

# Events and Courses



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

**FREE! Essential Digital Skills – Level 1** – Improve your digital skills to support you into employment or further training. Gain a level 1 qualification based on the national standard for digital skills. The course will cover the basics of everything you need to know for work, life and study online.

**You will need to attend the initial assessment prior to starting the course.  
The assessment days are Monday July 1<sup>st</sup> or Thursday July 4<sup>th</sup> at 10am onwards**

**The course will then start on Friday July 12<sup>th</sup> until Friday August 30<sup>th</sup>, 2024.  
10am – 2pm**

**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***

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

**FREE! Gardening for Wildlife** – Help create a garden full of biodiversity and learn about plants and creating habitats to support wildlife at WestRaven.

**Tuesday 2<sup>nd</sup> & 9<sup>th</sup> July 2024.**

**1pm – 3pm**

**WestRaven Community Garden, Hartwell Way, Westwood PE3 7LX.**

**To book your place email [westravengarden@gmail.com](mailto:westravengarden@gmail.com)**

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



**FREE! Edible Gardening** – Learn how to grow veg, fruit and edible plants using Permaculture gardening methods - great for anyone who wants to learn how to "grow you own"

**Wednesday 3<sup>rd</sup> & 10<sup>th</sup> July 2024**

**11am – 1pm**

**WestRaven Community Garden, Hartwell Way, Westwood PE3 7LX.**

To book your place email [westravengarden@gmail.com](mailto:westravengarden@gmail.com)

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

**FREE! Young Persons Drop-in Session** – Are you a young adult who has recently left the care System? If so, you can access courses around employment, get help with budgeting, access housing support. Free meal and drink.

**Every Thursday during July**

**12pm – 4pm**

**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/young-people> *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! 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 10<sup>th</sup> July 2024**

**10am – 12pm**

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

*To register your interest, 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! Ace the Interview Workshop** – An engaging workshop where you can enhance your interview skills and receive valuable feedback from various professionals.

**Thursday 11<sup>th</sup> July 2024**

**9.30am – 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 [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! Smart Money** - With Household budgets feeling the pinch this course is designed to give you the skills to budget and manage your finances.

**Tuesday 16<sup>th</sup> July 2024**

**10am – 12pm**

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

*To register your interest, 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/>*

**Bingo!** – Join us for a night of Bingo at the community Café. Book of 6 tickets (12 games) is £5, FREE Fish and chips meal included.

**Friday 19<sup>th</sup> July 2024**

**Starts 6pm**

**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*

**FREE! Employment Support for Parents** – CKH Careers Club event promoting the business and accounting course with Anglian Professional Training. It's a Level 1 Qualification for 19+.

**Last Monday of every Month – July 29<sup>th</sup>, 2024**

**11am – 1pm**

**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 [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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## 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 July**

**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.

**Available every Monday during July**

**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>*



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

**Monday July 8<sup>th</sup>, 2024**

**2.30pm – 4.30pm**

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

**Every Tuesday during July**

**9.30am – 11.30am**

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

**Every Thursday during July**

**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.*

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

**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.

**Available every Monday during July – 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 July**

**9.30am – 10.15am**

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

**Every Tuesday during July**

**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 July**

**10am – 11.30am**

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

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

**Every Thursday during July**

**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 July**

**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 July**

**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! 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 July**

**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 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 July**

**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.*

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

**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 July - are 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 - <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 July - 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](https://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.

**Thursday July 18<sup>th</sup>, 2024**

**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.*

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<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 July**

**10am – 12pm**

**WestRaven Community Café, Hampton Court, Westwood, PE3 7JA**

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

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<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 July – 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 July**

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

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

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