

# Join our children's activities this Easter



Come along to have fun making Easter Cards and other crafts, including making bunnies and an Easter wreath.

**South Bretton Family and Community Centre**

Redpoll Place, PE3 9XZ

**Tuesday 4 April 1pm – 3pm**



To find out more and book your place scan the QR code and complete the form on the website, or call 01733 396404.



# Join our children's activities this Easter



Come along to have fun making Easter Cards and other crafts, including making bunnies and an Easter wreath.

**Westwood Community Hub**

Hampton Court, PE3 7JB

**Wednesday 5 April 1pm – 3pm**



To find out more and book your place scan the QR code and complete the form on the website, or call 01733 396404.



# 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.



# Careers advice now in your area



Applying for jobs but not getting anything?  
Need a confidence boost in interviews?  
CV and cover letters need updating and improving?  
Looking for FREE job information, advice and guidance?

**Yes?** Then book on or drop into our **NEW Careers Club** at **Hampton Library**.

## Workshops include:

- Building and updating CVs and covering letters
- How to improve and sustain confidence and motivation
- Interview tips and practice
- Job searching and application support
- Access to courses, training and upskilling

**Hampton Library, Clayburn Rd,  
Peterborough PE7 8GL  
Every Monday, 12.30pm-2.30pm**

Please note that this programme is open to everyone regardless whether you are a CKH resident or not.

**Starting  
Monday 6  
February!**



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



# 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!**

**LIVING SPORT**

**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](mailto:community@crosskeyshomes.co.uk) or contact Luke from Youth Dreams on 07583 688413 or [luke.kennedy@youthdreamsproject.co.uk](mailto: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](mailto:community@crosskeyshomes.co.uk)**



# Get support with applying for housing



Do you need a helping hand to:

- Join the housing register?
- Move into retirement housing?
- Apply for a mutual exchange?
- Access your account on MyCKH?

These sessions will help you to access housing and support. We can help you with filing in forms, completing online applications and any printing or copying you need.

*Please note: these sessions are open to all, not just CKH residents.*

**Westwood Community Hub**  
**Every Tuesday**  
**10am–12pm**



**BOOK YOUR SPACE TODAY!**

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

Call us - 01733 396404

Or scan the QR code to book on our website



# 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**

**Every Wednesday**

**1:00pm- 2.15pm at First Steps Child & Family Centre**

**Every Thursday**

**1:00pm- 2.30pm at Orton Child & Family Centre**



Visit our Facebook page.



**Believe in  
children  
Barnardo's**



# 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](mailto: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](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**.

# 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](mailto: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.



## 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 Wednesday, 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.



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





# Growing our community



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



**PECT**  
CREATING SUSTAINABLE PLACES

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.



# 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.**





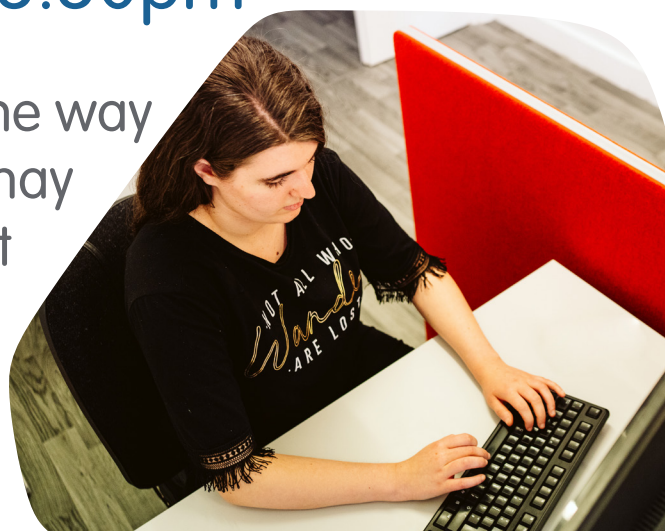
## Are you looking for help to get online?

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, 2pm - 3.30pm**

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.

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



# 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!**

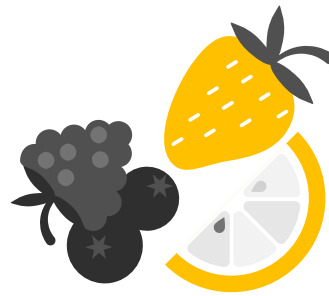
**LIVING SPORT**

**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](mailto:community@crosskeyshomes.co.uk) or contact Luke from Youth Dreams on 07583 688413 or [luke.kennedy@youthdreamsproject.co.uk](mailto: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](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.**



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## Are you looking for help to get online?

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**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](http://www.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](mailto:community@crosskeyshomes.co.uk) or scan the QR code and complete the form on our website and we'll be in touch.








# Make food, make friends!



The **co-operative** membership  
Central England Co-operative

## Community cook, share, eat

-  Bored of eating the same meals every week?
-  Struggling to cook meals that don't break the bank?
-  Learn to make simple, low cost meals to suit all.
-  Become more confident in the kitchen
-  Discover how to include your children in meal preparation



All food and cooking equipment provided and can take away what you cook.

Come along, try and cook new foods, meet new people, share ideas

Free to attend and open to all.

## WestRaven Community Cafe, Westwood

Starting Thursday

12 January

at 12.30pm

and running weekly.



**BOOK YOUR SPACE TODAY!**

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

Call us - 01733 396404

Or scan the QR code to book on our website



# Free Sports Youth Clubs



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**WE BELIEVE IN YOUTH!**

**LIVING SPORT**

**Believe in children**



**Barnardo's**

**Barnardo's Jigsaw Centre,  
74 Herlington,  
Peterborough PE2 5PW**

**Every Thursday  
5pm - 6pm**

**Starting  
30 September**



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](mailto:community@crosskeyshomes.co.uk) or contact Luke from Youth Dreams on 07583 688413 or [luke.kennedy@youthdreamsproject.co.uk](mailto:luke.kennedy@youthdreamsproject.co.uk)

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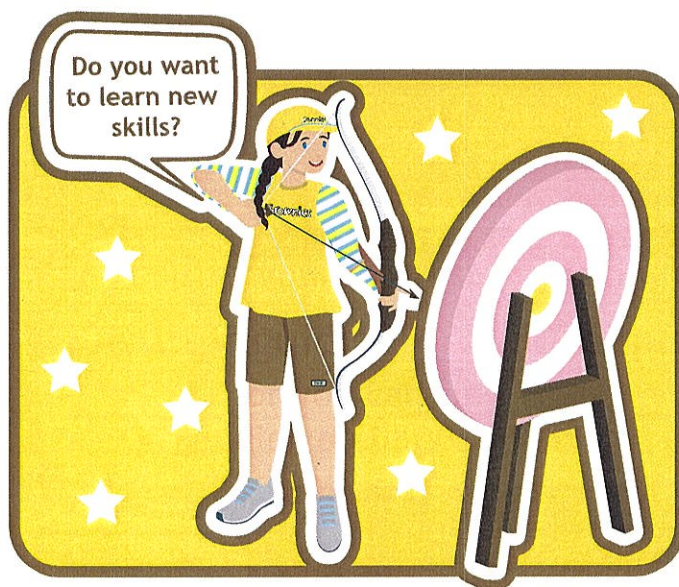


# Come and join Brownies

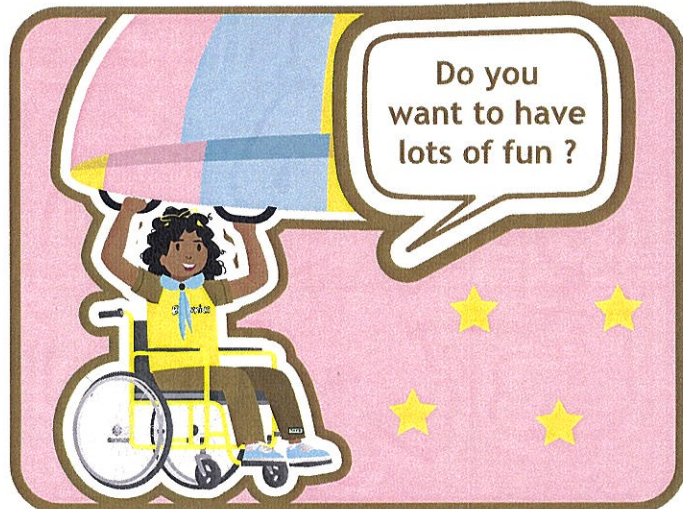
Girls age 7-10

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





# 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

# 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, 2pm - 3.30pm**

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.



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

