

**FREE**

**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 Cafe

**Westraven Community Cafe**

**Warm Hub**

**If you need somewhere  
warm and dry during the  
colder months  
Come and get yourself a  
free Warm Soup**

**11am to 2pm  
Everyday**

**Westraven Community Cafe**

**24 - 28 Hampton Court,**

**Westwood,**

**PE3 7JA**

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

**FREE**



**WestRaven**  
Community Garden



**COMIC  
RELIEF**

**GROUNDWORK**  
CHANGING PLACES  
CHANGING LIVES

# Community Library



Pop in and pick up a book to take home to read or sit in the hub and read it with company.

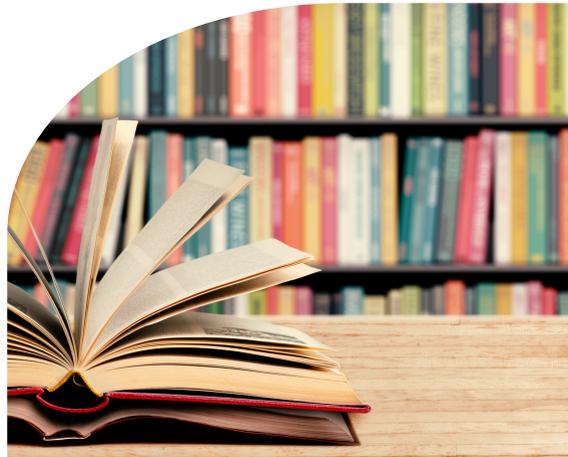
Once you have read it, bring it back to share with someone else and borrow another one.

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

**Bretton Library**, Once a month on a  
Monday, 10:30am - 12:30pm

**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



# FREE Stop Smoking Support

## Introducing Healthy You's Stop Smoking Clinic...

**Come along and find out about the options available to support you with quitting smoking and the 'Swap to Stop' scheme**

**Every Monday starting 16th Sept, 09:30-12:30**

**Westwood Community Hub  
Cross Keys Homes  
31-35 Hampton Ct, Westwood,  
Peterborough  
PE3 7JB**



Cambridgeshire  
County Council

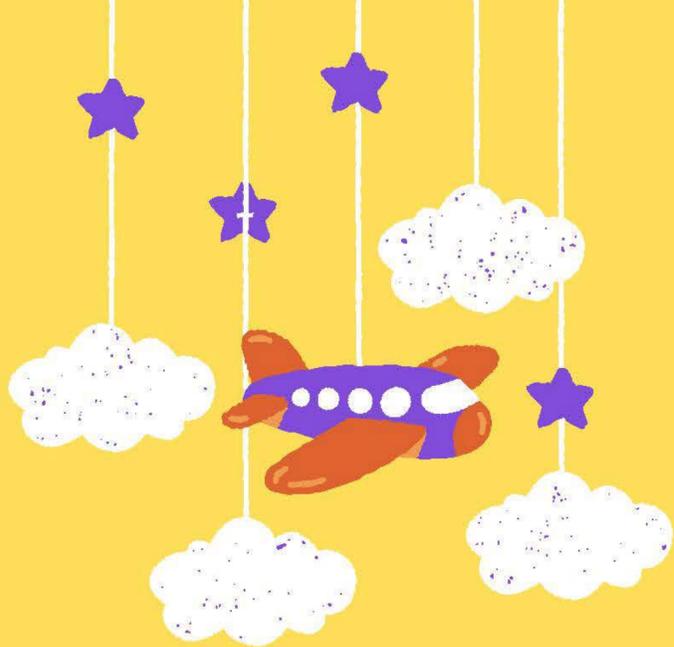


PETERBOROUGH  
CITY COUNCIL

Funded by Cambridgeshire County Council and Peterborough City Council



Healthy You



**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**



# Eat well, lose weight, feel better



**We've joined with Healthy You to offer FREE Adult Weight Management Programme for those living with mental health challenges.**



Healthy You

The most important reason to lose weight is to make you feel better. Being overweight or obese puts you at higher risk of developing Type 2 Diabetes, cancer, or having a stroke or heart attack.

We know that losing weight is not always easy - especially if you are living with poor mental health - but Healthy You is here to help.

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.

To join the programme, you'll need to have a BMI of over 25 (we can help you to work that out, if you don't know) and be living with mental health challenges



**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 396404 to register your interest.**



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)



# 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



**Limited spaces** - please book your space via **Bookwhen:**

[bookwhen.com/barnardo-sc-fcp-borough-cambridgeshire#focus=ev-su1x-20210409093000](https://bookwhen.com/barnardo-sc-fcp-borough-cambridgeshire#focus=ev-su1x-20210409093000)

Or contact the Centre and a member of staff will be happy to help you.



Or visit our Facebook page at:  
**@BarnardosChildFamilyCentres**

# 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)





## 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 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.

# Song, Rhyme & Story Time



**FREE Session**

*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

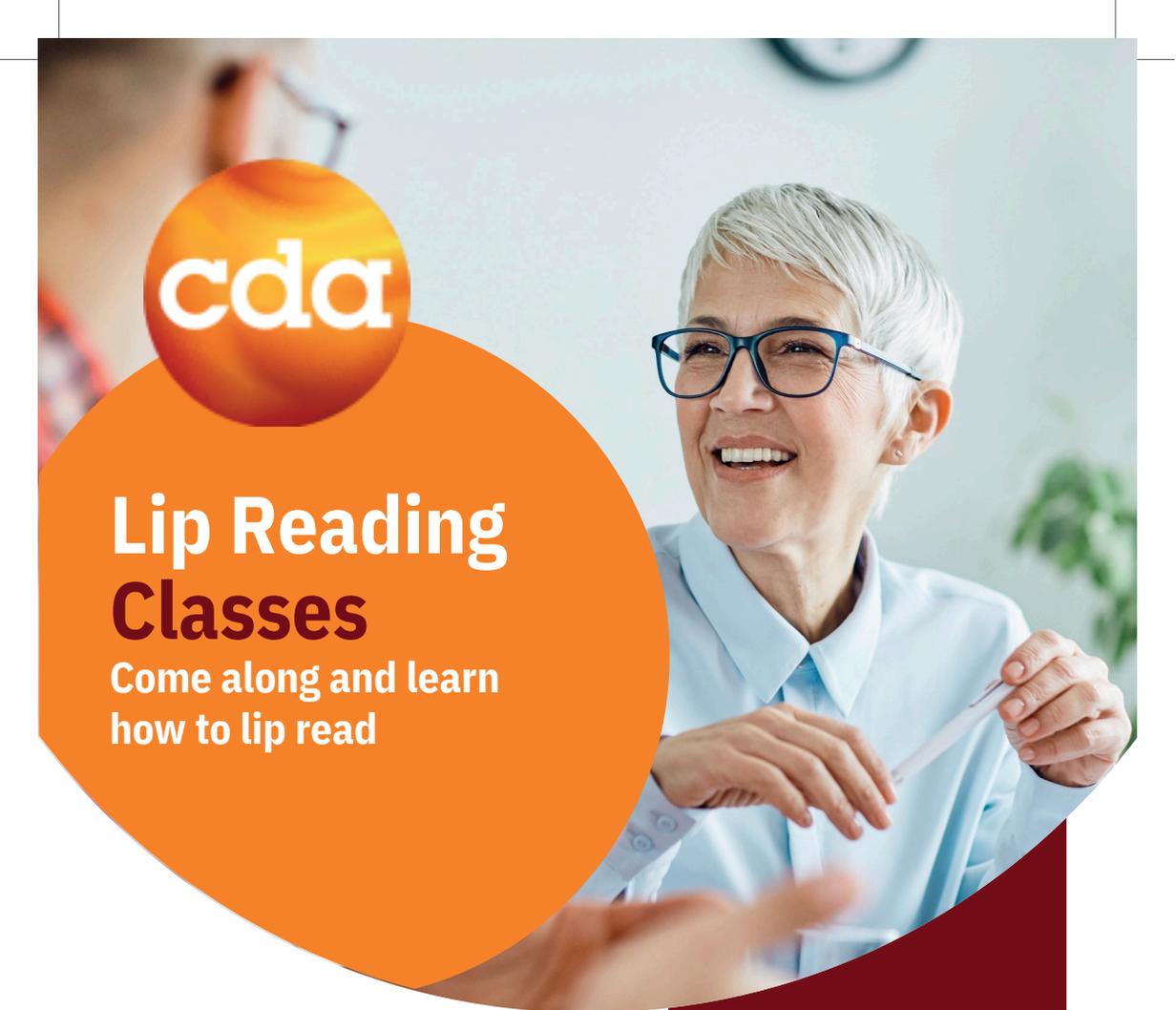
Telephone: 01733 574038



No need to book just turn up. For further information contact First Steps Child and Family Centre on 01733 295860 and a member of staff will be happy to help you.



Or visit our Facebook page at:  
**@BarnardosChildFamilyCentres**



**cda**

# Lip Reading Classes

Come along and learn  
how to lip read

Welcome to our lip reading classes at  
South Bretton Family & Community Centre  
Every Tuesday from **12.30pm to 3pm** at **South  
Bretton Family & Community Centre, Red Poll  
Place, Tyesdale, Bretton PE3 9XZ.**

Enter via the door in the corner with the silver  
sign next to the Premier shop.

## **Tuesdays**

Social Get Together Time: 12:30pm to 2pm  
Class: 2pm to 3pm

## **Spring Term**

January 14th to March 25th

Half term: No class

Week commencing: February 25th

## **10 Classes**

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



**01223 416141**



**Cambridgeshire  
deaf association**

**cambsdeaf.org**



# Little Feet Parent & Toddler Dance Class

**Wednesdays Term Time**  
9.45am - 10.15am

Just £2 per  
session

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



# FREE Food Hygiene Courses



## Level 1 and Level 2 available

**Every Wednesday either 10am - 12noon or 1pm - 3pm**

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

**Get in touch if you would prefer to complete this at home**

The training modules included in this course include:

- Introduction to food safety
- Microbiological hazards
- Food poisoning and its control
- Contamination hazards and controls
- Safe handling and storage of food
- Personal hygiene
- Food pests and pest control
- Cleaning and disinfection



**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 option 6 to register your interest.**



# 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 396404 to register your interest.**



# 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.



# ZUMBA IS BACK

EVERY  
WEDNESDAY

6.30PM TO 7.15PM

- 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)



# Stay fall free



**If you are over 65, find out  
if you are at risk of falling.**



We've joined with Healthy You to offer a free falls clinic, where you'll receive a personalised plan and exercise programme to improve your strength and balance and reduce your risk of falling.

**Available at our South  
Bretton Family and  
Community Centre**

**Call us on 01733 396404 or email  
[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) to  
get referred.**



 **Follow us on Facebook** to find out about all our events

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

  For more information about this event you can email **[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk)** or call **01733 396404**.

# 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**

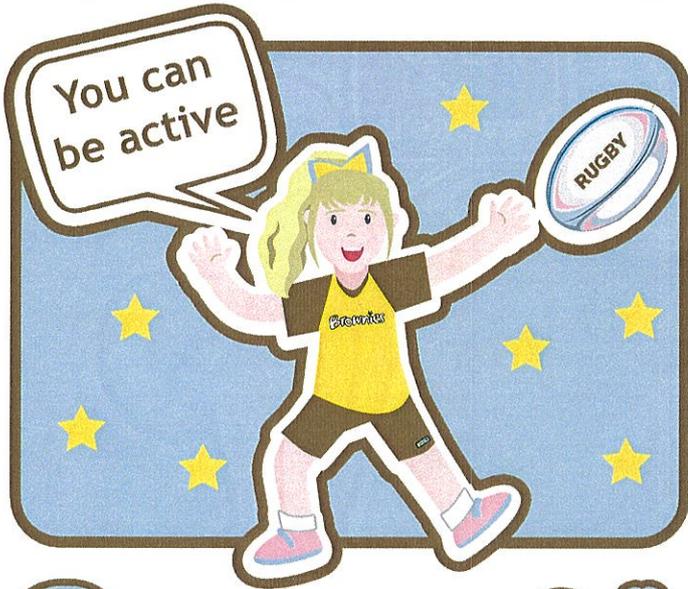
**Tel: 01733 391652**



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

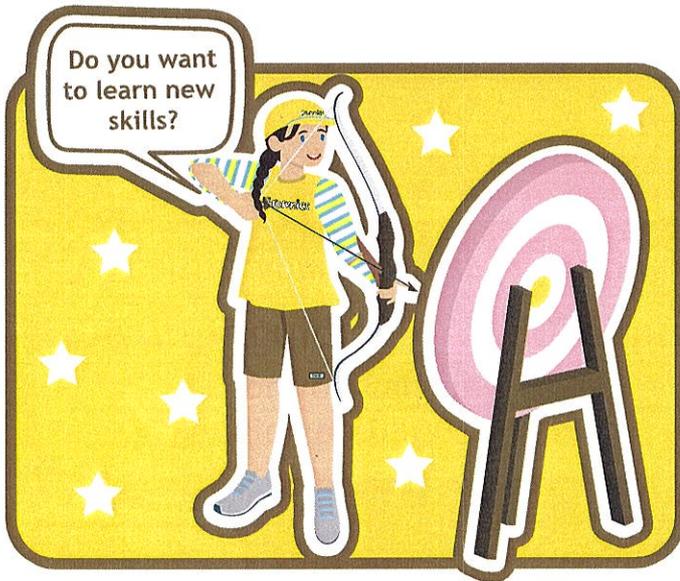
1 South Bretton  
Family and  
Community Centre

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



# Chill & Chat - Bretton



Friday  
10am to 11.30am



South Bretton  
Child & Family Centre  
Tyesdale, Bretton, Peterborough,  
PE3 9XZ



Hosted by NCT Peer  
Supporters



Free to attend,  
no booking required



95% felt the group they attended had a positive impact on their mental wellbeing

# 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.**





**WestRaven**  
Community Café

**Westraven Community Cafe**  
**Community**  
**cooking club**

Join us every **Friday**  
**2pm - 3pm**

for **FREE** coffee and cake to  
share cooking tips and recipes  
**FREE** cooking class on the **first**  
**Friday of every month**

**10am - 3pm**

**Booking essential: 01733 330040**  
**Or just pop in to:**

**Westraven Community Cafe**  
Hampton Court, Peterborough, PE3 7JA  
**[westraven.co.uk](http://westraven.co.uk)**

