

Step up to be a volunteer



Want to be a volunteer but not sure what you want to do or where you can volunteer?

This course will give you a full understanding of what volunteering is the skills, knowledge and experience you will need to volunteer with either Cross Keys Homes or with another organisation.

Running at the CKH Westwood Community Hub on:

Wednesday 30 November 2022

Wednesday 25 January 2023

Wednesday 29 March 2023

Wednesday 31 May 2023

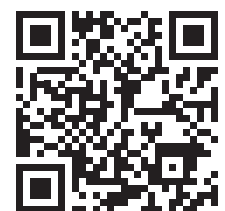


**City College
Peterborough**

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.



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
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 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.

Unsure of your careers options?



Are you looking for FREE job information, advice and guidance?

If so book yourself into our our Careers Club.

The clubs provide a great opportunity for you to discuss and ask questions on career options, job opportunities and get support in applying for jobs.

Workshops include:

- Building and updating CVs and covering letters
- Understanding the importance of speculative letters
- Interview tips and practice
- Job searching and application support

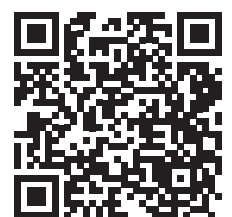
Orton Library, Every Tuesday
9.30am –11.00am

**Westwood Community Hub,
Every Thursday**
10.00am –12.00pm

The clubs run during school holidays, so come along and get ready for work!



**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 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**

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

Starting 25th April 2023



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



OrtonCFC



**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 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.**



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 or scan the QR code and complete the form on our website and we'll be in touch.



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.

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.**



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 wonderful wellbeing garden in Olive Road, Dogsthorpe, 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.

**Garden open every Wednesday, 1pm - 3pm
and Thursday, 1.30pm - 3.30pm.**

Book your visit on our website.



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





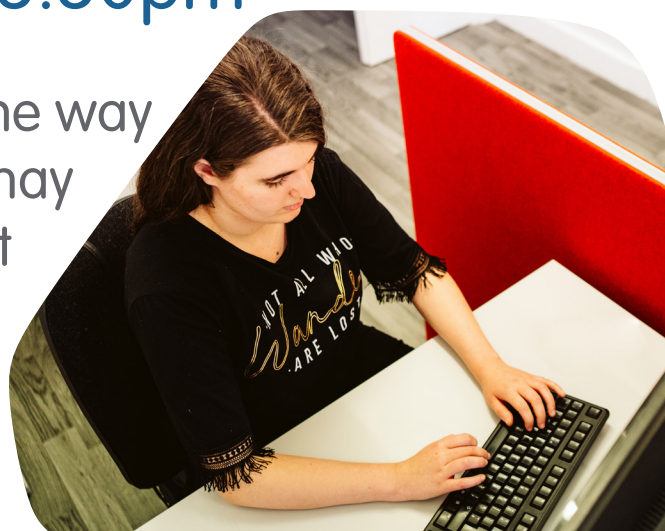
Are you looking for help to get online?

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, 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 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!

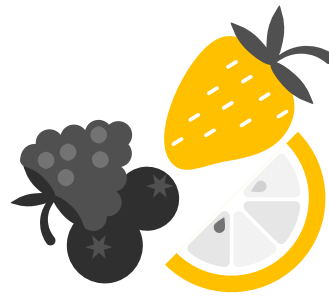
LIVING SPORT

**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 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?

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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

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

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

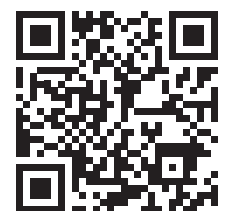


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Working together, learning together



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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**

Free Sports Youth Clubs



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

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LIVING SPORT

Believe in children



Barnardo's

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

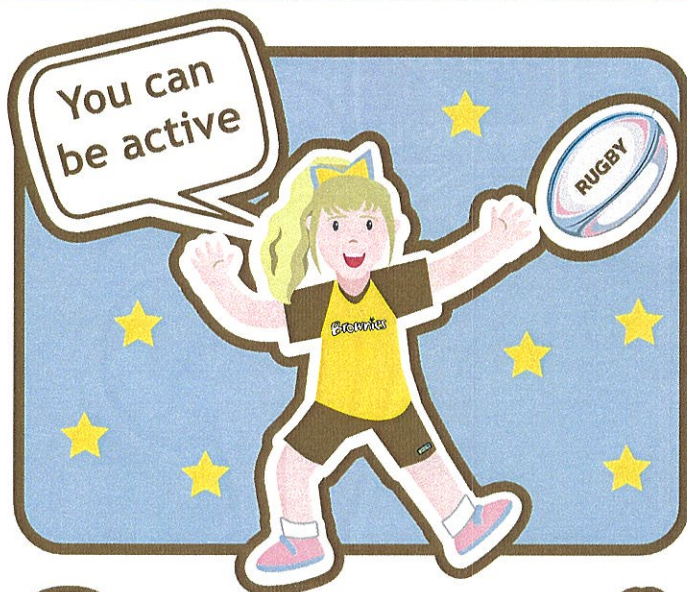
**Every Thursday
5pm - 6pm**

**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 or contact Luke from Youth Dreams on 07583 688413 or luke.kennedy@youthdreamsproject.co.uk

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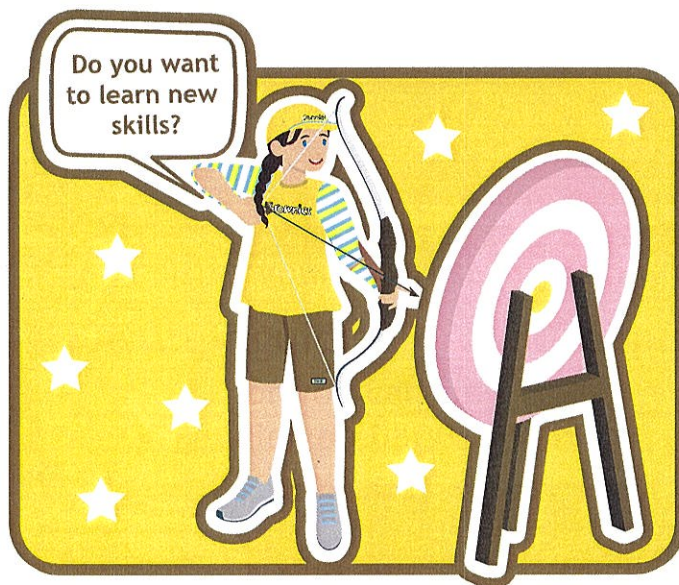


Come and join Brownies

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
or you can ring
Girlguiding on 0800 169 5901





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.



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