

# Events and Courses



## December 2022 – Look what's new this month!

**FREE! Card Making Sessions** – Come along and get into the festive spirit and design your own Christmas cards to send to family & friends.

**Thursday December 1<sup>st</sup> & Wednesday December 14<sup>th</sup>, 2022**

**12pm – 2pm**

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

*Pre-booking is essential, please complete the booking form on our website to book your place*

<https://www.crosskeyshomes.co.uk/latest-news-and-updates/join-our-free-christmas-craft-activities-1253>

*or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404.*

*For more information follow Cross Keys Homes on Facebook -*

<https://www.facebook.com/crosskeyshomespeterborough/>

**FREE! Careers Club** – Employability support to include creating or updating your CV, job search and interview practice.

**Friday December 2<sup>nd</sup>, 2022**

**1pm – 4pm**

**Jobcentreplus, Bridge Street, Peterborough**

*No need to book, just pop in and see our CKH representative there!*

*For more information follow Cross Keys Homes on Facebook -*

<https://www.facebook.com/crosskeyshomespeterborough/>

**FREE! Step Up: To your Potential** – You will look at all aspects of yourself and what motivates you, why you lose motivation, how to gain confidence and how to create positive habits. We will explore and develop the skills you currently hold and identify those you feel you need. This will form their own action plan to becoming the best versions of yourself.

**Monday December 5<sup>th</sup>, 2022**

**9.30am – 2.30pm**

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

For more information and to book your place complete the online booking form -

<https://www.crosskeyshomes.co.uk/search/event/step-to-your-potential-2231> or email

[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404

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 [info@crosskeyshomes.co.uk](mailto:info@crosskeyshomes.co.uk)

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

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**FREE! Introduction to Resident Involvement for CKH Residents only** – Come along to find out how to get more involved with CKH and share your experiences of living in a CKH home and using our services.

**Tuesday December 6<sup>th</sup>, 2022**

**11am – 12.30pm**

**Orton Library, Bushfield, Ortongate, PE2 5RQ**

*No need to book, just pop in and see our CKH Resident Involvement manager there!*

**For more information follow Cross Keys Homes on Facebook -**

<https://www.facebook.com/crosskeyshomespeterborough/>

**FREE! Learn a Trade** – Join CKH & Mears to get an introduction to carpentry, tiling & plumbing to see if these could be the trades for you. The course is open to anyone aged between 17 and 24, and not currently in education, employment or training.

**Tuesday December 13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup>, 2022**

**11pm – 2pm**

**Mears, 24 Manasty Road, Orton Southgate, PE2 6UP**

*Pre-booking is essential, please complete the booking form on our website to book your place -*

<https://www.crosskeyshomes.co.uk/latest-news-and-updates/learn-a-trade-with-ckh-and-mears-1413> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404.

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**FREE! Learn Basic DIY Skills** – Do you need some help with learning DIY skills, if this is of interest, get in touch to find out more.

**Dates & times to be confirmed**

**Location in Alconbury Weald to be confirmed**

*If you are interested in doing a DIY course, please email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 for more details*

*For more information follow Cross Keys Homes on Facebook -*

*<https://www.facebook.com/crosskeyshomespeterborough/>*

**FREE! Gardening Club** – A gardening club to support people with skills for gardening and allotments, if you are interest, get in touch to find out more.

**Dates & times to be confirmed**

**Location in Fairfields, Milton Keynes**

*If you are interested in joining a gardening club, please email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 for more details*

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## On-going sessions

**FREE! Employment Prep Programme** - offering a range of courses on topics to help people identify and progress towards their personal and career goals and objectives.

**Every Monday during December**

**2pm – 3pm**

**Orton Library, Bushfield, Ortongate, PE2 5RQ**

*To register your interest, complete the online form - <https://www.crosskeyshomes.co.uk/latest-news-and-updates/new-venue-for-our-community-support-1526> or Email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 for more details and to book your place.*

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*<https://www.facebook.com/crosskeyshomespeterborough/>*

**FREE! Friendship & Games Club** – Friendly club for conversation, games, and friendship. Meet new people. There will be free tea, coffee, and cakes, plus loads of board games.

**Monday 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> December only**

**2pm – 4pm**

**Orton Library, Bushfield, Ortongate, PE2 5RQ**

**Every Thursday during December**

**10am – 12pm**

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

**No need to book, just come along and join in!**

*For more information follow Cross Keys Homes on Facebook -*

*<https://www.facebook.com/crosskeyshomespeterborough/>*



**FREE! Children's Sports Club** – Delivered by Youth Dreams qualified coaches, providing sports-based activities for primary school children in years 4-6

**Every Monday during December – Term time only**

**5pm – 6pm**

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

*Pre-booking is essential, please email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 to book your place*

*For more information follow Cross Keys Homes on Facebook - <https://www.facebook.com/crosskeyshomespeterborough/>*

**FREE! Careers Club** – Weekly Employability support sessions with IT access and 121 support – Includes creating or updating your CV, job search, interview practice.

**Every Tuesday during December**

**9.30am – 11am**

**Orton Library, Bushfield, Ortongate, PE2 5RQ**

**Every Thursday during December**

**10am – 12pm**

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

*Pre-booking is essential, please email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 to book your place or complete the booking form on our website to book your place - <https://www.crosskeyshomes.co.uk/employment>*

*For more information follow Cross Keys Homes on Facebook - <https://www.facebook.com/crosskeyshomespeterborough/>*



**FREE! Learn My Way** – Basic IT introduction course for beginners – learn how to stay safe online and use the internet. Spaces are limited.

**Every Tuesday during December**

**10am – 12pm**

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

**\*\*NEW Session\*\* Every Tuesday during December**

**10am – 12pm**

**Tenter Hill Community Hub, Wessex Close, Stanground, PE2 8HU.**

**Every Wednesday during December**

**3pm – 4.30pm**

**Hampton Library, Clayburn Road, Hampton, PE7 8GL**

**Every Thursday during December**

**10am – 12pm**

**South Bretton Family & Community Centre, Tyesdale, Bretton, PE3 9XZ**

**Friday 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup> December only**

**3pm – 4.30pm**

**Orton Library, Bushfield, Ortongate, PE2 5RQ**

***Pre-booking is essential, please email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 to book your place or complete the booking form on our website to book your place - <https://www.crosskeyshomes.co.uk/employment>***

***For more information follow Cross Keys Homes on Facebook - <https://www.facebook.com/crosskeyshomespeterborough/>***



**FREE! Barnardo's Young Parents Group** – Weekly drop-in support and play group for parents who have had babies during lockdown, come along and meet other young parents and their children.

**Every Tuesday during December**

**11am – 12.30pm**

**Honeyhill Child & family centre, 150 Chadburn, Paston, PE4 7DH**

*Call 01733 574038 for more information*

*For more information follow Cross Keys Homes on Facebook -*

<https://www.facebook.com/crosskeyshomespeterborough/>

**FREE! Pottery Classes** – Improve mental health with Pottery. Pottery can help reduce intrusive thoughts and feelings by giving you something to focus on, reduce effects of isolation by helping you connect with others and lower blood pressure and the effects of stress.

**Every Tuesday during December**

**12.30pm – 2.30pm**

**Art & Soul Creative Hub, 7 New Street, St Neots, PE19 1AE**

**Every Wednesday during December**

**12pm – 2pm**

**Friday 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup> December only**

**12.30pm – 2.30pm**

**South Bretton Family & Community Centre, Tyesdale, Bretton, PE3 9XZ**

*To book your place, please email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 or complete the booking form on our website to book your place -*

<https://www.crosskeyshomes.co.uk/mental-health>

*For more information follow Cross Keys Homes on Facebook -*

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**FREE! New Perspectives online session** – This group is for those who experience Mental Health issues, to come together and share coping strategies, provide support to boost confidence.

**Every Tuesday during December**

**1pm – 2pm**

*Prospective participants must first register their interest and be triaged. Contact 01733 396404 or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) to join the group or complete the booking form on our website to book your place - <https://www.crosskeyshomes.co.uk/mental-health>*

*For more information follow Cross Keys Homes on Facebook.*

<https://www.facebook.com/crosskeyshomespeterborough/>

**FREE! Stop Smoking Clinic** – 12 week Stop Smoking programme where you will have access to replacement nicotine therapies and a personalised stop smoking plan.

**Every Tuesday during December**

**1pm – 5pm**

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

*To find out more email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 or complete the booking form on our website to book your place -*

<https://www.crosskeyshomes.co.uk/health-and-wellbeing>

*For more information follow Cross Keys Homes on Facebook -*

<https://www.facebook.com/crosskeyshomespeterborough/>

**FREE! Community Library** – Pop in and pick up a book to take home to read or sit in the hub and read it with company.

**Every Wednesday during December**

**10am – 12pm**

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

**No need to book, just pop in and get reading!**

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**FREE! Women's Yoga** – This is an open level yoga class, with a strong focus on deeply grounding the body and mind so that you will feel revitalised by the end of the session.

**Every Wednesday during December**

**1pm – 2pm**

**Christ the Carpenter Church, 93A Chestnut Avenue, Dogsthorpe, PE1 4PE**

**Places are limited, to book your place call 01733 396404 or complete the following form - <https://www.crosskeyshomes.co.uk/latest-news-and-updates/womens-only-free-yoga-classes-1223>**

**For more information follow Cross Keys Homes on Facebook -**

**<https://www.facebook.com/crosskeyshomespeterborough/>**

**FREE! Growing our Community** – Join CKH & PECT to build a sustainable community. Improve green spaces, learn to share food growing skills, improve your mental & physical health by being outdoors.

**Every Wednesday during December**

**1pm – 3pm**

**Olive Road Wellbeing Garden, Dogsthorpe, PE1 4PT**

**To register your interest, complete the booking form on our website to book your place -**

**<https://www.crosskeyshomes.co.uk/latest-news-and-updates/growing-our-community-1630> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404**

**For more information follow Cross Keys Homes on Facebook -**

**<https://www.facebook.com/crosskeyshomespeterborough/>**

**FREE! Children's Sports Club** – Delivered by Youth Dreams qualified coaches, providing sports-based activities for primary school children in years 4-6

**Every Wednesday during December - term time only**

**5pm – 6pm**

**Charteris Centre, Normanton Road, Welland, PE1 4XE**

**Pre-booking is essential, please email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 to book your place**

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 [CrossKeysHomesPeterborough](https://www.facebook.com/CrossKeysHomesPeterborough)

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**FREE! South Bretton Youth Club** – Provided by Families First. Aimed at those aged 12-19 years old, with activities including cooking, crafts, games, table tennis and much more!

**Every Wednesday in December - term time only**

**6pm – 7.30pm**

**South Bretton Family & Community Centre, Tyesdale, Bretton, PE3 9XZ**

*Please contact Cherry Lester on 07851 424925 for further information or visit [www.facebook.com/familiesfirstpeterborough](https://www.facebook.com/familiesfirstpeterborough)*

*For more information follow Cross Keys Homes on Facebook.*

<https://www.facebook.com/crosskeyshomespeterborough/>

**FREE! Falls Prevention Sessions** – Delivered by Healthy You, running a Falls prevention 121 and group advise sessions, aimed at those over 65 years of age.

**Every Thursday during December**

**9.30am – 3pm**

**South Bretton Family & Community Centre, Tyesdale, Bretton, PE3 9XZ**

*To get referred email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 or complete the booking form on our website to book your place -*

*<https://www.crosskeyshomes.co.uk/health-and-wellbeing>*

*For more information follow Cross Keys Homes on Facebook -*

<https://www.facebook.com/crosskeyshomespeterborough/>

**FREE! Parenting Support Group** – Support for parents with early years children, support and help, meeting other parents and supporting one another, learning parenting techniques and support for school readiness.

**Every Thursday in December**

**10.45am – 11.45am**

**Orton Library, Bushfield, Ortongate, PE2 5RQ**

*To register your interest, complete the online form - <https://www.crosskeyshomes.co.uk/latest-news-and-updates/new-venue-for-our-community-support-1526> or Email*

*[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 for more details and to book your place.*

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

 [CrossKeysHomesPeterborough](https://www.facebook.com/CrossKeysHomesPeterborough)

 [@CrossKeysHomes](https://twitter.com/CrossKeysHomes)



**FREE! Step Up: To your Wellbeing** – A safe space and a programme of activities that are designed to improve your mental health and wellbeing

**Running every Thursday during December**

**12pm – 2.30pm**

**Tenter Hill Community Hub, Wessex Close, Stanground, PE2 8HU.**

For more information and to book your place complete the online booking form -

<https://www.crosskeyshomes.co.uk/courses/> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404

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<https://www.facebook.com/crosskeyshomespeterborough/>

**FREE! Community Litter Pick** – Led by CKH Staff, come along, and help us make your neighbourhood a better place to live. Litter picks, gloves and Hi-Vis vests will be provided.

**Thursday 1<sup>st</sup>, 8<sup>th</sup> & 15<sup>th</sup> December only**

**12.30pm – 1.30pm**

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

***Meet at the hub, same time, same place, every week! To find out more email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404.***

***For more information follow Cross Keys Homes on Facebook -***

<https://www.facebook.com/crosskeyshomespeterborough/>

**FREE! Barnardo's Young Parents Group** – Weekly drop-in support and play group for parents who have had babies during lockdown, come along and meet other young parents and their children.

**Every Thursday during December**

**1.30pm – 3pm**

**Orton Children & Family Centre, 74 Herlington, Orton Malborne, PE2 5PW**

***Call 01733 391652 for more information***

***For more information follow Cross Keys Homes on Facebook -***

<https://www.facebook.com/crosskeyshomespeterborough/>



**FREE! Brownies session at South Bretton** – For girls aged 7-10 years, come along and join Brownies. You can be creative, active, learn new skills make new friends, have adventures and have lots of fun.

**Every Thursday during December – Term time only**

**6pm – 7.30pm**

**South Bretton Family & Community Centre, Tyesdale, Bretton, PE3 9XZ**

**Register your interest by visiting [www.girlguiding.org.uk/joinus](http://www.girlguiding.org.uk/joinus) or call 0800 169 5901**

**FREE! Gardening for your Mental Health** - Get involved with building a community garden. There are always various jobs to do from watering plants to digging over ground. Meet new people, share experiences, learn new skills in a safe environment.

**Friday 2<sup>nd</sup>, 9<sup>th</sup> & 16<sup>th</sup> December only**

**9.30am – 11.30am**

**Olive Road Wellbeing Garden, Dogsthorpe, PE1 4PT**

**To register your interest, complete the booking form on our website to book your place - <https://www.crosskeyshomes.co.uk/mental-health> or call 01733 396404**

**For more information follow Cross Keys Homes on Facebook - <https://www.facebook.com/crosskeyshomespeterborough/>**

**FREE! Online Course! Careers Club** – CKH have online employability courses that can help you get into work offering support for creating or updating your CV, job searching, interview practice and help you with applying for jobs. The support is available online, by phone or email throughout the working week.

**Please complete the online referral form to enrol – <https://www.crosskeyshomes.co.uk/ckh-learning> - once completed a member of the team will be in touch to give you the information / support needed or alternatively **complete the booking form on our website for more details of the support that CKH offer** - <https://www.crosskeyshomes.co.uk/employment>**

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