

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
Cross Keys Homes
Community Café and Garden**



Westraven Community Cafe

Warm Hub

**Come and get yourself a
free tea or coffee
Please just ask for a
"Warm Hub Tea or
Warm Hub Coffee"**

**8am to 3pm
Everyday**

Westraven Community Cafe

24 - 28 Hampton Court,

Westwood,

PE3 7JA

westraven.co.uk

FREE



**WestRaven
Cross Keys Homes
Community Café and Garden**



Westraven Community Cafe

Warm Hub

**Come and get yourself a
free warm Soup
Just ask for a
"warm hub soup"**

**11am to 2pm
Everyday**

Westraven Community Cafe

24 - 28 Hampton Court,

Westwood,

PE3 7JA

westraven.co.uk



**WestRaven
Cross Keys Homes
Community Café and 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

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 9.30 - 12.30

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



Scan here for more info



Cambridgeshire
County Council

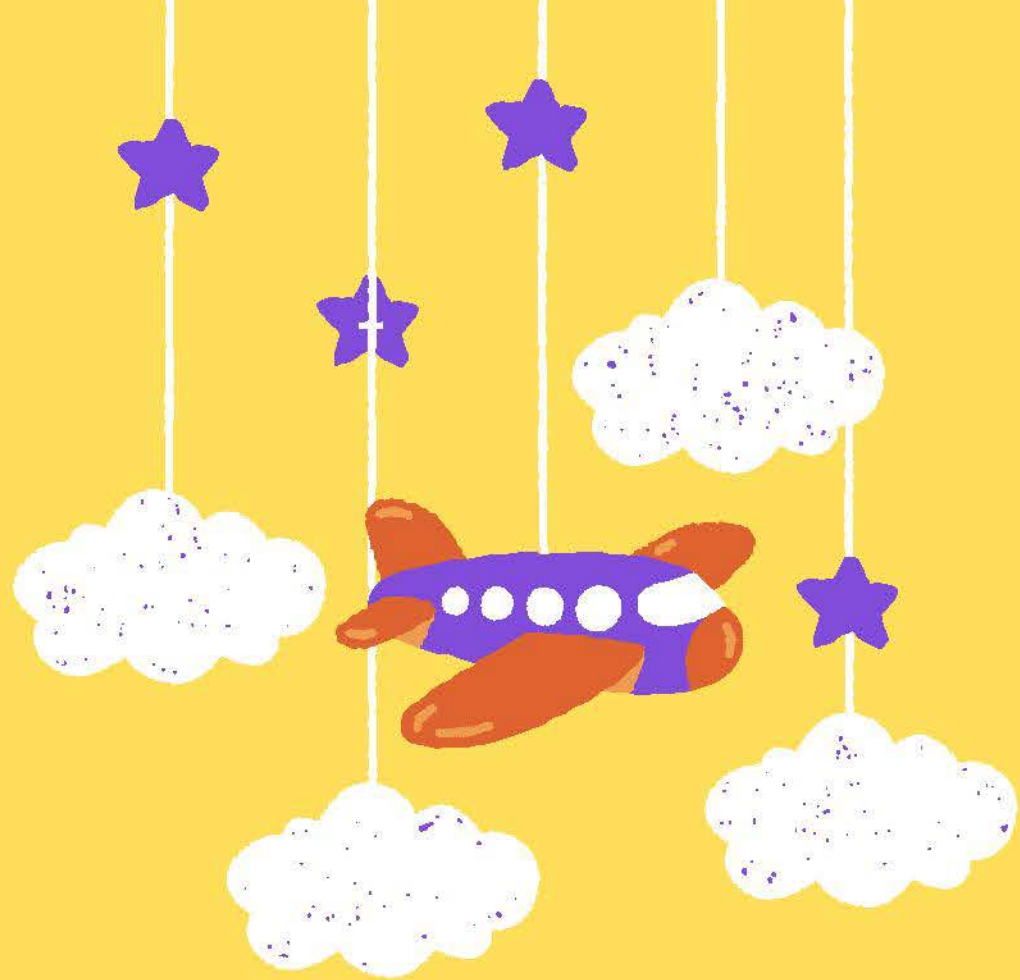


PETERBOROUGH
CITY COUNCIL

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



WestRaven
Cross Keys Homes
Community Café and Garden



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.



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, 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



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.

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



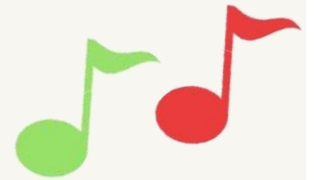
Song, Rhyme & Story Time



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

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



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





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.



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

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:

- Food Hygiene Level 1 and 2
- Health and Safety Level 1 and 2
- Manual Handling

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

Offered on your choice days:

Tuesday 10am - 12noon

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

Courses are available 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



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



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

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, scan the QR code or call 01733 385000 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.

Maintaining Space

Join our supportive group to help you on your decluttering journey. We'll help you learn new organising skills and support you to move towards a more managed living space. Our group is understanding, emotionally supportive and non-judgemental.

You will learn:

- Practical strategies to maintain your living space
- Techniques for further decluttering
- How to identify triggers and develop coping strategies for the future

**Venue: Westwood Community Hub 31-35 Hampton Court,
Peterborough PE3 7JA**

Date: 9th July and 23rd July 11am to 12.30pm



To find out more call 01733 385000 to register interest



Bretton Open Access Play & Youth Club Sessions

**Families First would like to invite 5 - 12 year olds
and families for free Open Access Play Sessions on -**

- Saturdays, 10 - 1pm at Crofts Corner, Essendyke, Bretton, from 7th September.

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Youth Clubs

Young people in year 7 and upwards are invited to -

- Mondays, 5.30 - 7pm at Crofts Corner, Essendyke, Bretton, from 9th September.

&

- Wednesdays, 6 - 7.30pm at the South Bretton Family & Community Centre, Redpoll Place, Tyesdale, Bretton, from 11th September.



For further information contact Cherry Lester on 07851 424925.



WestRaven
Cross Keys Homes
Community Café and Garden



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



WestRavens Little Wanderers

Thursdays Term Time

9.30am - 11am

£3.50 per session

WestRaven Community Garden, Hartwell Way, PE3 7LX



Join us at the WestRaven Community Garden for our well loved Little Wanderers, where children can explore, play, grow and learn new skills outdoors.

For children from crawling to 5 years.

Mud Kitchens, Obstacle Courses, Sand Pits, Water Walls, Play Equipment, Ride Ons, Arts and Crafts and much more.

Enjoy a safe space where you can relax whilst your child plays outdoors.

Term Time Only.

To book your place contact
danielle.parkin@crosskeyshomes.co.uk
Booking Essential



WestRaven
Cross Keys Homes
Community Café and Garden



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 to
get referred.**



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

 **www.crosskeyshomes.co.uk**

  For more information about this event you can email
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

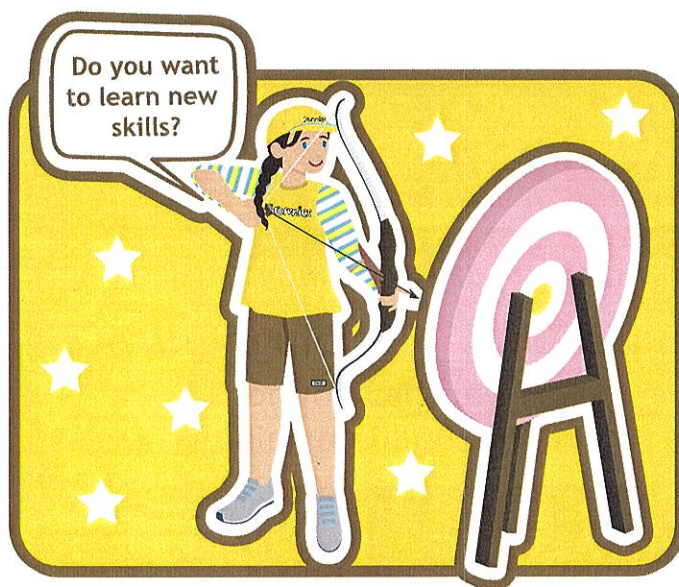


Changing childhoods.
Changing lives.



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
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.**

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

