

# Events and Courses



## October 2023 – Look what's new this month!

**FREE! Employment Support for Parents** – CKH Careers Club event promoting the business and accounting course with Anglian Professional Training. It's a Level 1 Qualification for 19+.

**First Monday of every Month – Monday October 2<sup>nd</sup>, 2023**

**12.30pm – 2pm**

**Family Voice, Goldhay Centre, 105 Paynels, PE2 5QP**

**Last Monday of every Month – Monday October 30<sup>th</sup>, 2023**

**11am – 1pm**

**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/employment> 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! Customer Service Training** – Join CKH & Seetec Outsource for an introduction to customer service and customer service roles, communication in customer service and the role of processes in customer service in relation to aspects such as confidentiality and dealing with customer problems. Learners will also look at how their learning can support them in interviews for a customer service role.

You must be available to attend for the duration of the course.

**Monday October 2<sup>nd</sup> to Monday October 9<sup>th</sup>, 2023**

**9.30am – 3.30pm – weekdays only**

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

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**FREE! Functional Skills** – Having a good level of English and Maths skills are important in all areas of your life. Improving them will help you gain employment, gain access to further education, and support other family members with their own learning. We are offering FREE access to the BKSBS portal so that you can learn, improve and gain a national recognised qualification in Functional Skills English and Maths

**Available every Monday to Thursday during October**

**9.30am – 4pm**

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

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**FREE! Making Space** – A build-up of items in the home, difficulty parting with items and hoarding can affect health, wellbeing and lifestyle. It also poses a significant risk of fire and illness. Our support group is a non-judgmental, confidential and supportive, giving advice and practical solutions for anyone who has difficulty parting with possessions.

**Starting Monday October 16<sup>th</sup>, 2023**

**2pm – 4pm**

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

*If you are interested in attending either email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 to book your place.*

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**FREE! Volunteer Open Day** – An opportunity for members of the community to attend an open day at the garden to explore volunteer opportunities. PCVS will attend.

**Wednesday October 4<sup>th</sup>, 2023**

**11am – 2pm**

**Westraven Community Garden, Hartwell Way, Westwood, PE3 7LX**

*No need to book, just come along.*

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**FREE! Careers Club Event** – City College Peterborough are sharing their FREE adult training courses with those who attend our CKH careers clubs as well as the usual support from our regular careers clubs.

**Thursday October 5<sup>th</sup>, 2023**

**10am – 12pm**

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

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**FREE! Basic IT Classes** – Working with Peterborough College and Jobsmart. Supporting people to develop basic IT skills, perfect for anyone who has very little knowledge of computers and the internet.

**Starting on October 6<sup>th</sup> and then every Friday during October**

**9.45am – 11.45am**

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

**FREE! Higher Level IT Classes** – Working with Peterborough College and Jobsmart. These classes assume you have a good working knowledge of Microsoft Word and Excel and have used them within a workplace setting. If you do not have this then you will need to start with the basic ICT class.

**Starting on October 6<sup>th</sup> and then every Friday during October**

**12.15pm – 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/employment> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404*

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**FREE! Level 1 Health & Safety in Construction with CSCS** – Working with Steadfast Training. Are you looking to work in construction industry, if so come along and complete the 5 day course where we will help you get you FREE CSCS card.

**Starting on October 30<sup>th</sup> – Friday November 3<sup>rd</sup>, 2023**

**9.30am – 3pm**

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

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## On-going sessions

**FREE! Weight management for Mental Health** - 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.

**Every Monday during October**

**11.30am – 1.30pm**

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

*To register your interest, complete the online form - <https://www.crosskeyshomes.co.uk/latest-news-and-updates/eat-well-lose-weight-feel-better-1238> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 for more details and 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.

**Second Monday of every month – 9<sup>th</sup> October 2023**

**2.30pm – 4.30pm**

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

**Every Tuesday during October**

**9.30am – 11.30am**

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

**Every Thursday during October**

**10am – 12pm**

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

Employment support is also available throughout the week, either over the phone, via email or a booked face to face appointment.

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

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**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 October - Term time only**

**5pm – 6pm**

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

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

**5pm – 6pm**

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

**Every Thursday during October – term time only**

**5pm – 6pm**

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

*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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**FREE! 1<sup>st</sup> Bretton Rainbows session at South Bretton** – For girls aged 4-7 years, come along and join the fun at Rainbows.

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

**6pm – 7.15pm**

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

*Register your interest by contacting [susanelkins1985@gmail.com](mailto:susanelkins1985@gmail.com)*



**FREE! Stay & Play Group** – Run by Barnardo’s Song, rhyme & story Time, Early language & literacy for children aged 0-5 years.

**Every Tuesday during October**

**9.30am – 10.15am**

**WestRaven Community Café, Hampton Court, Westwood, PE3 9JA**

**Every Tuesday during October**

**11am – 12pm**

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

*Spaces are limited, please book your space via Bookwhen:*

<https://bookwhen.com/Barnardo-sc-fcp-borough-cambridgeshire#focus=ev-su1x-20210409093000> or call 01733 574038

**FREE! Barnardo’s Young Parent Group** – Weekly drop-in support and play group for young parents and their children under 5 years of age, come along make friends and meet other young parents.

**Every Tuesday during October**

**10am – 11.30am**

**Honeyhill Child & Family Centre, 150 Chadburn, Paston, PE4 7DH**

*Call 01733 574038 for more information.*

**Every Wednesday during October**

**1pm – 2.15pm**

**First Steps Child & Family Centre, 20 Scalford Drive, Welland, PE1 4TR**

*Call 01733 295860 for more information.*

**Every Thursday during October**

**1pm – 2.30pm**

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

*Call 01733 391652 for more information.*

*More details about the sessions being delivered by Barnardo’s can be found here-*

<https://www.haypeterborough.co.uk/activities/barnardos-child-and-family-centres/>

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**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 October**

**1pm – 5pm**

**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/health-and-wellbeing> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 for more details*

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**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 October**

**10am – 12pm**

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

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

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





**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.

**Every Wednesday during October**

**1pm – 3pm**

**Every Thursday during October**

**1.30pm – 3.30pm**

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

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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 during October - 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](http://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 October**

**9.30am – 3pm**

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

*To be referred complete the booking form on our website -*

*<https://www.crosskeyshomes.co.uk/health-and-wellbeing> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 for more details.*

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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.

**Every Thursday during October**

**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! 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 October – 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! Men Together Group** – If you enjoy fixing and making things in the company of others, come along and join us. Many come just for the tea and banter, and men of any skill/experience over the age of 18 are welcome.

**Every Friday during October**

**12.30pm – 2.30pm**

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

*Pre-booking is essential, to book your place complete the booking form on our website <https://www.crosskeyshomes.co.uk/latest-news-and-updates/men-together-1852> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404.*

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