

EMERGENCY FIRST AID AT WORK



Join us for a nationally recognised 1 day
Emergency First Aid at Work course.

TRAINING INCLUDES:

- Care of the unconscious casualty
- Method of resuscitation
- Wound & bleeding
- Bandaging
- What to do in an emergency
- Accident reporting
- Other work related accidents/illnesses scenarios



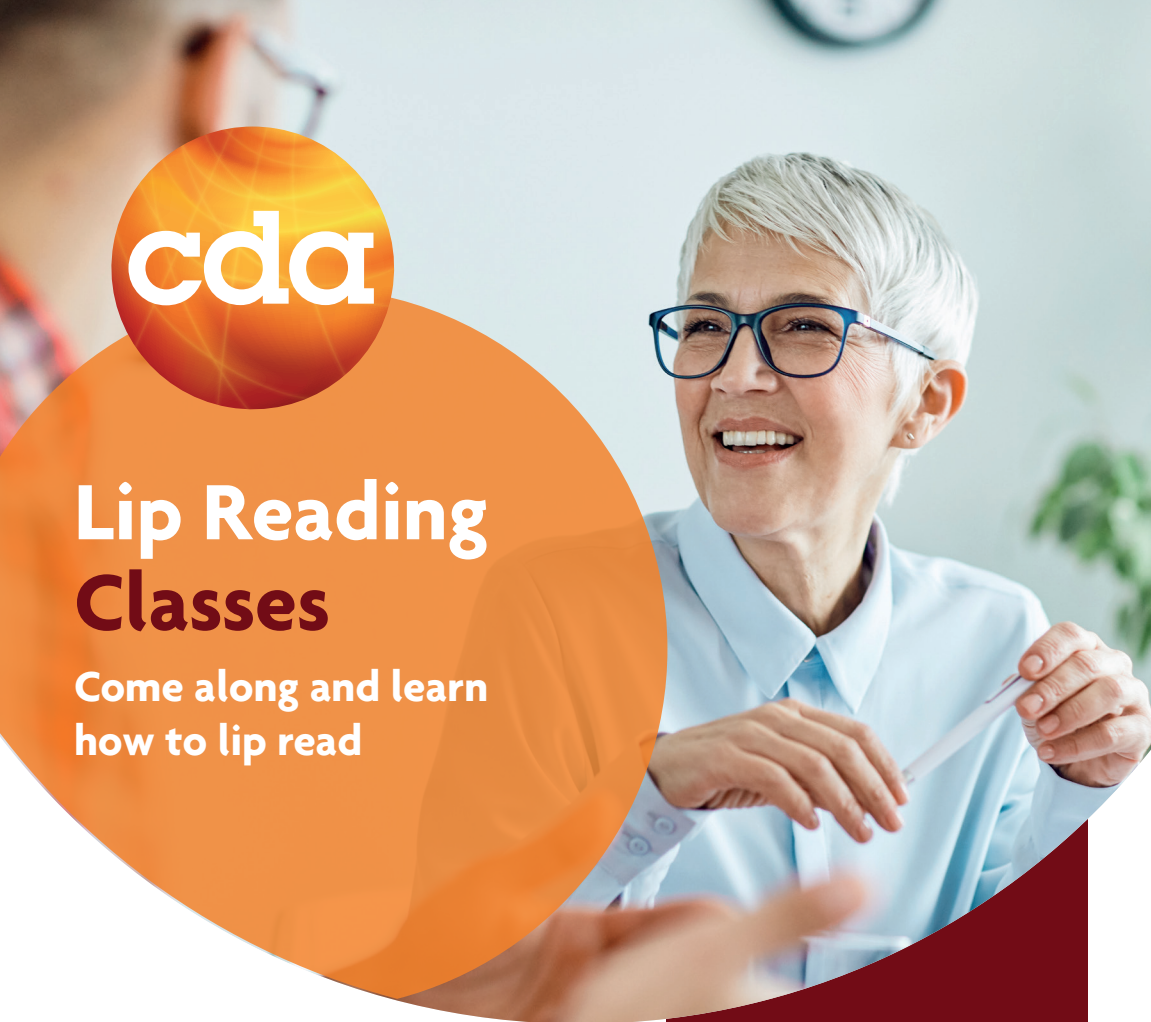
1 OCTOBER - 9.30AM - 4.30PM

**WESTWOOD COMMUNITY HUB, 31-35
HAMPTON COURT, WESTWOOD, PE3 7JB**

**Booking is essential. To book your place scan the
QR code, call 01733 385000 option 6 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.**





cda

Lip Reading Classes

Come along and learn
how to lip read

Welcome to our lip reading classes at
South Bretton Family & Community Centre

Every Tuesday from **12.30pm to 3pm** at **South
Bretton Family & Community Centre, Red Poll
Place, Tyesdale, Bretton PE3 9XZ.**

Enter via the door in the corner with the silver
sign next to the Premier shop.

Tuesdays

Social Get Together Time: 1230pm to 2pm
Class to run from 2pm to 3pm

Autumn / Winter Term

24th September to 3rd December

Half term: No class :

Week commencing 29th October

10 Classes

To book your place email

riley.astrup@cambsdeaf.org
or call **01223 416141**



01223 416141



Cambridgeshire
deaf association

cambsdeaf.org

FREE!

Westraven Community Garden

APPLE PRESSING

A PLACE FOR NATURE /
A SPACE TO GROW

Make some delicious
super-fresh apple juice using
apples from our orchard!

Sat 5th October

**10am to 12pm /
1pm to 3pm**

Bring your own apples as well!

Westraven Community Garden

Hartwell Way, Peterborough, PE3 7LX

westraven.co.uk



WestRaven
Community Garden



SMART MONEY

Budgeting and money maximisation session

Westwood Community Hub 31-35
Hampton Ct, Westwood,
Peterborough PE3 7

Tuesday 8th October 2024

1pm - 3 pm



**With Household budgets
feeling the pinch
this course is designed to
give you the skills
to budget and manage your
finances**

**For more info or to book call 01733 396404 or
email community@crosskeyshomes.co.uk.**

PROMOTE YOURSELF TO ACE THE JOB



Do you struggle to really sell yourself either in job applications or interviews?

- Join us to explore what you're really good at
- Walk away feeling more confident about yourself
- Know how to really sell yourself to employers

This service is open to everyone. You do not need to be a CKH resident to come along.



Workshop held:
Thursday 10 October
10am - 11am
At Westwood Community
Hub, PE3 7JB

Booking is essential. To book your place scan the QR code to go to our website. You can also call 01733 385000 option 6 or email community@crosskeyshomes.co.uk.



Don't forget to follow us on Facebook to keep up to date

Get Ready for Work: Employability Skills

Where: Westwood
Community Hub, PE3 7JB
When: 11/10/2024 -
25/10/2024
How long: 3 sessions
Time: 10:00am - 2:00pm
Reference: Q00015774
Cost: Free if on benefits/low
wage

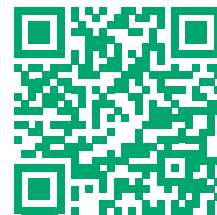
Get your job search off to a great start! Covering essential tips and techniques, we will look at how to create an up-to-date CV and covering letter as well as online applications. Delivered in an engaging manner with practical activities and plenty of support from your tutor, this course will give you the tools and motivation to get your job search started.

More information: asleight@wea.ac.uk or gmler@wea.ac.uk
Sign up on our website or scan the QR code with course ref. Q00015774



Find out more:

Simply visit
**[thewea.info/
findmycourse](http://thewea.info/findmycourse)**
or call **01132
002194**



Scan this QR
code to book
online, using a
smartphone or
tablet.

If you receive certain benefits you
may be entitled to a free course.



**Adult Learning
Within Reach**

The WEA is a charity registered in England and Wales
(no. 1112775) and in Scotland (no. SC039239).

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.

Running weekly between 1pm and 3pm at our Westwood Community Hub, 31-35 Hampton Court, Westwood, Peterborough PE3 7JB



Booking is essential. To book your place please 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.

Westraven Community Garden

PUMPKIN SEEDS & PUMPKIN SOUP

FREE!

celebrate the mighty pumpkin
and experience cooking
outside with fruit and veg
picked fresh from the garden!

Thursday 17th Oct

11am – 1:30pm

book your place via our website...

Westraven Community Garden

Hartwell Way, Peterborough, PE3 7LX

westraven.co.uk



WestRaven
Community Garden



NEW CKH Careers Club



Feeling discouraged or unmotivated to continue a seemingly endless **job search**?

Join us at the new Careers Club for **FREE** employment, training, information and guidance, tailored to your needs.

**Monthly from Monday
23 September 2024**

10:30am- 12:30pm

Bretton Library

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

Careers Club 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 385000





STRESS LESS

Course

Wednesday 23rd October 10am - 12pm

- Understand where anxiety and stress originate
- Learn about the physiological effects of anxiety
- Learn how to manage anxiety for interviews
- Learn how to improve confidence



Held at : Westwood Community Hub,

31-35, Hampton Court, Peterborough PE3 7JA

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

To find out more call 01733 396404 or
email community@crosskeyshomes.co.uk.



PICK A PUMPKIN

***Join us at the WestRaven Community Garden
for pumpkin carving and decorating, arts and
crafts, homemade pumpkin soup, a fancy
dress competition and sweet treats***



**WEDNESDAY 30TH OCTOBER
10.30AM - 12PM OR 1PM - 2.30PM
WESTRAVEN COMMUNITY GARDEN,
HARTWELL WAY, PE3 7LX
£2 PER CHILD**

TO BOOK VISIT

westraven.co.uk/events-eventbrite

#EatYourPumpkin





Spooktacular Kids Halloween Activities

FREE



Join us for a hauntingly fun time at our
Wellbeing Garden

Thursday 31st October 1pm - 4pm

Wellbeing Garden Olive Road , Dogsthorpe , Peterborough



Activities include :

Paint a wooden pumpkin

Make your own spooky Lantern

And more ghostly activities!



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



To book your place scan the QR code, call 01733 385000 option 6 or email
community@crosskeyshomes.co.uk

KIDS HALLOWS EVE DISCO & PARTY

£2

WestRaven Community Cafe

THURSDAY 31ST OCTOBER

4pm to 6pm

£2.00 Per Child Including food

Fancy Dress Optional

Booking essential

To book call: 01733 330040

or pop into the cafe to buy a ticket

Westraven Community Cafe

24-28 Hampton Court, Peterborough, PE3 7JA

westraven.co.uk



WestRaven
Community Café and Garden

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 have 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**

**Anytime, Monday -
Thursday
9.30am - 4pm**



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

CKH Careers Club



Unsure about your career future?

Need some free advice, info, and guidance?

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.

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

Bretton Library, Once a month on a
Monday, 10:30am - 12:30pm

Orton Library, Every Tuesday, 9:30am -
12:30pm

Customer Central, Every Tuesday,
9:30am - 12:30pm

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

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

Careers Club 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 385000



Employment Support for Parents



Are you looking for work or training? Are you struggling to find work that fits around your children and need some extra help?

Our session 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 session

The session runs:

The last Monday of every month 11am-1pm at Westwood Community Hub, 31-35 Hampton Court, Westwood, PE3 7JB

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



To book your place 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.

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.



Healthy You

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



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.





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.



Every Tuesday

9:30am - 10:15am

at

West Raven Community Café

Hampton Court, Westwood. PE3 7JA

Telephone: 01733 574038



No need to book, just come along.



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

Tel: 01733 574038

Every Thursday

1:00pm– 2.30pm at Orton Child & Family Centre

Tel: 01733 391652



Visit our Facebook page.



**Believe in
children
Barnardo's**





LITTLE BEARS



Stay and Play

Tuesdays

10am to 11.30am

Judith's Field Pavilion

London Road,

Godmanchester, PE29 2WB

Cambridgeshire
**Child and Family
Centres**

- An all round Stay and Play session with messy play, small world, construction and crafts
- Suitable for ages 0 to 5 years

£2 per session, concessions available



01480 372700

CHILDANDFAMILYCENTRE.HUNTS@CAMBRIDGESHIRE.GOV.UK



Song, Rhyme & Story Time



FREE Session

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

11am - 12pm

at

South Bretton Family & Community Centre

Redpoll Place, Bretton. PE3 9XZ

Telephone: 01733 574038



No need to book just turn up. For further information contact First Steps Child and Family Centre on 01733 295860 and a member of staff will be happy to help you.



Or visit our Facebook page at:
@BarnardosChildFamilyCentres

**New time
added!**

**Learn
My Way**



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

**Every Wednesday 10am - 12noon and from the 7th
August 1pm - 3pm**

**We have tutors to assist
you right the way through
the programme.**



**Booking is essential. To book your place
scan the QR code, call 01733 385000 option
6 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 Food Hygiene Courses



Level 1 and Level 2 available

Are you interested in a career in catering and enjoy cooking?

**Sessions run every Wednesday 10am - 12noon
Westwood Community Hub, 31-35 Hampton Court,
Westwood, PE3 7JB**

The training modules included in this course include:

- Introduction to food safety
- Microbiological hazards
- Food poisoning and its control
- Contamination hazards and controls
- Safe handling and storage of food
- Personal hygiene
- Food pests and pest control
- Cleaning and disinfection



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.**



FREE Functional Skills Sessions



English and Maths

Want 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?

Sessions run every Wednesday 10am - 12noon
Westwood Community Hub, 31-35 Hampton Court, Westwood, PE3 7JB

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.



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.



Dive into the magical world of gardening in our peaceful Wellbeing Garden!

Please contact to book on . Sessions usually run on
a Wednesday but are subject to change .



OPEN TO ALL

Olive Road , Dogsthorpe , Peterborough
to find out more and get involved call 01733 396404

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



Bretton Open Access Play & Youth Club Sessions

**Families First would like to invite 5 - 12 year olds
and families for free Open Access Play Sessions on -**

- Saturdays, 10 - 1pm at Crofts Corner, Essendyke, Bretton, from 7th September.

<><><><><><><><>

Youth Clubs

Young people in year 7 and upwards are invited to -

- Mondays, 5.30 - 7pm at Crofts Corner, Essendyke, Bretton, from 9th September.

&

- Wednesdays, 6 - 7.30pm at the South Bretton Family & Community Centre, Redpoll Place, Tyesdale, Bretton, from 11th September.



For further information contact Cherry Lester on 07851 424925.

WestRavens Little Wanderers

THURSDAYS TERM TIME ONLY

9.30AM - 11AM

WestRaven Community Garden, Hartwell Way, PE3 7LX



Join us at the WestRaven Community Garden for our weekly sessions of our well loved Little Wanderers, where children can explore, play, grow and learn new skills outdoors.

For children from crawling to 5 years.

Mud Kitchens, Obstacle Courses, Sand Pits, Water Walls, Play Equipment, Ride Ons, Arts and Crafts and much more.

£3.50 per session, per child.

To book your place contact
danielle.parkin@crosskeyshomes.co.uk
Booking Essential





Little Feet Parent & Toddler Dance Class

Wednesdays Term Time
9.45am - 10.15am

**Just £2 per
session**

WestRaven Community Cafe
Hampton Court, Westwood
PE3 7JA

To find out more contact
danielle.parkin@crosskeyshomes.co.uk
Booking Essential



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



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 to 12pm**



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

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



YOUNG PERSONS DROP IN

Every Thursday 12 - 4pm

Are you a young adult who has recently left the care system?

Don't miss our Peterborough care leavers drop in where you can access :

- Courses around employment and mental health
- Help with budgeting
- The Leaving Care duty service will be on hand to provide support
- Housing support
- FREE meal and a drink provided *

*Limited numbers available



Held at : Westwood Community Hub,
31-35, Hampton Court, Peterborough PE3 7JA

This service is open to everyone. You do not need to be a CKH resident to come along.

To find out more call 01733 385000 (option 6 or use the QR code:





Come and join Brownies

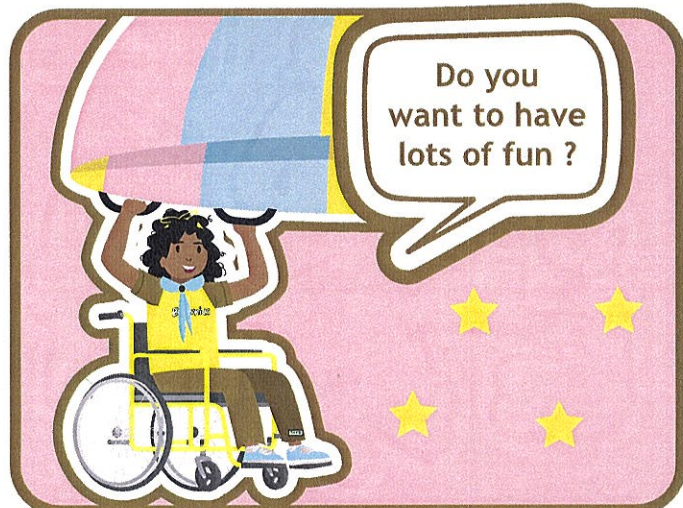
Girls age 7-10

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 please
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.**





WestRaven
Community Café

Westraven Community Cafe **Community cooking club**

Join us every **Friday**
2pm - 3pm

for FREE coffee and cake to
share cooking tips and recipes
FREE cooking class on the **first**
Friday of every month
10am - 3pm

Booking essential: 01733 330040
Or just pop in to:

Westraven Community Cafe
Hampton Court, Peterborough, PE3 7JA
westraven.co.uk



Chill & Chat - Bretton



Friday
10am to 11.30am



South Bretton
Child & Family Centre
Tyesdale, Bretton, Peterborough,
PE3 9XZ



Hosted by NCT Peer
Supporters



Free to attend,
no booking required



95% felt the group they attended had a positive impact on their mental wellbeing