

Employment support for parents



If you are a parent and looking to return to work or upskill, we can help you. Our sessions will give you everything you need to find and apply for work and succeed in interviews. We'll also help you to:

- Build your confidence.
- Look at options for childcare.
- Find roles that fit around your family.



You can even bring your child to the sessions.

First Monday of every month (from 11/09.23), 12.30 – 2pm at Family Voice, Goldhay Centre, 105 Paynels PE2 5QP

Last Monday of every month (from 25/09/23), 11am – 1pm at Westwood Community Hub, Hampton Court, Westwood PE3 7JB

CKH Careers Club is completely free to attend and open to everyone, not just CKH residents. If you are unable to attend these sessions, please get in touch as we may be able to provide you with one-to-one or remote support.

Booking is essential. To book your place scan the QR code to go to our website, call 01733 396404 or email community@crosskeyshomes.co.uk.

Don't forget to follow us on Facebook to keep up to date with all our news and events.



Free Customer Service Course



Join us and Seetec Outsource for a seven day course in customer service skills.

Seetec
OUTSOURCE

The course provides 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.

You will also look at how your learning can support you in interviews for a customer service role.



Monday 2 to Monday 9 October

9.30am – 3.30pm each day (week days only)

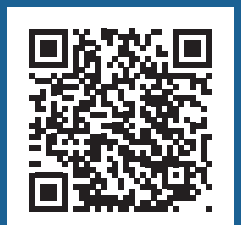
CKH Westwood Community Hub

There will also be an enrolment session on Thursday 28 September 9.30am – 3.30pm at the Hub.

This course is completely free to attend and open to everyone, not just CKH residents.

Booking is essential. To book your place scan the QR code to go to our website, call 01733 396404 or email community@crosskeyshomes.co.uk.

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Careers Club Events



Get access to FREE training with City College Peterborough

Get advice and information on all the FREE training the City College Peterborough has to offer to be able to support you to find a job

At the same time, get FREE job information, advice and guidance

Careers club events will include:

- Access to courses, training and upskilling
- 1-2-1 support offering information, advice and guidance
- Building and updating your CVs and cover letters
- Improve your confidence when applying for jobs and going for interviews



Westwood Community Hub

Thursday October 5th 2023 - 10am - 12noon

Please note that these Career Clubs are open to everyone regardless if you are a CKH resident or not

Booking is essential. To book your place scan the QR code, call 01733 396404 or email community@crosskeyshomes.co.uk.





Basic ICT Course

If you want to learn how to use a computer and search the internet proficiently, this is the course for you.

You'll also learn how to send email, create documents and simple spreadsheets and send documents via email.

These sessions are perfect for anyone who has very little knowledge of computers and the internet. If you already have skills in Word and Excel ask us about our Higher Level ICT course.

Classes will run every Friday, 9.45 to 11.45, from 6 October to 16 February at the CKH Westwood Community Hub.

Sign up session, Friday 29 September, 9.45 to 11.45. Bring ID with you!



**Peterborough
College**



Booking is essential. To book your place come along to the sign up session or scan the QR code to go to our website. You can also call 01733 396404 or email community@crosskeyshomes.co.uk.



Don't forget to follow us on Facebook to keep up to date with all our news and events.



Higher Level ICT Course

If you have a good working knowledge of Microsoft Word and Excel, having used them in a workplace setting, and want to develop your skills further, this is the course for you.

You'll learn Word skills like mail merge, tables and formatting your documents professionally. You'll also learn how to format Excel spreadsheets and use functions, formulas and filters.

If you don't have IT skills already, ask us about our Basic ICT Course.

Classes will run every Friday, 12.15 to 2pm, from 6 October to 16 February at the CKH Westwood Community Hub

Sign up session, Friday 29 September, 12.15 to 2pm. Bring ID with you!



Peterborough
College



Booking is essential. To book your place come along to the sign up session or scan the QR code to go to our website. You can also call 01733 396404 or email community@crosskeyshomes.co.uk.



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ARE YOU LOOKING TO WORK IN CONSTRUCTION?

REGISTER FOR OUR 1 WEEK COURSE

Level 1 Award in Health & Safety in Construction (leading to CSCS card) with guaranteed interviews for all course completers with Core Recruiter & Labour Tech!

We will help you to get your **FREE CSCS (labourer) card** if you:

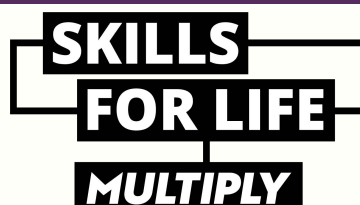
- Complete the course
- Complete the test for Health & Safety Level 1 in Construction
- Complete CITB test (at no cost to learners!)

We will also fund the cost of the CSCS Green card following the successful completion of the course and CITB test.

Brush up on your numeracy skills, too, whilst achieving this professional qualification



**Funded by
UK Government**



**CAMBRIDGESHIRE
& PETERBOROUGH
COMBINED AUTHORITY**



TOPICS COVERED:

Level 1 Health and Safety in Construction support, including:

- Legislation
- Hazards
- Manual Handling
- Working at Heights
- Hazardous substances

This course will be delivered as SWAP and guaranteed interviews for all course completers with Core Recruiter & Labour Tech!

Are you eligible?

- Aged 19+
- Unemployed and currently on benefits
- Not already completed a previous employability qualification
- PLUS—Have access to a laptop/tablet with Wi-Fi access
- **Please note certain geographic restrictions may apply**

To learn more about opportunities for full or part funded, high quality training for you and your staff, call **01775 513050**, or email us at upskill@steadfasttraining.co.uk



**Funded by
UK Government**



**CAMBRIDGESHIRE
& PETERBOROUGH
COMBINED AUTHORITY**



FREE Functional Skills



English and Maths

What to improve your English and Maths skills and confidence?

Need to improve your English and Maths skills to gain a job or access a course at college or university?

Having a good level of English and Maths skills are important in all areas of your life. By improving them you are more likely to:

- Gain employment.
- Be promoted.
- Gain access to further education and personal development.
- Improve your overall confidence and motivation
- Support family members with their learning.



We are offering **FREE** access to the BKSBS portal so that you can learn, improve and gain a nationally recognised qualification in Functional Skills English and Maths.

Please note that this opportunity is open to everyone regardless if you are a CKH resident or not

Contact Community@crosskeyshomes.co.uk, scan the QR code or call 01733 396404 to register your interest.



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.



CKH Careers Club



Unsure of your employment options and looking for FREE job information, advice and guidance?
If so book yourself into one of our careers clubs

The clubs provide a great opportunity for you to discuss and ask questions on employment options, job opportunities and get support you need to be job ready.

Workshops include:

- Tailored support to your needs
- Building and updating your CVs and Cover letters.
- Improve your confidence when applying and going to interviews.
- Access to courses, training and upskilling

Hampton Library, Every second Monday of the month 2:30pm - 4:30pm

Orton Library, Every Tuesday, 9:30am - 11:30am

Westwood Community Hub, Every Thursday, 10am - 12pm

Ad Hoc 1-2-1 sessions are available across all sites including Customer Central, Bridge Street.



Please note that these Career Clubs are open to everyone regardless if you are a CKH resident or not

Booking is essential. To book your place scan the QR code, call 01733 396404 or email community@crosskeyshomes.co.uk.



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.



Come and join the fun at

**For girls
aged 4-7
years**

1st Bretton Rainbows

Every Monday

6pm - 7.15pm

**South Bretton Family &
Community Centre, Tysedale**

susanelkins1985@gmail.com



Song, Rhyme & Story Time



FREE

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 with Zoe & Alison.

FREE book for every child attending the first session.

Every Tuesday

9:30am - 10:15am

at

West Raven Community Café

Hampton Court, Westwood. PE3 7JA

Telephone: 01733 574038

Limited spaces - please book your space via **Bookwhen:**

bookwhen.com/barnardo-sc-fcp-borough-cambridgeshire#focus=ev-su1x-20210409093000

Or contact the Centre and a member of staff will be happy to help you.



Or visit our Facebook page at:

@BarnardosChildFamilyCentres

**Believe in
children**



Barnardo's

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**

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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 a

@HoneyhillCFC



**Believe in
children
Barnardo's**

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.

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.



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!

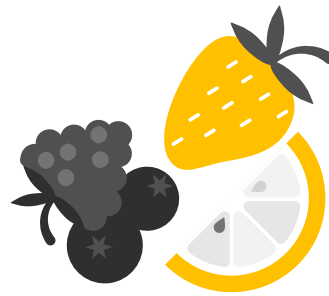
LIVING SPORT

**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.

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**

Free Sports Youth Clubs



Join us for free fun sports activities in Orton 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

Believe in children



Barnardo's

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

**Every Thursday
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.

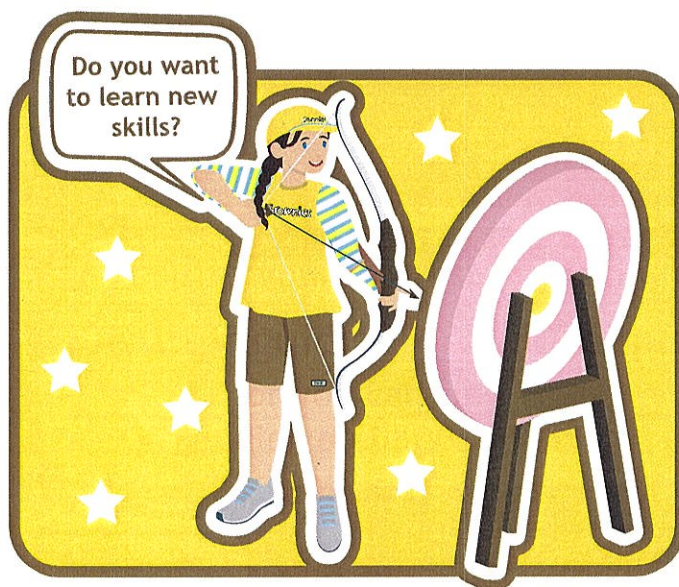


Come and join Brownies

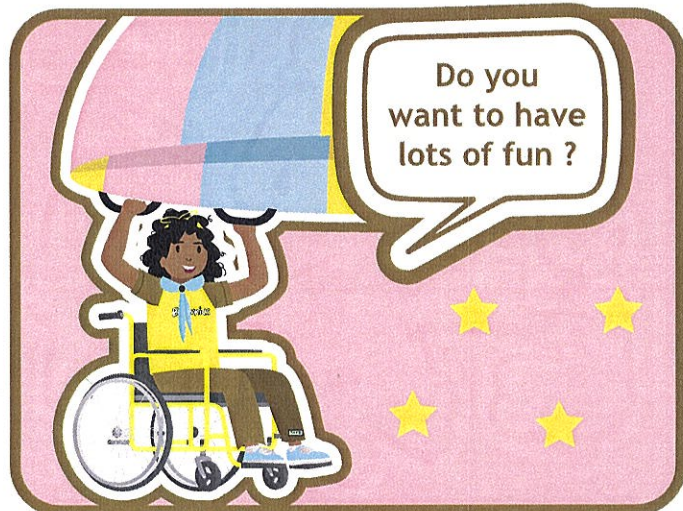
Girls age 7-10

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



Men Together!



Gents, come and enjoy fixing and making things in the company of others.

Chat, have a cuppa, meet new people and share skills.

Open to all men with any - or no - practical skills! All are welcome, as long as you are over 18.



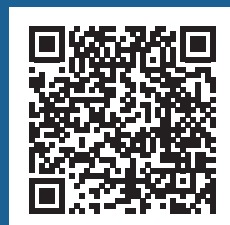
Every Friday, 12.30 - 2.30pm

South Bretton Family and Community Centre

Men Together is completely free to attend and open to everyone, not just CKH residents.

Booking is essential. To book your place scan the QR code to go to our website, call 01733 396404 or email community@crosskeyshomes.co.uk.

Don't forget to follow us on Facebook to keep up to date with all our news and events.



Employability support and training with CKH



If you are looking for work, trying to upskill to find a better job or simply interested in FREE training courses then please get in touch

Support and Training courses on offer this month:

- **Customer Service Level 1** - Monday 2nd October - Monday 9th October - 9.30am - 3.30pm at Westwood Community Hub
- **Basic IT course** - every Friday 9.45am - 11.45am at Westwood Community Hub
- **Higher IT course** - Every Friday 12.15pm - 2pm at Westwood Community Hub
- **Employment support for Parents (Orton)** - 1st Monday of every month - 12.30pm - 2pm - Family Voice, Orton Goldhay
- **Employment support for Parents (Westwood)** - last Monday of every month - 11am - 1pm - Westwood Community Hub
- **Level 1 Health and Safety in Construction with CSCS** - starting 30th October - 9.30am - 3pm at Westwood Community Hub
- **FREE Functional Skills English and Maths** - Simply book to use a computer at Westwood Community Hub anytime between 9.30am - 4pm, Monday - Thursday

Please note that these are open to everyone regardless if you are a CKH resident or not

Booking is essential. To book your place scan the QR code, call 01733 396404 or email community@crosskeyshomes.co.uk.

