

# Events and Courses



## January 2025 –

## Look what's new this month!

Please note, all our activities are FREE, and are open to all (even if you are not a CKH resident) unless otherwise stated.

**Jobseekers Tool Kit** - The job seekers tool kit provides monthly sessions starting with improving motivation, confidence and job goal setting. Each month will provide job seekers with the tool they need to increase their chances of finding work

**Thursday 9th January 2025**

**10am – 12pm**

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

*To register your interest, 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/>*

**Lip Reading Class** – Delivered by Cambridgeshire Deaf Association. Come along and join us to learn how to lip read.

**Starting Tuesday 14<sup>th</sup> January - Tuesday 25<sup>th</sup> March 2025 – term time only**

**12.30pm – 3pm**

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

*To book your place email [riley.astrup@camsdeaf.org](mailto:riley.astrup@camsdeaf.org) or call 01223 416141*



**Zumba** – Free Zumba to those over the age of 55, every Wednesday

**Starting Wednesday 15<sup>th</sup> January 2025**

**6.30pm – 7.15pm**

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

*Booking is essential, either pop into the Café or give them a call to book your place on 01733 330040*

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**Employment Support for Parents** – 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.

**Monday 27<sup>th</sup> January & 3<sup>rd</sup> February 2025**

**10am – 12pm**

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

*To register your interest, complete the online form for your preferred session -*

*<https://www.crosskeyshomes.co.uk/finding-work> or email*

*[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 for more details and to book your place.*

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## On-going sessions

**Community Library** – Pop in and pick up a book to take home to read or sit in the hub and read it with company.

**Available Monday - Thursday during January**

**9.30am – 4pm**

**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/>***

**Stop Smoking Support** - Stop smoking clinic you can access a free vape with e liquid and ongoing support (12 weeks), face to face and telephone. Referral only.

**Every Monday during January**

**9.30am – 12.30pm**

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

***To register your interest to be referred, complete the online form -***

***<https://www.crosskeyshomes.co.uk/health-and-wellbeing>***

***For more information follow Cross Keys Homes on Facebook -***

***<https://www.facebook.com/crosskeyshomespeterborough/>***

**Stay & Play** – Weekly term time stay and play group for 0-5 year olds with toys, arts, crafts and singing. Drink and snack included – Cost £1 per child

**Every Monday during January**

**10am – 11.30am**

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

**No need to book, just come along on the day.**

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**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 January**

**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/health-and-wellbeing> or email

[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 for more details and to book your place.

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**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.

**Every Monday during January**

**1pm – 3pm**

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

*Pre-booking is essential, to book your place complete the booking form on our website*

<https://www.crosskeyshomes.co.uk/mental-health> or email

[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404.

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

**Every Monday during January 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)**

**Careers Club** – Weekly Employability support sessions with IT access and 121 support – Includes creating or updating your CV, job search, interview practice.

**Monday 13<sup>th</sup> January 2025**

**2.30pm – 4.30pm**

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

**Monday 27<sup>th</sup> January 2025**

**10.30am – 12.30pm**

**Bretton Library, The Cresset, PE3 8DS**

**Every Tuesday during January**

**9.30am – 11.30am**

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

**Every Thursday starting on 9<sup>th</sup> January**

**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/finding-work> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 to book your place.***

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**Song, Rhyme & Story Time** – Run by Barnardo’s Song, rhyme & story Time, Early language & literacy for children aged 0-5 years.

**Every Tuesday during January**

**9.30am – 10.15am**

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

**Every Tuesday during January**

**11am – 12pm**

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

***For more details call 01733 574038 or just come along on the day, no need to book.***

**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 January**

**10am – 11.30am**

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

***Call 01733 574038 for more information.***

**Every Thursday starting 9<sup>th</sup> January**

**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/>***

 [info@crosskeyshomes.co.uk](mailto:info@crosskeyshomes.co.uk)

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**Little Bears, Stay and Play** – Cambridgeshire child and family centre run all round stay and play session with messy play, construction and crafts, suitable for 0-5 year olds. Costs £2 per session, concessions available

**Every Tuesday during January**

**10am – 11.30am**

**Judiths Field Pavilion, London Road, Godmanchester, PE29 2WB**

**Call 01480 372700 or email [childandfamily.hunts@cambridgeshire.gov.uk](mailto:childandfamily.hunts@cambridgeshire.gov.uk) for more details.**

**Little Feet** – Parent and toddler dance class, £2 a session. Aimed at children 0-6 years

**Every Wednesday during January – Term time only**

**9.45am – 10.15am**

**Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA**

**Book your place email – [danielle.parkin@crosskeyshomes.co.uk](mailto:danielle.parkin@crosskeyshomes.co.uk)**

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

**Chair Yoga** – Yoga classes for all abilities. Cost £2.50, no need to book, walk in's welcome.

**Every Wednesday during January – Term time only**

**10.30am – 11.15am**

**Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA**

**To find out more contact – [danielle.parkin@crosskeyshomes.co.uk](mailto:danielle.parkin@crosskeyshomes.co.uk)**

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**Learn My Way** – Basic IT introduction course for beginners – learn how to stay safe online and use the internet.

**Every Tuesday during January  
10am – 12pm**

**Every Wednesday starting on 8<sup>th</sup> January  
10am – 12pm or 1pm – 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/learn-computer-skills> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 to book your place*

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**Food Hygiene** – Gain a Level 1 Food Hygiene Qualification for anyone wanting to work in catering or a kitchen. Can progress to the Level 2

**Every Wednesday starting on 8<sup>th</sup> January  
10am – 12pm or 1pm – 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/get-a-qualification> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 to book your place*

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**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 BKS B portal so that you can learn, improve and gain a national recognised qualification in Functional Skills English and Maths

**Every Wednesday starting on 8<sup>th</sup> January**

**10am – 12pm or 1pm – 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/get-a-qualification> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404.*

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**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 starting on 8<sup>th</sup> January - subject to change.**

**10am – 3pm**

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

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**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 starting on 15<sup>th</sup> January - 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/>*

**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 starting on 9<sup>th</sup> January**

**9.30am – 3pm**

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

*To register your interest, complete the online form - <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 and to book your place.*

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

**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 starting on 9<sup>th</sup> January**

**10am – 12pm**

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

**No need to book, just come along and join in!**

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**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 January – 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**

**NCT - Chill & Chat session** – Delivered by National Childbirth Trust and hosted by NCT Peer Supporters – Bumps & babies group for young children aged 0-5 years and parents. No need to book just come along to the session.

**Every Friday starting on 10<sup>th</sup> January**

**10am – 11.30am**

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

**For more information visit - <https://www.crosskeyshomes.co.uk/mental-health>**

**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 starting on 10<sup>th</sup> January**

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

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**Community Cooking Club** – Community cooking club with coffee and cake to share recipes and cooking tips.

**Every Friday starting back on 3<sup>rd</sup> January  
2pm – 3pm**

**Free Cooking class**

**Friday 10<sup>th</sup> January 2025  
10am – 3pm**

**Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA**

***Booking is essential, either pop into the Café or give them a call to book your place on  
01733 330040***