

Free Christmas card making workshop



Celebrate the most wonderful time of the year with us! Get into the festive spirit and design your own Christmas cards to send to friends and family.

**Thursday 1 December and
Wednesday 14 December
12pm-2pm
at our Westwood
Community Hub**

Spaces are limited so please book to secure a place. Participants need to be aged over 18 years.



To book your place, call 01733 396404, email community@crosskeyshomes.co.uk or scan the QR code and complete the form on our website and we'll be in touch.



Step up to your potential



Do you struggle with:

- Gaining motivation?
- Gaining confidence?
- Creating new and positive habits?
- Seeing and achieving your goals?

This course will look help you find your why, your motivation and how to sustain it, grow your confidence and how to create and keep positive habits. You will develop your own action to becoming the best version of yourself.

**Monday 3 October 2022 at our Westwood
Community Hub**

**Monday 5 December 2022 at our
Westwood Community Hub**

**Monday 13 February 2023 at Ormiston
Bushfield Academy**

**Monday 24 April 2023 at Park Farm
Puma's Community Centre,
Cardea**



To book your place, call 01733 396404, email community@crosskeyshomes.co.uk or scan the QR code and complete the form on our website and we'll be in touch.



Find out more about getting involved



As one of our residents you are the best person to tell us about your experience of living in our homes and using our services.

You can also let us know what you think might work to encourage other people to get involved with CKH, either formally or informally.

Join one of our sessions to meet our Resident Involvement Manager, talk about your experience as a CKH resident and help us to get others involved.

EVERYONE WHO ATTENDS WILL BE ENTERED INTO A FREE PRIZE DRAW TO WIN A £100 OR £50 GIFT VOUCHER



Date	Time	Venue
Wednesday 16 November	5.30pm - 6.45pm	Online via Teams
Monday 21 November	9.45am - 11am	South Bretton Family and Community Centre
Wednesday 23 November	5.30pm - 6.45pm	Westwood Hub,
Wednesday 30 November	2pm - 3.30pm	Tenter Hill Community Hub, Stanground
Tuesday 6 December	11am - 12.30pm	Orton Library

To find out more and book a place at one of our sessions call 01733 396404,
email community@crosskeyshomes.co.uk
or scan the QR code and fill in the form on our website.



Learn a trade!



Join with CKH and Mears to get an introduction to carpentry, tiling and plumbing to see if these could be the trades for you.

MEARS

On each day of the three day programme you'll get to find out more about a different trade and get to try it out for yourself.

The course is open to anyone aged between 17 and 24, and not currently in education, employment or training.

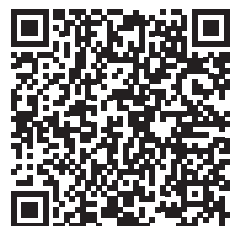
**13, 14 and 15 December,
12pm to 2pm.**

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

We can pay your transport costs to the venue.



To find out more and book a place scan the QR code and fill in the form on our website. You can also call us on 01733 396404 or email community@crosskeyshomes.co.uk



Follow us on Facebook to keep up to date with all our events and activities.

Friendship and Games Club



Orton Library, Bushfield

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 Monday
2pm - 4pm**



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

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

Employment Prep Programme



Get prepared for work with our tailor-made eight week programme of support.

Topics covered include:

- Realistic goals and motivations for work
- Confidence building
- Building your CV and writing a covering letter
- Finding the right job for you
- Identifying your transferable skills and training that could help you
- Completing application forms
- Interview skills and preparation

**Every Monday,
2pm - 3.00pm
At Orton Library**



**Find out more and sign up on
our website - just scan the QR
code and fill in the form.**

Or call us on 01733 396404

Orton Library, Bushfield, Peterborough PE2 5RQ



Free Sports Youth Clubs



Join us for free fun sports activities in Westwood for young people aged 7 – 11.

The clubs are run by qualified coaches from Youth Dreams Project, and fully risk assessed. Numbers are limited and spaces must be booked in advance.



WE BELIEVE IN YOUTH!



**WestRaven Community
Café,
Hampton Court,
Westwood**

**Mondays
5pm - 6pm**



To find out more and book a place for your child or children contact us by telephone on 01733 396404 or email community@crosskeyshomes.co.uk or contact Luke from Youth Dreams on 07583 688413 or luke.kennedy@youthdreamsproject.co.uk

Follow us on Facebook to keep up to date with all our events and activities.

CKH Careers Club



Looking for work or a way to further your career? We can help you to gain all the practical skills you need to find the job of your dreams!

Our work coaches will devise a personal plan for you, identifying your skills and any training you need.

Plus you'll get help with finding job, writing your CV, completing application forms and interview skills.

**Help is available over the phone, by email and in person.
We also have online support available through CKH Learning
Call 01733 396404 to find out more.**

Orton Library
Every Tuesday
9.30am –11.00am

Westwood Community Hub
Every Thursday
10.00am –12.00pm



**To book your place call 01733 396404 or
email community@crosskeyshomes.co.uk**



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, Hampton Court,
Westwood, PE3 7JB
Every Tuesday 10am - 12pm

We have tutors to assist you right the way through the programme. Plus we may be able to help you with equipment you need to get online.

Booking is essential for this popular courses.

Numbers are limited and social distancing rules apply.



Call **01733 396404** to secure your place

 CrossKeysHomes  www.crosskeyshomes.co.uk



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.

**The Hub Tenter Hill, Wessex Close,
Peterborough PE2 8HU
Every Tuesday, 10am - 12pm**

We have tutors to assist you right the way through the programme. Plus we may be able to help you with equipment you need to get online.

Booking is essential for this popular course.



Call 01733 396404 to secure your place

 CrossKeysHomes  www.crosskeyshomes.co.uk

Young Parents Group



Did you have a baby before, during or at the end of lockdown?

Are you fed up and feeling isolated?

Why not get out of the house; bringing a friend, partner or family member; come down to the Child & Family Centre and meet other young parents and their children!

Every Tuesday
Drop-in between 11.00am-12.30pm

Free weekly drop-in for young parents and their children under 5 years old. Refreshments available.

Come and join us in a safe environment. Have fun, make friends, learn together whilst focusing on developing your child's speech, language and communication skills.

Honeyhill Child & Family Centre
150 Chadburn, Paston, Peterborough, PE4 7DH
(SAT NAV: Honeyhill, PE4 7DR)
Telephone: 01733 574038

Collect your LOVE2SHOP voucher at your first visit; collect attendance stamps and receive items for you and your child.

Free mental health pottery group



Improve your mental health with our fabulous free pottery classes!

Not only will you be able to get creative and crafty, but you'll also meet new people in a safe environment. Plus, the activity could help to reduce:

- intrusive thoughts and feelings by giving you something new to focus on.
- your blood pressure and the effects of stress.
- feelings of isolation, by helping you feel connected to others.

**Running weekly every
Tuesday 12.30pm - 2.30pm
at Art and Soul Creative Hub,
7 New Street,
St Neots PE19 1AE**



ART&SOUL
CAFE | GALLERY | CREATIVE HUB

**Call us today on 01733 396404 to
find out more and book your place,
or scan the QR code and fill in the
enquiry form on our website.**



Get a 'New Perspective'



Get support for your mental health

New Perspectives is our online mental health support group, available **free** to anyone who just wants to talk.

The group is led by a mental health professional. It's a safe space to connect with others and share coping strategies.

**Every Tuesday 1pm - 2pm
online through Teams**

Call us on 01733 396404 or email community@crosskeyshomes.co.uk to join the group and get a new perspective.



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.

Get help to stop smoking



We've joined with Healthy You to support you to give up smoking for good!

Our free 12 week support programme can help you with:

- Personalised plan to help manage cravings and withdrawal.
- Access to nicotine replacement therapies if appropriate.



**Available at our Westwood
Community Hub**

**Sessions every Tuesday
between 1pm and 5pm**



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

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've 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
every Wednesday
10am - 12pm**



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.

Free mental health pottery group



Improve your mental health with our fabulous free pottery classes!

Not only will you be able to get creative and crafty, but you'll also meet new people in a safe environment. Plus, the activity could help to reduce:

- intrusive thoughts and feelings by giving you something new to focus on.
- your blood pressure and the effects of stress.
- feelings of isolation, by helping you feel connected to others.

**Running weekly every
Wednesday 12pm - 2pm and
every Friday 12.30pm - 2.30pm
at our South Bretton Family and
Community Centre.**



**Call us today on 01733 396404 to
find out more and book your place,
or scan the QR code and fill in the
enquiry form on our website.**



Women's only free yoga classes



This will be 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 each session.

All sessions are for women only.

Mats and other equipment is provided but please feel welcome to bring your own.

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

**Every Wednesday
1.00pm – 2.00pm**



**Places are limited. Call 01733
396404 to book your place or
scan the QR code to complete the
booking form on our website.**



Growing our community



Join us and PECT to build a sustainable community. Improve green spaces in your community and improve your local environment.



Plus, you will

- Learn and share food growing skills.
- Reduce food inequality in the area by growing more food locally.
- Improve your mental and physical health by being outdoors.
- Learn new gardening skills.

CKH Wellbeing Garden, Olive Road, Dogsthorpe

Every Wednesday, 1pm - 3pm



To find out more and get involved call
01733 396404 or scan the QR code and
complete the form on our website.





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.

Hampton Library, Clayburn Road, PE7 8GL
Every Wednesday, 3pm - 4.30pm

We have tutors to assist you right the way through the programme. Plus we may be able to help you with equipment you need to get online. Booking is essential for this popular course.



Call **01733 396404** to secure your place

 CrossKeysHomes  www.crosskeyshomes.co.uk

Free Sports Youth Clubs



Join us for free fun sports activities in Welland for young people aged 7 – 11.

The clubs are run by qualified coaches from Youth Dreams Project, and fully risk assessed. Numbers are limited and spaces must be booked in advance.



WE BELIEVE IN YOUTH!

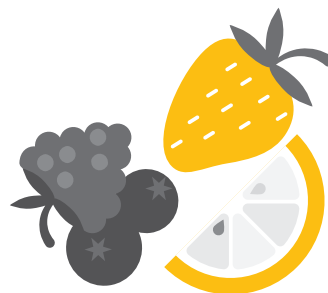


**Welland,
Charteris Centre
Wednesdays
5pm - 6pm**



To find out more and book a place for your child or children contact us by telephone on 01733 396404 or email community@crosskeyshomes.co.uk or contact Luke from Youth Dreams on 07583 688413 or luke.kennedy@youthdreamsproject.co.uk

Follow us on Facebook to keep up to date with all our events and activities.



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**.



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.

South Bretton Family and Community Centre,
Redpoll Place, Bretton, PE3 9XZ
Every Thursday 10am - 12pm

We have tutors to assist you right the way through the programme. Plus we may be able to help you with equipment you need to get online.

Booking is essential for this popular courses.

Numbers are limited and social distancing rules apply.



Call **01733 396404** to secure your place

 CrossKeysHomes  www.crosskeyshomes.co.uk

Friendship and Games Club



WestRaven Community Café

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 - 12pm



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

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

Parenting support group



If you are the parent of a child aged 0-5 years, join our support group for help and advice, as well as meeting other parents just like you.

We can offer you training in parenting techniques, as well as advice and support. Plus, you'll be able to share problems and things that work for you with other parents.

We can also signpost you to other support organisations that can help you with any issues you might be facing.

**Every Thursday,
10.45am - 11.45am
At Orton Library**



To find out more and sign up on our website, just scan the QR code and fill in the form.

Or call us on 01733 396404

Orton Library, Bushfield, Peterborough



Community Litter Pick



Join us and make a difference in your local area!

We're holding a litter pick and we want you to join us. Not only will you be able to get some gentle exercise in the fresh air, and meet some new people, but you'll also be making your neighbourhood a better place to live.

We'll provide litter pickers and gloves and ensure the litter is disposed of in a responsible way. You just need to turn up and join in the fun!

Every Thursday,

**Meet at 12.30pm outside
the CKH Westwood Hub,
31-35 Hampton Court,
Westwood.**

Same time, same place, every week!



**Call us today on 01733 396404 to find out
more or email
community@crosskeyshomes.co.uk**

Step up to your wellbeing



Join **step up to your wellbeing** to meet new people in a safe environment and to learn new practical skills through various arts and crafts challenges. By joining you will:

- Reduce your anxiety, especially within groups.
- Feel connected to others and part of a community.
- Focus on new challenges to reduce the feeling of being worried.

Running at the Tenter Hill Community Hub, Stanground every Thursday, 12pm - 2.30pm



**City College
Peterborough**

Working together, learning together



To book your place, call 01733 396404, email community@crosskeyshomes.co.uk or scan the QR code and complete the form on our website and we'll be in touch.



Young Parents Group



Did you have a baby before, during or at the end of lockdown?

Are you fed up and feeling isolated?

Why not get out of the house; bringing a friend, partner or family member; come down to the Child & Family Centre and meet other young parents and their children!

**Every Thursday for 12 weeks
Drop-in between 1.30pm-3.00pm**

Free weekly drop-in for young parents and their children under 5 years old. Refreshments available.

Come and join us in a safe environment. Have fun, make friends, learn together whilst focusing on developing your child's speech, language and communication skills.

Orton Child & Family Centre

74 Herlington, Orton Malborne,

Peterborough, PE2 5PW

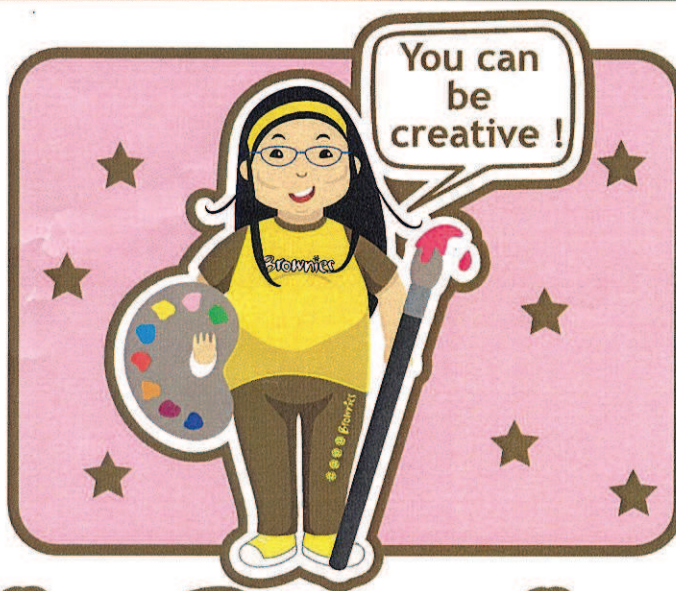
Telephone: 01733 391652

Collect your LOVE2SHOP voucher at your first visit; collect attendance stamps and receive items for you and your child.

 Find us on
Facebook
[@OrtonCFC](https://www.facebook.com/OrtonCFC)

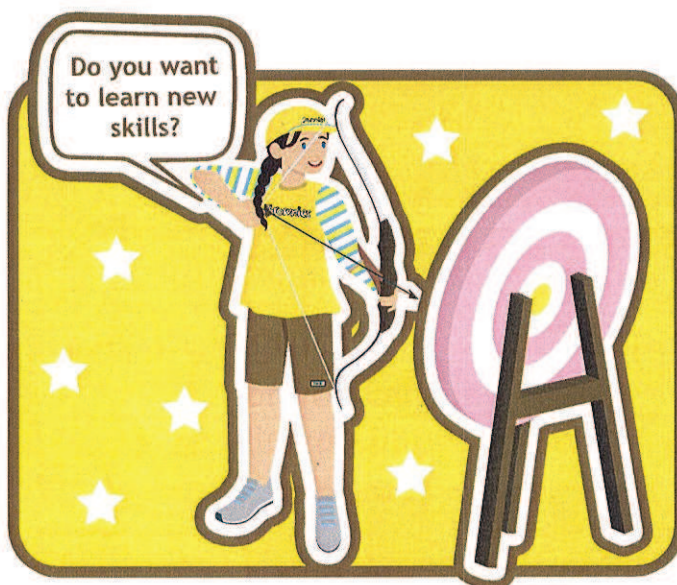
**Believe in
children**
 **Barnardo's**





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



Get gardening for your mental health



Being out in green spaces and getting in touch with nature is proven to be good for your mental health and improves your mood.

We have a brand new mental health garden project starting in Olive Road, Welland, and we want you to come and join us!

You can have your own garden area to look after or join in with others. No prior gardening experience is necessary, but if you know your pansies from your petunias, why not share your knowledge with others?

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



To find out more and get involved call 01733 396404 or scan the QR code and select the 'gardening for mental health' option on the form on the webpage.





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.

Orton Library, Bushfield, PE2 5RQ
Every Friday, 3pm - 4.30pm

We have tutors to assist you right the way through the programme. Plus we may be able to help you with equipment you need to get online. Booking is essential for this popular course.



Call **01733 396404** to secure your place

 CrossKeysHomes  www.crosskeyshomes.co.uk

CKH Careers Club



Looking for work or a way to further your career? We can help you to gain all the practical skills you need to find the job of your dreams!

Our work coaches will devise a personal plan for you, identifying your skills and any training you need.

Plus you'll get help with finding job, writing your CV, completing application forms and interview skills.

Online courses now available through CKH Learning, plus you'll be supported over the phone, by email and over video chats.

Call 01733 396404 to find out more.

We have four great modules, available **for free**, on CKH Learning to get your journey into work off to a great start:

- CV building
- Looking for work
- The Application process
- Interview Skills



Follow us on Facebook to find out about all our events



www.crosskeyhomes.co.uk



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

Learn basic DIY skills



Moved into your dream house
but struggling to put up shelves
and curtain poles?

**Alconbury
Weald**

Or do you have a bigger DIY project you want to
tackle but aren't sure where to start?

Need some help?

**If you are interested
in a FREE basic DIY
course to point you
in the right direction,
then get in touch
with us today!**



Call 01733 396404 or email
community@crosskeyshomes.co.uk
before 30 November.

Garden Club



Do you have a garden or allotment?

Are you struggling to maintain it, or just don't know where to start?

Do you want to grow your own food but don't have the knowledge or tools?

We have the solution! We're looking to start up a new gardening club in your area. The club will be completely free of charge and open to all.



Interested? Call us 01733 396404 or email community@crosskeyshomes.co.uk