friday 24th
May 2024**

10am to 3pm

booking essential: 01733 396404
community@crosskeyshomes.co.uk

Westraven Community Cafe

Hampton Court, Peterborough, PE3 7JA

westraven.co.uk



**City College
Peterborough**



Following completion of the Cooking
Course, you will gain access to
complete a **FREE Level 1 Food
Hygiene Course**

Community Library



Pop in and pick up a book to take home to read or sit in the hub and read it with company.

Once you have read it, bring it back to share with someone else and borrow another one.

We have books for all ages.

**At our Westwood
Community Hub**

**Anytime, Monday -
Thursday
9.30am - 4pm**



No need to book, just pop in and get reading!
Don't forget to follow us on Facebook for all our latest
news and events

CKH Careers Club



Unsure of your employment options and looking for FREE job information, advice and guidance?
If so book yourself into one of our careers clubs

The clubs provide a great opportunity for you to discuss and ask questions on employment options, job opportunities and get support you need to be job ready.

Workshops include:

- Tailored support to your needs
- Building and updating your CVs and Cover letters.
- Improve your confidence when applying and going to interviews.
- Access to courses, training and upskilling

Hampton Library, Every second Monday of the month 2:30pm - 4:30pm

Orton Library, Every Tuesday, 9:30am - 11:30am

Westwood Community Hub, Every Thursday, 10am - 12pm

Ad Hoc 1-2-1 sessions are available across all sites including Customer Central, Bridge Street.



Please note that these Career Clubs are open to everyone regardless if you are a CKH resident or not

Booking is essential. To book your place scan the QR code, call 01733 396404 or email community@crosskeyshomes.co.uk.



Eat well, lose weight, feel better



We've joined with Healthy You to offer FREE Adult Weight Management Programme for those living with mental health challenges.



The most important reason to lose weight is to make you feel better. Being overweight or obese puts you at higher risk of developing Type 2 Diabetes, cancer, or having a stroke or heart attack.

We know that losing weight is not always easy - especially if you are living with poor mental health - but Healthy You is here to help.

You'll join a programme of 12 weeks of face to face coaching, either online or in person to help you to make healthy food choices and increase your activity levels.

To join the programme, you'll need to have a BMI of over 25 (we can help you to work that out, if you don't know) and be living with mental health challenges.



To find out more and sign up call us on **01733 396404** or email **community@crosskeyshomes.co.uk** or just scan the QR code and fill in the form on our website and we'll be in touch.





Come and join the fun at

**For girls
aged 4-7
years**

1st Bretton Rainbows

Every Monday

6pm - 7.15pm

**South Bretton Family &
Community Centre, Tysedale**

susanelkins1985@gmail.com



Young Parent Group

Free



Drop-In



Free



A **FREE** drop-in group for parents aged up to 25 years old and their children aged 5 years and under.

Come and join us in a safe environment, have fun and a chat whilst learning together. It's a great chance to make friends and meet other young parents.

Every Tuesday

10:00am– 11.30am at Honeyhill Child & Family Centre

Tel: 01733 574038

Every Thursday

1:00pm– 2.30pm at Orton Child & Family Centre

Tel: 01733 391652



Visit our Facebook page.



**Believe in
children
Barnardo's**



LITTLE BEARS



Stay and Play

Tuesdays

10am to 11.30am

Judith's Field Pavilion

London Road,
Godmanchester, PE29 2WB

Cambridgeshire
**Child and Family
Centres**

- An all round Stay and Play session with messy play, small world, construction and crafts
- Suitable for ages 0 to 5 years

£2 per session, concessions available



01480 372700

CHILDANDFAMILYCENTRE.HUNTS@CAMBRIDGESHIRE.GOV.UK



Song, Rhyme & Story Time



FREE

Come along to Song, Rhyme & Story Time.

Supporting early language and literacy for children
aged 0 - 5 years, through songs, rhymes, books
and story sacks.



Every Tuesday

9:30am - 10:15am

at

West Raven Community Café

Hampton Court, Westwood. PE3 7JA

Telephone: 01733 574038



No need to book, just come along.



Or visit our Facebook page at:

@BarnardosChildFamilyCentres



**Believe in
children
Barnardo's**

Song, Rhyme and Story Time

Drop-In group for children 0 - 5 years



Come along to Song, Rhyme & Story Time.

Supporting early language and literacy for children aged 0 - 5 years, through songs, rhymes, books and story sacks.



Every Tuesday

11.00am - 12.00 Mid-day

at



South Bretton Family and Community Centre

Tyesdale, South Bretton, P'boro, PE3 9XZ

Telephone: 01733 574038



Visit our Facebook page
@HoneyhillCFC



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Visit our Facebook page a
@HoneyhillCFC



**Believe in
children
Barnardo's**





Are you looking for help to get online?

We offer a fully supported 'get started online' course, where we will help you to take your first steps into the world wide web, with confidence.

Westwood Community Hub - 31-35 Hampton Court,
Westwood, PE3 7JB

Every Wednesday 10am - 12noon

We have tutors to assist
you right the way
through the
programme.



Booking is essential. Scan the QR code to go to
our website. You can also call 01733 396404 or
email community@crosskeyshomes.co.uk.



Don't forget to follow us on Facebook to keep up to date with all our news and events.

FREE Functional Skills Sessions



English and Maths

Want to improve your English and Maths skills and confidence?

Need to improve your English and Maths skills to gain a job or access a course at college or university?

Sessions run every Wednesday 10am - 12noon
Westwood Community Hub, 31-35 Hampton Court, Westwood, PE3 7JB

Having a good level of English and Maths skills are important in all areas of your life. By improving them you are more likely to:

- Gain employment.
- Be promoted.
- Gain access to further education and personal development.
- Improve your overall confidence and motivation
- Support family members with their learning.



Please note that this opportunity is open to everyone regardless if you are a CKH resident or not

Contact Community@crosskeyshomes.co.uk, scan the QR code or call 01733 396404 to register your interest.



Dive into the magical world of gardening in our peaceful Wellbeing Garden!

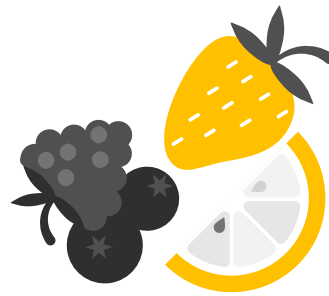
We are open 10am - 3pm on
Wednesdays throughout April and May.



OPEN TO ALL

Olive Road , Dogsthorpe , Peterborough
to find out more and get involved call 01733 396404

The garden is a safe environment for you to
come together with others, get some
exercise ,fresh air and build your confidence.



BRETTON YOUTH CLUBS

Young people aged 12 to 19 years old are welcome to pop along and help plan fun activities in both clubs. These might include, cooking, arts & crafts, games, community activities and much more!

On Mondays from 5 – 6.30pm

At

Crofts Corner, Essendyke, Bretton, Peterborough, PE3 8JD
&

Wednesdays from 6pm- 7.30pm

At the

South Bretton Family and Community Centre, Redpoll Place,
Tyesdale, Bretton Peterborough, PE3 9XZ

For further information contact Cherry Lester on 07851 424925 or
email cherryfamiliesfirst@gmx.co.uk



FAMILIES FIRST PETERBOROUGH



Stay fall free



**If you are over 65, find out
if you are at risk of falling.**



We've joined with Healthy You to offer a free falls clinic, where you'll receive a personalised plan and exercise programme to improve your strength and balance and reduce your risk of falling.

**Available at our South
Bretton Family and
Community Centre**

**Call us on 01733 396404 or email
community@crosskeyshomes.co.uk to
get referred.**



 **Follow us on Facebook** to find out about all our events

 **www.crosskeyshomes.co.uk**

  For more information about this event you can email
community@crosskeyshomes.co.uk or call 01733 396404.

Friendship and Games Club



Come along and join our friendly club for great conversation, games and friendship.

Get out of the house and meet new people. There will be free tea, coffee and cakes, plus loads of board games. Or just enjoy a chat in great surroundings.

The club is run by CKH volunteers. If you would like to volunteer, pop along to the club and let us know.

**Every Thursday
10am to 12pm**



**No need to book, just come along and join in
the free, family fun!**

**WestRaven Community Café, Hampton Court, Westwood,
Peterborough, PE3 7JA**



Come and join Brownies

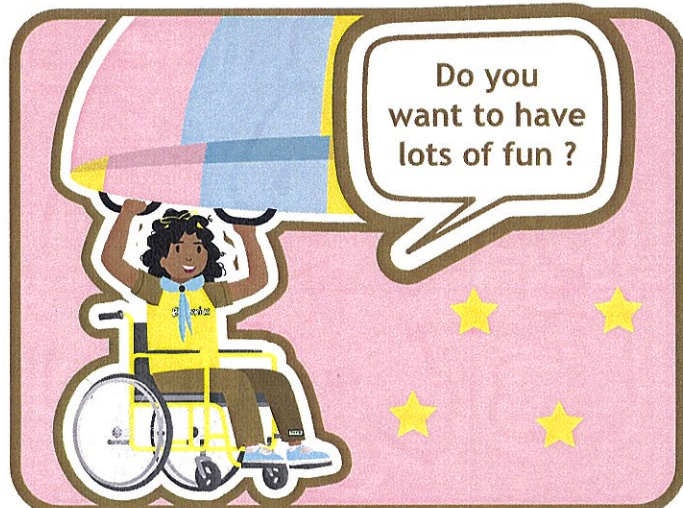
Girls age 7-10

Your nearest Brownie unit is

1 South Bretton
Family and
Community Centre



Register your interest by visiting
www.girlguiding.org.uk/joinus
or you can ring
Girlguiding on 0800 169 5901



Men Together!



Gents, come and enjoy fixing and making things in the company of others.

Chat, have a cuppa, meet new people and share skills.

Open to all men with any - or no - practical skills! All are welcome, as long as you are over 18.



Every Friday, 12.30 - 2.30pm

South Bretton Family and Community Centre

Men Together is completely free to attend and open to everyone, not just CKH residents.

Booking is essential. To book your place scan the QR code to go to our website, call 01733 396404 or email community@crosskeyshomes.co.uk.

Don't forget to follow us on Facebook to keep up to date with all our news and events.

