

Bouncebackability!

What is resilience and how can we become more resilient?



We've joined with the RCE Wellbeing Hub to offer you a face-to-face Bouncebackability (resilience) course.

Join us to explore what resilience looks like and how we can grow our resilience (our ability to bounce back!)



During this course you will:

- Explore what resilience means
- Discover how to recognise and challenge unhelpful thinking styles
- Identify some alternative thoughts and behaviours that can promote our resilience

Wednesday 4 February

1.30pm - 3.45pm

**CKH Skills Hub,
Shakespeare Avenue,
Peterborough PE1 3JU**



To find out more about the support offered by the RCE Wellbeing Hub and to enrol on this course, scan the QR code to go to their website.



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 18 September 2025	Focus your job search for success	10am - 12.30pm	Westwood Community Hub, 31-35 Hampton Court, Westwood, PE3 7JB Please ask about support with travel Sessions are open to everyone regardless if you are a CKH resident or not
Thursday 16 October 2025	Adapt your CV to get the job you want	10am - 12.30pm	
Thursday 13 November 2025	Master your image, story and brand	10am - 12.30pm	
Thursday 11 December 2025	Stand out on paper: Master your cover letter and personal specification	10am - 12.30pm	
Thursday 15 January 2026	Keep going: staying positive, even when the job search is tough	10am - 12.30pm	
Wednesday 21 January 2026	Stress Less Course: understand and learn about anxiety and stress.	10am - 12noon	
Thursday 12 February 2026	Mock interviews with professionals	10am - 12.30pm	
Thursday 7 May 2026	Perform with confidence: Group interview and assessment prep	10am - 12.30pm	

Booking is essential. To book your place scan the QR code, call 01733 385000, or visit www.crosskeyshomes.co.uk/finding-work



Valentines Steak Night

Friday 13th February

3pm to 6pm

2 courses £10.00

book your table on: 01733 330040

Westraven Community Cafe

24-28 Hampton Court, Peterborough, PE3 7JA

westraven.co.uk



WestRaven
Cross Keys Homes
Community Café and Garden



WESTRAVEN'S February HAF CAMP

**Free Activities and Food for Pupil
Premium Children 5 - 11 years**

**Monday 16th February
9am - 1pm**

**Tuesday 17th February
9am - 1pm**

**WestRaven Community
Cafe and Garden**



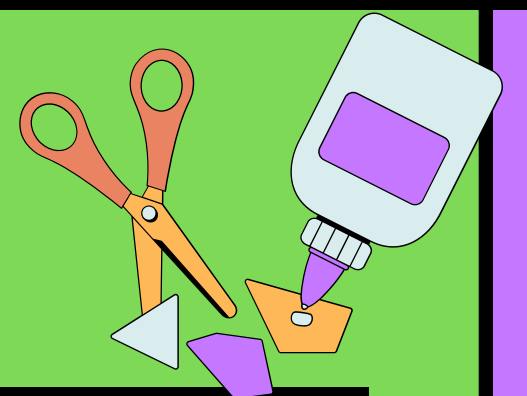
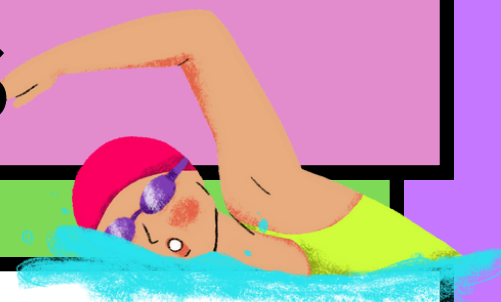
Scan the QR
Code below
to book
your child's
place



**Free Breakfast, Snack
and Lunch Included**

**Activities include arts
and crafts, games,
sports, cooking and a
private Swimming
session.**

Two days full of FUN!



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

<https://eequ.org/book/haf-westraven-community-cafe-and-garden-with-westraven-community-cafe-and-garden-8615>



WestRaven
Cross Keys Homes
Community Café and Garden



Department
for Education



Westraven Community Garden
FAMILY ACTIVITIES
BIRDS, BUGS + BEES

WILD SPACES / SHARED PLACES

Thursday 19th February
10am to 2pm

FREE!

Join us this half-term for a fun, hands-on workshop celebrating local wildlife.

Make bee hotels and bird feeders, enjoy bug and insect stories, and get creative using natural, eco-friendly materials.

A relaxed session full of simple ideas to support wildlife while getting closer to nature together.

Suitable for all ages and abilities.

All materials provided.

Westraven Community Garden

Hartwell Way, Peterborough, PE3 7LX

westraven.co.uk



WestRaven
Cross Keys Homes
Community Garden



crosscountry 



Ready to get stuck in? Join the Nene Park Rangers



For ages 18–25 | One week Outdoor experience






Love nature? Want to get stuck in and learn new skills outdoors?

Maybe you're looking to build confidence and improve communication skills?

*"I gained confidence and learned skills I never thought I'd try!" –
Past Ranger*



Step into the boots of a Park Ranger and Reserve Warden and gain hands-on experience in:

-  Coppicing
-  Tool maintenance
-  Tree planting
-  Woodwork
-  Reptile surveying techniques

Immerse Yourself in Nature

Monday 23 to Friday 27 February

2026. 1pm - 3:30pm



Scan the QR Code to sign up in 2 minute!

You can also call 01733 385000

Follow us on Facebook for updates and events.



Westraven Community Garden

BEE HOTELS & ECO WIGWAMS

FREE!

WILD SPACES / SHARED PLACES

Wednesday 25th February
10am to 2pm

Make Bee Hotels and Bug Snugs, a wigwam for insects, using natural, eco-friendly materials in this fun, hands-on workshop celebrating local wildlife.

A relaxed session full of simple ideas to support wildlife while getting closer to nature together.

Suitable for all 12+
All materials provided.

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