

STARTS  
3RD  
FEBRUARY  
2025

# Free Before school Breakfast for ALL children

**Every morning  
8am - 8.30am**

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



COMIC  
RELIEF



WestRaven  
Community Café



**Westraven Community Cafe**

**Warm Hub**

**Free Warm Soup  
during the colder  
months**

**11am to 2pm**

**Everyday**

**Starting 3 February 2025**

Westraven Community Cafe

24 - 28 Hampton Court,

Westwood,

PE3 7JA

[westraven.co.uk](http://westraven.co.uk)



**WestRaven**  
Community Garden

**COMIC  
RELIEF**

**GROUNDWORK**  
CHANGING PLACES  
CHANGING LIVES

FREE  
EXERCISE  
CLASSES FOR  
OVER 55'S



# CHAIR EXERCISES

Monday's Term Time

1.00pm - 1.45pm

# CHAIR YOGA

Wednesday's Term Time

10.30am - 11.15am

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

All Abilities Welcome

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



*Starting  
Thursday 6  
February  
2025*

# **Free dinner for pensioners every month**

*Join us on the first Thursday  
of every month  
\*Booking Essential\**

*For those over 60, enjoy a free dinner on  
us - to book your place collect a ticket  
from a member of staff at the  
Westraven Community Cafe*

*24-28 Hampton Court - Peterborough - PE3 7JA*



# Job seekers toolkit



Improve your chance of gaining employment. Join every session or just the ones you need to grow your skills. Each session is based on feedback from employers and job seekers to help you find work.

## Timetable of events

Date of Session	Topic	Time	Venue
Thursday 6th February 2025	Effective job searching and CV building	10am - 12noon	<b>Westwood Community Hub, 31-35 Hampton Court, Westwood, PE3 7JB</b>  Please ask about support with travel
Thursday 6th March 2025	Identifying your skills for jobs	10am - 12noon	
Thursday 3rd April 2025	Writing your personal specification and supporting statements	10am - 12noon	
Thursday 8th May 2025	Complete your cover letter	10am - 12noon	
Thursday 5th June 2025	Interview prep	10am - 12noon	
Thursday 12th June 2025	Mock interviews	10am - 12noon	

Careers 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 385000



# Welcome to the NENE PARK RANGER PROGRAMME

18 - 24 and enjoy spending time outdoors in nature or have a passion for horticulture?



Perhaps you feel a bit low on confidence and are looking to enhance your communication skills?

Immerse in Park Rangers and Wardens roles for **10 weeks**, gaining skills like:

- Coppicing,
- Tool maintenance,
- Tree planting,
- Woodwork,
- How to conducting reptile surveys.

**Date: Every Tuesday from February 11th 2025**

**Time: 1pm to 3:30pm** and run for 10 weeks. You are required to attend every session.

**Venue: Different venues across Peterborough.**

**Support with Travel is available if needed.**

**Criteria: Currently not in education, employment and/or training.**

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



Nene Park



To find out more and book a place just scan the QR code and complete the enquiry form on the website. You can also call 01733 396404 or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk).



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

£10

# *Valentines Day Meal*

*Treat the one you care  
about with a romantic 2  
course steak dinner*

*Friday 14th February 2025*

*Serving between 4pm and 6pm*

*Booking essential - 01733 330040 or direct at the cafe*

*Westraven Community Cafe  
24-28 Hampton Court, Peterborough, PE3 7JA*



**WestRaven**  
Community Café

# 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



**17 FEBRUARY, 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](mailto:community@crosskeyshomes.co.uk)**

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# STRESS LESS

## Course

Wednesday 19th February 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,**

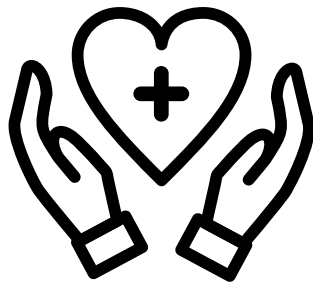
31-35, Hampton Court, Peterborough PE3 7JB

**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](mailto:community@crosskeyshomes.co.uk)



Ready to share your thoughts  
on your local health and social  
care services? Your opinion  
matters!



Healthwatch will be visiting us  
21 February @ 12noon  
WestRaven Community Cafe



healthwatch  
Cambridgeshire

healthwatch  
Peterborough

**CV BOOSTER!**

**Westraven Community Garden**

# 2 DAY BOOTCAMP FOR YOUNG PEOPLE

Conservation, Carpentry and  
Working with Fire

**26th & 27th February**

**10am to 3pm**

Learn tools and techniques for conservation,  
and create charcoal on a bonfire.

Excellent for young people who want to boost  
their CV for outdoor work, and are

**aged 18 to 25 and *not in education,  
employment or training.***

**FREE!**



**Book your place! Use the QR code  
or email;  
[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk)**

**Westraven Community Garden**  
Hartwell Way, Peterborough, PE3 7LX  
**[westraven.co.uk](http://westraven.co.uk)**



**WestRaven**  
Community Garden

