

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 1st, 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 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 2nd & 3rd, 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 23rd & 24th, 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 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 10th, 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 or call 01733 396404 to book your place

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

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 4th, 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

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 or call 01733 396404 to book your place.

For more information follow Cross Keys Homes on Facebook - <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 15th

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 or call 01733 396404.

For more information follow Cross Keys Homes on Facebook - <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 16th & Thursday May 17th, 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 or call 01733 396404

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

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 22nd & Thursday May 23rd, 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 or call 01733 396404

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



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 13th & 20th, 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 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! Careers Club – Weekly Employability support sessions with IT access and 121 support – Includes creating or updating your CV, job search, interview practice.

Monday May 13th, 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 or call 01733 396404 to book your place.

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

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

Monday May 13th & 20th, 2024 – Term time only

6pm – 7.15pm

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

Register your interest by contacting 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 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 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 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 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

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 *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 or call 0800 169 5901

 info@crosskeyshomes.co.uk

 www.crosskeyshomes.co.uk

 [CrossKeysHomesPeterborough](https://www.facebook.com/CrossKeysHomesPeterborough)

 [@CrossKeysHomes](https://twitter.com/CrossKeysHomes)



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 or call 01733 396404.

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