

# Events and Courses



## May 2024 – Look what's new this month!

**Free! Stress Less** – The course will cover, understanding where stress and anxiety originate, learn about the physiological effects of anxiety, learn how to manage anxiety for interviews, learn how to improve confidence.

**Wednesday May 1<sup>st</sup>, 2024**

**10am – 1pm**

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

*To register your interest, complete the online form -*

<https://www.crosskeyshomes.co.uk/mental-health> or email

[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) 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/>

**FREE! Get into Cooking** – A two-day introduction to cooking for those aged 19+ years. Seasonal cooking skills to be developed to include a plant-based curry and cheesecake dessert.

**Thursday May 2<sup>nd</sup> & 3<sup>rd</sup>, 2024**

**10am – 3pm**

**Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA**

A two-day introduction to cooking for those aged 19+ years. Seasonal cooking skills to be developed to include a vegetable and meat quiche and yummy dessert.

**Thursday May 23<sup>rd</sup> & 24<sup>th</sup>, 2024**

**10am – 3pm**

**Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA**

*To register your interest, complete the online form for your preferred session -*

<https://www.crosskeyshomes.co.uk/get-a-qualification> or email

[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 for more details and to book your place.

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**FREE! Basic IT Classes** – Working with Peterborough College and Jobsmart. Supporting people to develop basic IT skills, perfect for anyone who has very little knowledge of computers and the internet.

**9.45am – 11.45am**

**FREE! Higher Level IT Classes** – Working with Peterborough College and Jobsmart. These classes assume you have a good working knowledge of Microsoft Word and Excel and have used them within a workplace setting. If you do not have this then you will need to start with the basic ICT class.

**12.15pm – 2pm**

**You will need to have an initial assessment prior to joining the course.**

**The next assessment day will be held May 3rd, at 10am or 11am.**

**Course will start on Friday May 10<sup>th</sup>, 2024**

**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 - <https://www.crosskeyshomes.co.uk/learn-computer-skills> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 to book your place***

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**Free! Repair Cafe** – A group of volunteers with PECT come and offer support with repairing items such as clothes, bikes, small furniture, toys etc.

**Saturday May 4<sup>th</sup>, 2024**

**11am – 3.30pm**

**Westraven Community Garden, Hartwell Way, Westwood, PE3 7LX**

***You will need to complete the form online by scanning the QR code on flyer to book your place giving details of the item you want to bring with you for repairing or email [peterborough.repair.cafe@gmail.com](mailto:peterborough.repair.cafe@gmail.com)***

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



**FREE! 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.

**Starting on Monday May 13th**

**1pm – 3pm**

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

*If you are interested in attending either email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 to book your place.*

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*<https://www.facebook.com/crosskeyshomespeterborough/>*

**FREE! ESOL Classes** – Working with WEA who will be delivering ESOL classes to all. ESOL classes covering speaking, listening and reading to support those who don't have English as their first language.

**Starting Wednesday May 15<sup>th</sup>**

**12pm – 2.30pm**

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

**You will need to have an initial assessment prior to joining the course.**

*Pre-booking is essential, please complete the booking form on our website to book your place - <https://www.crosskeyshomes.co.uk/get-a-qualification> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404.*

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*<https://www.facebook.com/crosskeyshomespeterborough/>*



**FREE! Get Into Gardening** – A two day into the basics of gardening for those aged 19+. Develop your skills and knowledge in horticulture and gardening on this to course with certificate You will need to bring ID with you.

**Wednesday May 16<sup>th</sup> & Thursday May 17<sup>th</sup>, 2024** – you must be available to attend both days.

**9.30am – 2.30pm**

**Westraven Community Garden, Hartwell Way, Westwood, PE3 7LX**

*Pre-booking is essential, please complete the booking form on our website to book your place - <https://www.crosskeyshomes.co.uk/get-a-qualification> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404*

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**FREE! Get into Employment** – The course will cover confidence, motivation, improving job searching habits, creating the best CV and cover letter as well as preparing for and making a good impression during interviews. Aimed at those aged 19+ employed or on benefits.

**Wednesday May 22<sup>nd</sup> & Thursday May 23<sup>rd</sup>, 2024** – you must be available to attend both days.

**9.30am – 2.30pm**

**Westraven Community Garden, Hartwell Way, Westwood, PE3 7LX**

*Pre-booking is essential, please complete the booking form on our website to book your place - <https://www.crosskeyshomes.co.uk/get-a-qualification> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404*

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## On-going sessions

**FREE! Community Library** – Pop in and pick up a book to take home to read or sit in the hub and read it with company.

**Available Monday - Thursday during May**

**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/>***

**FREE! Weight management for Mental Health** - 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.

**Monday May 13<sup>th</sup> & 20<sup>th</sup>, 2024**

**9am – 11am**

**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***

***[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) 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/>***

 [info@crosskeyshomes.co.uk](mailto:info@crosskeyshomes.co.uk)

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

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**FREE! Careers Club** – Weekly Employability support sessions with IT access and 121 support – Includes creating or updating your CV, job search, interview practice.

**Monday May 13<sup>th</sup>, 2024**

**2.30pm – 4.30pm**

**Hampton Library, Clayburn Road, PE7 8GL**

**Every Tuesday during May**

**9.30am – 11.30am**

**Orton Library, Bushfield, Ortongate, PE2 5RQ**

**Every Thursday during May**

**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 - <https://www.crosskeyshomes.co.uk/finding-work> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 to book your place.*

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

**Monday May 13<sup>th</sup> & 20<sup>th</sup>, 2024 – Term time only**

**6pm – 7.15pm**

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

**Register your interest by contacting [susanelkins1985@gmail.com](mailto:susanelkins1985@gmail.com)**





**FREE! Stay & Play Group** – Run by Barnardo's Song, rhyme & story Time, Early language & literacy for children aged 0-5 years.

**Every Tuesday during May**

**9.30am – 10.15am**

**WestRaven Community Café, Hampton Court, Westwood, PE3 9JA**

**Every Tuesday during May**

**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.***

**FREE! 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 May**

**10am – 11.30am**

**Honeyhill Child & Family Centre, 150 Chadburn, Paston, PE4 7DH**

***Call 01733 574038 for more information.***

**Every Thursday during May**

**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 here-***  
***<https://www.haypeterborough.co.uk/activities/barnardos-child-and-family-centres/>***



**Little Bears, Stay and Play** – 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 May**

**10am – 11.30am**

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

**Call 01480 372700 or email [childandfamily.hunts@cambridgeshire.gov.uk](mailto:childandfamily.hunts@cambridgeshire.gov.uk) for more details.**

**FREE! Learn My Way** – Basic IT introduction course for beginners – learn how to stay safe online and use the internet.

**Every Wednesday during May**

**10am – 12pm**

**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 - <https://www.crosskeyshomes.co.uk/learn-computer-skills> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404 to book your place***

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**FREE! 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 BKS portal so that you can learn, improve and gain a national recognised qualification in Functional Skills English and Maths

**Every Wednesday during May**

**10am – 12pm**

**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 - <https://www.crosskeyshomes.co.uk/get-a-qualification> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404.***

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**FREE! Gardening for your Mental Health** - 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 May**  
**10am – 3pm**

**Olive Road Wellbeing Garden, Dogsthorpe, PE1 4PT**

*To register your interest, complete the booking form on our website to book your place - <https://www.crosskeyshomes.co.uk/garden> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) call 01733 396404 for more details*

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

**FREE! South Bretton Youth Club** – 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 May - 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 [www.facebook.com/familiesfirstpeterborough](http://www.facebook.com/familiesfirstpeterborough)*

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



**FREE! 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 May**

**9.30am – 3pm**

**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*

*[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) 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/>*

**FREE! Friendship & Games Club** – 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 May**

**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/>*

**FREE! 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 May – Term time only**

**6pm – 7.30pm**

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

*Register your interest by visiting [www.girlguiding.org.uk/joinus](http://www.girlguiding.org.uk/joinus) or call 0800 169 5901*



**FREE! Men Together Group** – 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 May**

**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 <https://www.crosskeyshomes.co.uk/mental-health> or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404.*

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