Events and Courses

March 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.

Healthwatch drop-in session – Healthwatch will be available to speak to customers about how happy they are with Health and Social Care services in Peterborough.

Thursday 6th March 2025 10am – 12pm Westwood Community Hub, 31-35 Hampton Court, Westwood PE3 7JB

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, this month's being about Identifying your own skills to match job adverts. Each month will provide job seekers with the tool they need to increase their chances of finding work

Thursday 6th March 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 <u>community@crosskeyshomes.co.uk</u> or call 01733 396404 for more details and to book your place.

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

<u>Dinner for Pensioners</u> – 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 – 6th March 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.







<u>Gardening Club</u> – A place for nature/space to grow - preparing the garden for fruit and veg. Starting Thursday 6th March 2025 and every Thursday during March 12pm – 2pm

Westraven Community Garden, Hartwell Way, Westwood PE3 7LX

Booking is preferred via Eventbrite <u>https://www.eventbrite.co.uk/e/gardening-club-learn-how-to-grow-fruit-veg-tickets-1234359264789?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=ebdsshcopyurl</u> or you can just turn up on the day.

For more information follow Cross Keys Homes on Facebook https://www.facebook.com/crosskevshomespeterborouah/

<u>Workwell Programme at Careers Club</u> – Come and find out more about the Workwell programme that is being delivered by Papworth Trust, that aims to help disabled people and those with health conditions to start and stay in work.

Thursday 13th March 2025 10am – 12pm Westwood Community Hub, 31-35 Hampton Court, Westwood PE3 7JB

To register your interest, complete the online form -<u>https://www.crosskeyshomes.co.uk/finding-work</u> or email <u>community@crosskeyshomes.co.uk</u> 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/





Employment 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 17th & 24th March 2025 10am – 12pm Westwood Community Hub, 31-35 Hampton Court, Westwood, PE3 7JB

To register your interest, complete the online form -<u>https://www.crosskeyshomes.co.uk/finding-work</u> or email <u>community@crosskeyshomes.co.uk</u> 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/

<u>WestRaven Community Group Meeting</u> – Members of the Westwood/Ravensthorpe community are invited to join us to share their views of what they would like to see from us at the WestRaven Café and Garden.

Tuesday 18th March 2025 10.30am – 11.30am Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA

No need to book, just come along on the day to have your say.

<u>Wellbeing Garden Engagement Event</u> – Come along and enjoy a complimentary cup of tea and cake while getting your hands dirty with some therapeutic gardening activities.

Wednesday 26th March 2025 10.30am – 11.30am Olive Road Wellbeing Garden, Dogsthorpe, PE1 4PT

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

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





<u>WestRaven Little Wanderers</u> – Free pop-up taster session for little wanderers, where children can explore, play, grow and learn new outdoor skills. For children from crawling to 5 years. Thursday 27th March & 3rd April 2025

10am – 11am WestRaven Community Garden, Hartwell Way, PE3 7LX

Book your place email - <u>danielle.parkin@crosskeyshomes.co.uk</u>

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

<u>Quiz Night</u> – £5 for quiz & a meal – up to 6 people per table, including burger and chips and a raffle Friday 28th March 2025 6pm – 9pm Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA

Tickets can be purchased by popping into the Café, by calling 01733 330040 or online at Eventbrite – a small admin fee is applied.

<u>Mother's Day Dinner</u> – 2 course roast dinner for £12 for Mother's Day. Sunday 30th March 2025 12pm – 2pm Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA

Advance booking is essential, and a deposit will be required, pop into the café to book your place.





On-going sessions - Daily

<u>Before School Breakfast</u> – Westraven Café is opening to provide a breakfast for children before heading off to school. Available daily Monday - Friday during March 8am – 8.30am Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA

No need to book, families can just turn up!

<u>Warm soup for anyone during the winter months</u> – Westraven Café is opening as a warm hub during the cold winter months, serving soup to anyone. Available daily Monday – Friday during March 11am – 2pm Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA

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

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

Available daily Monday - Thursday during March

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/





On-going sessions - Weekly

<u>Stop Smoking Support</u> - 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 March 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/

<u>Stay & Play</u> – 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 March – Term time only 10am – 11.30am WestRaven Community Café, Hampton Court, Westwood, PE3 7JA

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

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

<u>Weight management for Mental Health</u> - 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 March

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 <u>community@crosskeyshomes.co.uk</u> or call 01733 396404 for more details and to book your place.

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





<u>Chair Exercises</u> – aimed at those over the age of 55, all abilities welcome. Every Monday during March – Term time only 1pm – 1.45pm Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA

To find out more contact – <u>danielle.parkin@crosskeyshomes.co.uk</u>

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

<u>Making Space</u> - 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 March 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 <u>https://www.crosskeyshomes.co.uk/mental-health</u> or email <u>community@crosskeyshomes.co.uk</u> or call 01733 396404.

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

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

Every Monday during March - Term time only

6pm – 7.15pm

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

Register your interest by contacting susanelkins1985@gmail.com





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

Monday 10th March 2025 2.30pm – 4.30pm Hampton Library, Clayburn Road, PE7 8GL

Monday 24th March 2025 10.30am – 12.30pm Bretton Library, The Cresset, PE3 8DS

Every Tuesday during March 9.30am – 11.30am Orton Library, Bushfield, Ortongate, PE2 5RQ

Every Thursday during March 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 - <u>https://www.crosskeyshomes.co.uk/finding-work</u> or email <u>community@crosskeyshomes.co.uk</u> or call 01733 396404 to book your place.

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





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

Every Tuesday during March 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 March 10am – 11.30am Honeyhill Child & Family Centre, 150 Chadburn, Paston, PE4 7DH**

Call 01733 574038 for more information.

Every Thursday during March 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 herehttps://www.haypeterborough.co.uk/activities/barnardos-child-and-family-centres/





<u>Little Bears, Stay and Play</u> – 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 March 10am – 11.30am

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

Call 01480 372700 or email <u>childandfamily.hunts@cambridgsehire.gov.uk</u> 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 March 10am – 12pm

Every Wednesday during March 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 - <u>https://www.crosskeyshomes.co.uk/learn-computer-skills</u> or email <u>community@crosskeyshomes.co.uk</u> or call 01733 396404 to book your place

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

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

Every Tuesday to 25th March 2025 – term time only 12.30pm – 3pm South Bretton Family & Community Centre, Tyesdale, Bretton, PE3 9XZ

To book your place email riley.astrup@cambsdeaf.org or call 01223 416141





<u>Little Feet</u> – Parent and toddler dance class, £2 a session. Aimed at children 0-6 years Every Wednesday during March – Term time only 9.45am – 10.15am Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA

Book your place email – <u>danielle.parkin@crosskeyshomes.co.uk</u>

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

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 during March 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 - <u>https://www.crosskeyshomes.co.uk/get-a-qualification</u> or email <u>community@crosskeyshomes.co.uk</u> or call 01733 396404 to book your place

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

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

Every Wednesday during March 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 - <u>https://www.crosskeyshomes.co.uk/get-a-qualification</u> or email <u>community@crosskeyshomes.co.uk</u> or call 01733 396404.

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





<u>Gardening for your Mental Health</u> - 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 March - 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 - <u>https://www.crosskeyshomes.co.uk/garden</u> or email <u>community@crosskeyshomes.co.uk</u> call 01733 396404 for more details

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

<u>Chair Yoga</u> – Yoga classes aimed at those over the age of 55, for all abilities. Every Wednesday during March – Term time only 10.30am – 11.15am Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA

To find out more contact – <u>danielle.parkin@crosskeyshomes.co.uk</u>

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

<u>South Bretton Youth Club</u> – 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 March - 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 <u>www.facebook.com/familiesfirstpeterborough</u>

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





Zumba – for those over the age of 55, every Wednesday Every Wednesday during March 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 March 9.30am – 3pm South Bretton Family & Community Centre, Tyesdale, Bretton, PE3 9XZ

To register your interest, complete the online form -<u>https://www.crosskeyshomes.co.uk/health-and-wellbeing</u> or email <u>community@crosskeyshomes.co.uk</u> 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/

<u>Friendship & Games Club</u> – 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 March 10am – 12pm WestRaven Community Café, Hampton Court, Westwood, PE3 7JA

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

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



💟 @CrossKeysHomes



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 March – Term time only

6pm – 7.30pm

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

Register your interest by visiting <u>www.girlguiding.org.uk/joinus</u> 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 March 10am – 11.30am South Bretton Family & Community Centre, Tyesdale, Bretton, PE3 9XZ

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

<u>Men Together Group</u> – 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 March 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 <u>https://www.crosskeyshomes.co.uk/mental-health</u> or email <u>community@crosskeyshomes.co.uk</u> or call 01733 396404.

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





<u>Community Cooking Club</u> – Community cooking club with coffee and cake to share recipes and cooking tips. Every Friday during March 2pm – 3pm

<u>Free Cooking class</u> Friday 7th March 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

