

# Essential Digital Skills course - Level 1



**Improve your digital skills to support you into  
employment or further training**

Gain a fully-funded qualification in Essential Digital Skills to develop skills for work, life and further study and attain the national standard for digital skills

**Enrolment sessions being held  
1st and 4th July from 10am**

**Booking essential**

**Classes will run Every Friday  
12th July - 30th August 2024  
10am - 2pm  
Westwood Community Hub,  
31-35 Hampton Court  
Westwood  
PE3 7JB**



**Bring ID with you!**

**ixion**  
part of Shaw Trust

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](mailto: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**

# GARDENING FOR WILDLIFE

**FREE!**

Help create a garden full of biodiversity and learn about plants and creating habitats to support wildlife at WestRaven!

**Tues 18th June**

**Tues 25th June**

**Tues 2nd July**

**Tues 9th July**

**1pm to 3pm**

*book your place:*

*[westravengarden@gmail.com](mailto:westravengarden@gmail.com)*

**Westraven Community Garden**

Hartwell Way, Peterborough, PE3 7LX

**[westraven.co.uk](http://westraven.co.uk)**

**MORE  
DATES  
COMING  
SOON!**



**WestRaven**  
Community Garden





**Westraven Community Garden**

**FREE!**

# EDIBLE GARDENING

learn how to grow veg, fruit and edible plants using Permaculture gardening methods - great for anyone who wants to learn how to 'grow your own'.

**Weds 19th June**

**Weds 26th June**

**Weds 3rd July**

**Weds 10th July**

**11am to 1pm**

*book your place:*  
[westravengarden@gmail.com](mailto:westravengarden@gmail.com)

**Westraven Community Garden**

Hartwell Way, Peterborough, PE3 7LX

**[westraven.co.uk](http://westraven.co.uk)**

**MORE  
DATES  
COMING  
SOON!**



**WestRaven**  
Community Garden







# STRESS LESS

## Course

10th July 10am - 12pm

- 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](mailto:community@crosskeyshomes.co.uk).



# ACE THE INTERVIEW



Discover the secrets to acing your next interview through our FREE workshop.

- Are you facing challenges securing a job and struggling with interviews?
- is it impacting your motivation and confidence?



Join us for an engaging workshop where you can enhance your interview skills and receive valuable feedback from various professionals.

Thursday 11th July

Session run between 9.30am and 10.30am

At Westwood Community Hub, PE3 7JB



This service is open to everyone. You do not need to be a CKH resident to come along.

Booking is essential. To book your place scan the QR code to go to our website. You can also call 01733 385000 option 6 or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk).



Don't forget to follow us on Facebook to keep up to date





# SMART MONEY

## Budgeting and money maximisation session

Tuesday 16th July 2024

1pm - 3 pm

South Bretton Family and  
Community Centre



With Household budgets  
feeling the pinch  
this course is designed to  
give you the skills  
to budget and manage  
your finances

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

For more info or to book call 01733 396404 or  
email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk).





**WestRaven**  
Community Café and Garden

**£5**

# **BINGO!**

**+ FREE FISH & CHIPS MEAL**

**JOIN US FOR A NIGHT OF BINGO AT THE  
WESTRAVEN COMMUNITY CAFE!**

**FRIDAY 19TH JULY  
STARTS 6PM**

**HAVE A CHANCE TO WIN PRIZES WITH A BOOK OF 6 BINGO  
TICKETS (12 GAMES).**

**PLEASE BOOK AT THE CAFÉ OR  
BY PHONE 01733 330040**



[westraven.co.uk](http://westraven.co.uk)

**Hampton Court  
Westwood  
Peterborough  
PE3 7JA**



# 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.

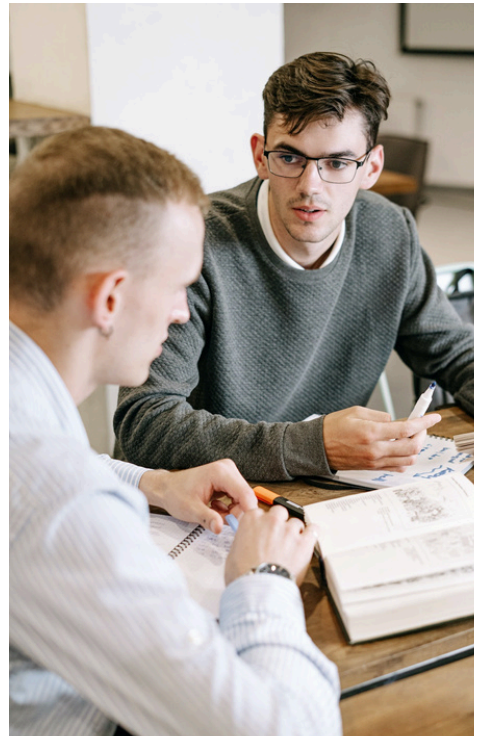
## **Workshops include:**

- 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**



**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](mailto:community@crosskeyshomes.co.uk).



# Employment Support for Parents



**Are you looking for work or training? Are you struggling to find work that fits around your children and need some extra help?**

**Our session will give you everything you need to find and apply for work and succeed in interviews.**

**We'll also help you to:** • Build your confidence. • Look at options for childcare. • Find roles that fit around your family  
**You can even bring your child to the session**

**The session runs:**

**The last Monday of every month 11am-1pm at Westwood Community Hub, 31-35 Hampton Court, Westwood, PE3 7JB**

**This is free to attend and open to everyone, not just CKH residents.**



To book your place scan the QR code to go to our website. You can also call 01733 396404 or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk).



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



# 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.

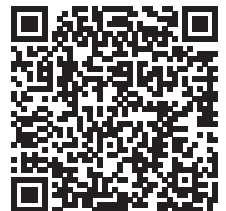
We know that losing weight is not always easy - especially if you are living with poor mental health - but Healthy You is here to help.

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**





# 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**



# 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 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



**Believe in children**  
 **Barnardo's**

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Visit our Facebook page at  
[@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](mailto:community@crosskeyshomes.co.uk).



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

# FREE Food Hygiene Courses



## Level 1 and Level 2 available

**Are you interested in a career in catering and enjoy cooking?**

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

The training modules included in this course include:

- Introduction to food safety
- Microbiological hazards
- Food poisoning and its control
- Contamination hazards and controls
- Safe handling and storage of food
- Personal hygiene
- Food pests and pest control
- Cleaning and disinfection



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

**Contact [Community@crosskeyshomes.co.uk](mailto:Community@crosskeyshomes.co.uk), scan the QR code or call 01733 396404 to register your interest.**





# 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](mailto: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!

Please contact to book on . Sessions usually run on  
a Wednesday but are subject to change .

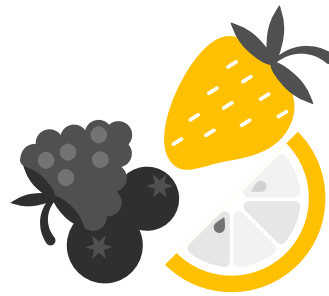


## OPEN TO ALL

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](mailto: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](mailto:community@crosskeyshomes.co.uk) to  
get referred.**



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

 **[www.crosskeyshomes.co.uk](http://www.crosskeyshomes.co.uk)**

  For more information about this event you can email [community@crosskeyshomes.co.uk](mailto: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**



# YOUNG PERSONS DROP IN

Every Thursday 12 - 4pm

Are you a young adult who has recently left the care system?

Don't miss our Peterborough care leavers drop in where you can access :

- Courses around employment and mental health
- Help with budgeting
- The Leaving Care duty service will be on hand to provide support
- Housing support
- FREE meal and a drink provided \*

\*Limited numbers available



**Held at : Westwood Community Hub,**  
31-35, Hampton Court, Peterborough PE3 7JA

This service is open to everyone. You do not need to be a CKH resident to come along.

To find out more call 01733 385000 (option 6 or use the QR code:







# 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](http://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.

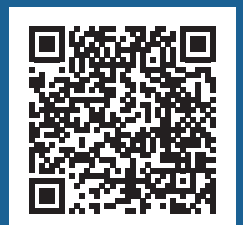


**Every Friday, 12.30 - 2.30pm**

**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](mailto:community@crosskeyshomes.co.uk).**



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