

# Events and Courses



## February 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.

**Before School Breakfast** – Westraven Café are opening up to provide a breakfast for children before heading off to school.

**Starting Monday February 3<sup>rd</sup>, 2025 - available Monday - Friday**

**8am – 8.30am**

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

**No need to book, families can just turn up!**

**Warm soup for anyone during the winter months** – Westraven Café are opening up as a warm hub during the cold winter months, serving soup to anyone.

**Starting Monday February 3<sup>rd</sup>, 2025 - available Monday - Friday**

**11am – 2pm**

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

**No need to book, just pop along to the warm hub**

**Chair Exercises** – aimed at those over the age of 55, all abilities welcome.

**Every Monday starting 3<sup>rd</sup> February, during February – Term time only**

**1pm – 1.45pm**

**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)

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



**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 6th 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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**Dinner for Pensioners** – If you are over the age of 60 years, come along to the Café and enjoy a dinner on us.

**The first Thursday of the month – February 6<sup>th</sup>, 2025**

**12pm – 2pm**

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

***Booking is essential, to book your place collect a ticket from a member of staff at the Café.***

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

 [www.crosskeyshomes.co.uk](http://www.crosskeyshomes.co.uk)

 [CrossKeysHomesPeterborough](https://www.facebook.com/CrossKeysHomesPeterborough)

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**FREE! Nene Park Ranger Work Experience 10-week course** – Aimed at 18 - 24-year-olds who are not in employment, education or training. The programme will introduce young people to the life of a Park Ranger at Nene Park, Reserve Wardens with Froglife and Community Gardener at Westraven Garden. Each week is different and will cover activities such as woodwork, coppicing, pond restoration, pond maintenance, scrub maintenance and meadow clearance and preparation for wildflower meadowing seed sowing.

**Starting Tuesday 11<sup>th</sup> February 2025**

**1pm – 3.30pm**

**Nene Park, Ferry Meadows, Peterborough**

*To register your interest, complete the online form -*

*<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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**Valentine Day Meal** – Treat the one you care about to a romantic 2-course steak meal – cost £10 per person.

**Friday February 14th, 2025**

**Serving between 4pm – 6pm**

**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.*

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

**Monday 17<sup>th</sup> February 2025**

**9.30am – 4.30pm**

**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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**Stress Less** – The course will cover, understanding where stress and anxiety originate, learn about the physiological effects of anxiety, learn how to manage anxiety for interviews, learn how to improve confidence.

**Wednesday 19<sup>th</sup> February 2025**

**10am – 12pm**

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

*To register your interest, complete the online form - <https://www.crosskeyshomes.co.uk/mental-health> 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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**Healthwatch** – Healthwatch will be available to speak to customers about how happy they are with Health and Social Care services in Peterborough.

**Friday 21<sup>st</sup> February 2025**

**12pm – 2pm**

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

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**Two-day Bootcamp for Young People** – Learn tools and techniques for conservation and create charcoal on the bonfire. Aimed at those aged 18-25 years and not in education, employment or training.

**Wednesday 26<sup>th</sup> & Thursday 27<sup>th</sup> February 2025**

**10am – 3pm**

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

*To book your place email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk)*

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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 February**

**9.30am – 4pm**

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

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

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***<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 February**

**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 February – Term time only**

**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 February**

**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 February**

**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 February - 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 10<sup>th</sup> February 2025**

**2.30pm – 4.30pm**

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

**Monday 24<sup>th</sup> February 2025**

**10.30am – 12.30pm**

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

**Every Tuesday during February**

**9.30am – 11.30am**

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

**Every Thursday during February**

**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 February**

**9.30am – 10.15am**

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

**Every Tuesday during February**

**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 February**

**10am – 11.30am**

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

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

**Every Thursday during February**

**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 February**

**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.**

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

**Every Tuesday during February**

**10am – 12pm**

**Every Wednesday during February**

**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***

***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.

**Every Tuesday to 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**



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

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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 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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[www.crosskeyshomes.co.uk](http://www.crosskeyshomes.co.uk)

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**Chair Yoga** – Yoga classes aimed at those over the age of 55, for all abilities.

**Every Wednesday during February – 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)

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

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

**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 February - 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*

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

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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 during February - 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.*

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

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

**Every Wednesday during February**

**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***

***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 during February**

**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 during February**

**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 February – 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 during February**

**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 during February**

**12.30pm – 2.30pm**

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

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***<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 during February  
2pm – 3pm**

**Free Cooking class**

**Friday 7<sup>th</sup> February 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***