



WestRaven
Community Café

Community cooking class over Christmas

Cooking classes before the festive period will be delivered on **Friday**

1st November and 22nd

November 10am - 3pm

There will be no December class

Continue to join us every **Friday**
2pm for our Community Cooking
Club

Booking essential: 01733 330040

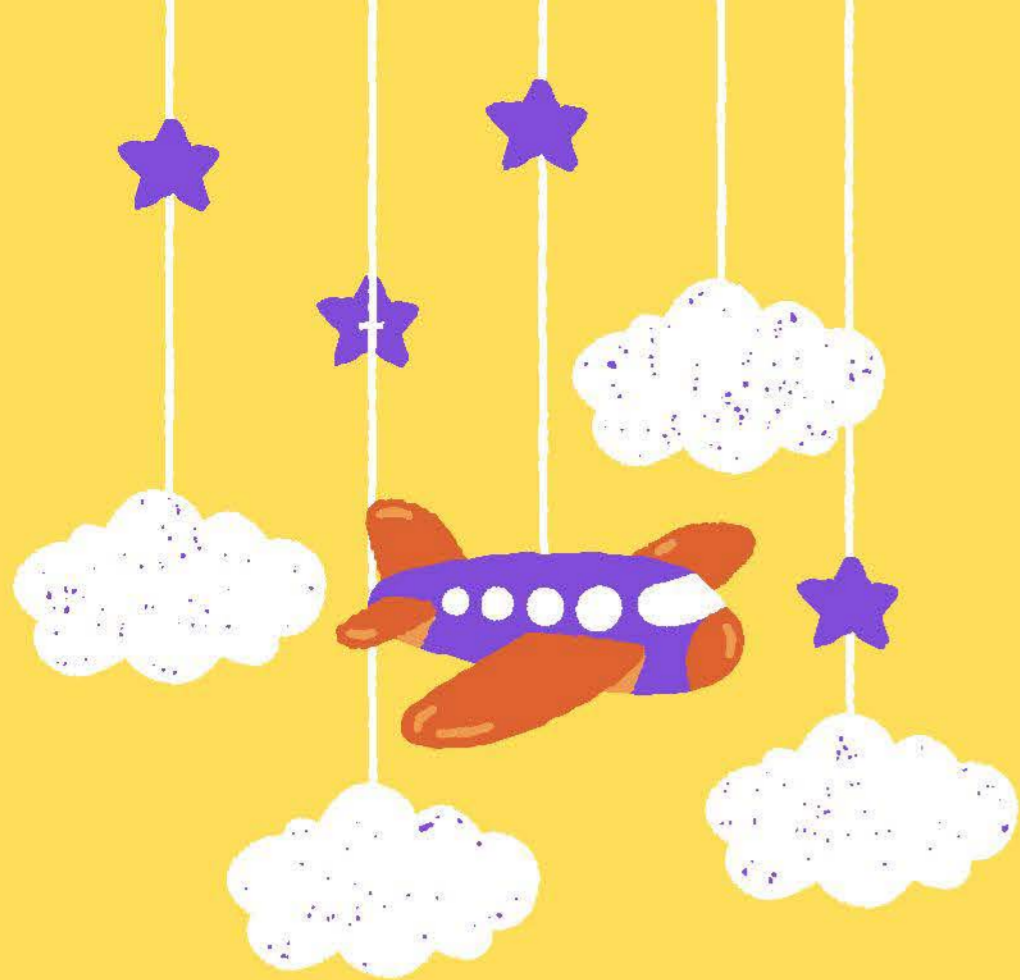
Or just pop in to:

Westraven Community Cafe

Hampton Court, Peterborough, PE3 7JA

westraven.co.uk





WestRaven

Stay & Play



**Mondays Term Time
10am - 11.30am**

**WestRaven Community Cafe
£1 per Child
From Birth to 5 years**

**Toys, Arts &
Crafts, Singing,
Drink and snack
included**



**Starting Monday 4th
November 2024**



Transform your job searching habits



Discover a new way to find a job on
14 November, 10am to 11am at
Westwood Community Hub.

Learn positive job habits and effective
job searching, so that you can find the
perfect job for you.



Please note that this event is 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 option 6 or email community@crosskeyshomes.co.uk.



Autumn Bazaar

Westraven Community Cafe

Friday 15th November

12pm - 2pm

Including Stalls,
Tombola and Raffle

Stalls £5, call 01733 330040 to book

Westraven Community Cafe

24-28 Hampton Court, Peterborough, PE3 7JA

westraven.co.uk



WestRaven
Community Café and Garden





WestRaven
Community Café and Garden

QUIZ NIGHT!

Join us for a night of quizical fun at the
Westraven Community Cafe!

FRIDAY 22ND NOV

6PM ONWARDS

£5 - QUIZ & FISH AND CHIPS

UP TO 6 FOR A TEAM

Please book at the Café or
by phoning 01733 330040



westraven.co.uk

**Hampton Court
Westwood
Peterborough
PE3 7JA**

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
- Wounds & bleeding
- Bandaging
- What to do in an emergency
- Accident reporting
- Other work related
accidents/illnesses/scenarios



25 NOVEMBER, 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.



Employment for Parents Course



Are you a parent who is looking for work or training? Are you struggling to find work that fits around your childcare commitments?

This short course will help parents to build confidence for work, identify their key skills and explore options for work that fit around their childcare commitments.

The course runs:

Monday 25th November and 2nd December 9.30am-11.30am 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.

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.

FREE Stop Smoking Support

Introducing Healthy You's Stop Smoking Clinic...

Come along and find out about the options available to support you with quitting smoking and the 'Swap to Stop' scheme

Every Monday starting 16th Sept, 09:30-12:30

**Westwood Community Hub
Cross Keys Homes
31-35 Hampton Ct, Westwood,
Peterborough
PE3 7JB**



Scan here for more info



Cambridgeshire
County Council



PETERBOROUGH
CITY COUNCIL

Funded by Cambridgeshire County Council and Peterborough City Council



Healthy You

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.



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.



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

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.



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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



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**



Cambridgeshire
deaf association

cambsdeaf.org



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



Walk ins
welcome
No need to
book



CHAIR YOGA

Wednesday's Term Time

10.30am - 11.15am

£2.50

WestRaven Community Cafe, Hampton Court,
Westwood, PE3 7JA

All Abilities Welcome

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



**New time
added!**



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

Every Wednesday either 10am - 12noon or 1pm - 3pm

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

Get in touch if you would prefer to complete this at home

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 385000 option 6 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 either 10am - 12noon or 1pm - 3pm
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.

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**



Come and join Brownies

Girls age 7-10

Your nearest Brownie unit is

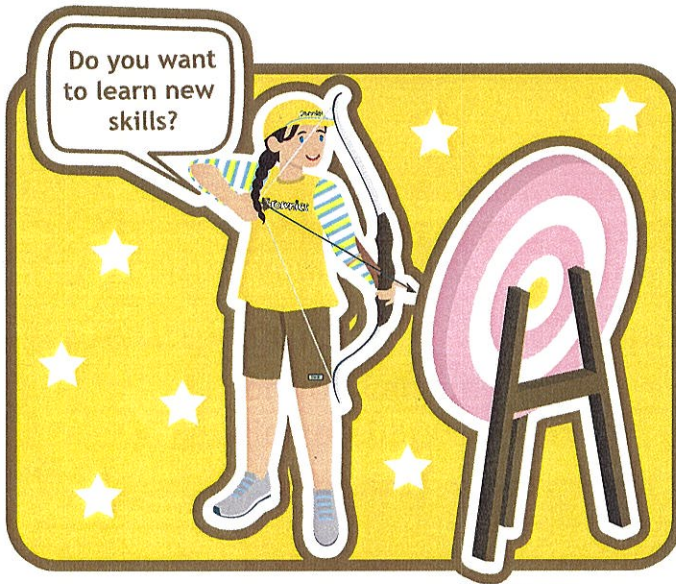
1 South Bretton
Family and
Community Centre

Register your interest by visiting

www.girlguiding.org.uk/joinus

or you can ring

Girlguiding on 0800 169 5901



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

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.**

