

# 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

**CKH Skills Hub - New England**, Last  
Monday of every Month, 10am - 12noon

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

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

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

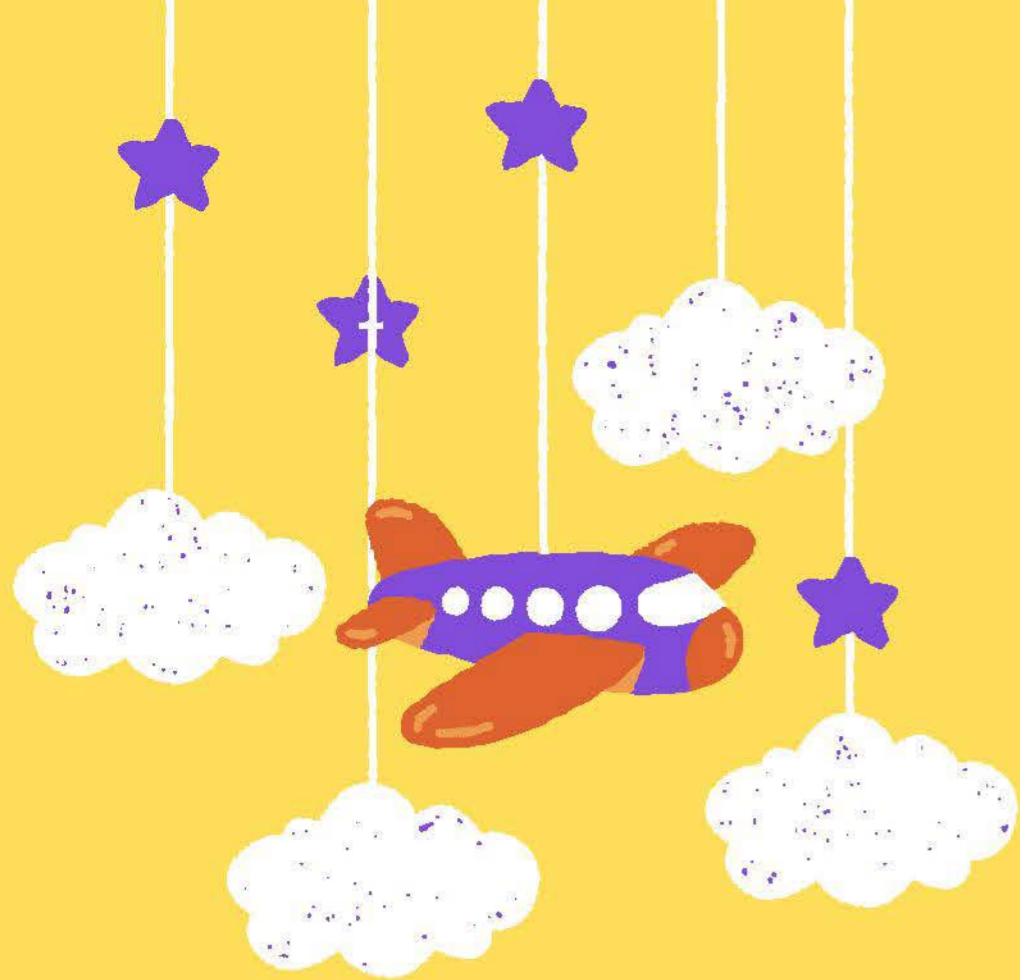
- Tailored support to your needs
- Building and updating effective CVs and Cover letters.
- Improving self-confidence when applying and going to interviews.
- Access to courses. training and upskilling

**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**





**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**



**No Booking Required**



WestRaven  
Cross Keys Homes  
Community Café and Garden



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)



WestRaven  
Cross Keys Homes  
Community Café and Garden



# 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](mailto: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](mailto: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



Or visit our Facebook page at:  
[@BarnardosChildFamilyCentres](#)

**BARNARDOS**

Changing childhoods.  
Changing lives.

# 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

10am - 11:30am



at

**Honeyhill Child & Family Centre  
& Family Hub**

**150 Chadburn, Paston. PE4 7DH**

*(Sat Nav: PE4 7DR)*

**Tel: 01733 574038**



Visit our Facebook page at:  
**@HoneyhillCFC**

**BARNARD'S**

Changing childhoods.  
Changing lives.



# 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](mailto:CHILDANDFAMILYCENTRE.HUNTS@CAMBRIDGESHIRE.GOV.UK)



# Job Seekers Toolkit

## Free Courses



Improve your knowledge and add to your CV by completing a range of FREE job related courses

We offer the following free to all:

- Learn My Way
- Food Hygiene Level 1 and Level 2
- Health and Safety Level 2
- Manual Handling

Westwood Community Hub, 31-35 Hampton Court, Westwood, PE37JB

Tuesday 10am - 12noon

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

Courses are available to **everyone** regardless if you are a CKH resident or not - priority is given to those seeking employment



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





## 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 Tuesday 10am - 12noon**

**Every Wednesday 10am - 12noon and 1pm - 3pm**

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



Booking is essential. Scan the QR code to go to our website. You can also call 01733 385000 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.

# 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**

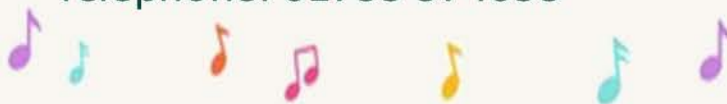
**11am - 12pm**

at

**South Bretton Family & Community Centre**

Redpoll Place, Bretton. PE3 9XZ

Telephone: 01733 574038



Or visit our Facebook page at:  
[@BarnardosChildFamilyCentres](#)

**BARNARDOS**

Changing childhoods.  
Changing lives.

# Job Seekers Toolkit

## Free Courses



Improve your knowledge and add to your CV  
by completing a range of FREE job related  
courses

We offer the following free to all:

- Learn My Way
- Food Hygiene Level 1 and 2
- Health and Safety Level 2
- Manual Handling

CKH Skills Hub,  
Shakespeare Avenue,  
Peterborough,  
PE1 3JW

Tuesday 1pm - 3pm  
Starting 9 September

Courses are available to **everyone** regardless if you are a CKH resident or not - priority is given to those seeking employment



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





# Little Feet Parent & Toddler Dance Class

A fun and interactive dance class covering all styles of dance with action songs, props, disco lights and much more

**Just £2 per session**

**Wednesdays Term Time**  
**9.45am - 10.15am**  
WestRaven Community Cafe  
Hampton Court, Westwood  
PE3 7JA

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

**Booking Essential**



WestRaven  
Cross Keys Homes  
Community Café and Garden



# 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](mailto:Community@crosskeyshomes.co.uk), scan the QR code or call 01733 385000 to register your interest.**





Autumn

## **Families First Update**

Monday Night Youth Club at Crofts Corner, from 5.30 to 7pm is on 20<sup>th</sup> October and returns on 3<sup>rd</sup> November.

Wednesday Night Youth Club at the South Bretton Family & Community Centre, Redpoll Place, Tyesdale, from 6 – 7.30pm is on 22<sup>nd</sup> October and returns on 12<sup>th</sup> November.

Open Access Play for children aged 5 to 13 years and families, at Crofts Corner on Saturdays, from 10 – 1pm is on 25<sup>th</sup> October and returns on 8<sup>th</sup> November.

For further information, please call 01733 262297 or email [cherry@familiesfirstpeterboroughcic.org](mailto:cherry@familiesfirstpeterboroughcic.org)

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

# 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.



WestRaven  
Cross Keys Homes  
Community Café and Garden



# ZUMBA IS BACK

EVERY  
WEDNESDAY

6.30PM TO 7.15PM



FREE

- Dance fitness aimed at those 55 and over, no experience needed
- No experience needed and two left feet welcome
- All moves can be modified and are perfect for everyone
- Just wear comfortable clothes and shoes and bring drinking water
- Boosts confidence, coordination & concentration
- Big on results and so much fun you'll forget you're working out

Please book at the Café  
or  
phone 01733 330040

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

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



# 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 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 Thursday

1pm - 2:30pm

at



**Orton Child & Family Centre  
& Family Hub**

**74 Herlington, Orton Malborne.**

**PE2 5PW**

**Tel: 01733 391652**



Visit our Facebook page at:  
**@Orton CFC**

**BARNARD'S**

Changing childhoods.  
Changing lives.



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

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

