

Events and Courses



January 2022 – Look what's new this month!

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.

Starting Monday January 10th, 2022

10am – 11.30am

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

For more information email – signup@healthyyou.org.uk or text signup to 60777 or *complete the booking form on our website to book your place*
<https://www.crosskeyshomes.co.uk/health-and-wellbeing>

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

FREE! Weight Management for mums planning to get pregnant or have had a baby -

We've teamed up with Healthy You to offer you FREE nutritional, exercise and weight advice and support if you are planning to get pregnant or have just had a baby.

Starting Tuesday January 11th, 2022

9.30am – 11.30am

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

To find out more and sign up call us on 01733 396404 or email
community@crosskeyshomes.co.uk or *complete the booking form on our website to book your place*
<https://www.crosskeyshomes.co.uk/health-and-wellbeing>

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FREE! New Opportunities event – Find out how CKH can help you change your life for the better, our event will have all our courses, activities and support all in one place. Come along and find out how we can help you. Find out more about - getting into a new job, improving your health and fitness, improving your mental health, giving up smoking, getting in control of your money, volunteering in your community, becoming an involved resident with CKH, learning something new.

Tuesday January 18th, 2022

11am – 6pm

Westwood Community Hub & Café, Hampton Court, Westwood PE3 7JB

For more information follow Cross Keys Homes on Facebook -

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

FREE! Successful Me – Motivational for those who are at a crossroads, completing a life story and setting realistic goal for life. Available in person or online.

Thursday January 20th, 2022

9.30am – 2.30pm

Honeyhill Child and family Centre, 150 Chadburn, Paston, PE4 7DH

To register your interest please email community@crosskeyshomes.co.uk or call 01733 396404 or complete the booking form on our website to book your place -

<https://www.crosskeyshomes.co.uk/ckh-learning>

For more information follow Cross Keys Homes on Facebook -

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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.

Starting Thursday January 20th, 2022 for 10 weeks

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 -

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FREE! Positive Change – Become a Volunteer – A one day courses for anyone who would like to become a volunteer or find out more about volunteering. There are also opportunities available with CKH or another organisation. Available in person or online.

Monday January 24th, 2022

9.30am – 2.30pm

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

To register your interest please email community@crosskeyshomes.co.uk or call 01733 396404 or complete the booking form on our website to book your place - <https://www.crosskeyshomes.co.uk/ckh-learning>

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FREE! You Matter: Wellbeing for Parents - This course will help you explore the barriers you face as a parent and give you the tools to help you overcome them. Plus, you'll understand more about stress management and coping strategies for stressful times.

Monday January 31st & February 7th, 2022

9.30am – 1.30pm

Orton Children & Family Centre, 74 Herlington, Orton Malborne, PE2 5PW

To register your interest please email community@crosskeyshomes.co.uk or call 01733 396404 or complete the booking form on our website to book your place - <https://www.crosskeyshomes.co.uk/ckh-learning>

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

On-going sessions



FREE! Stay & Play Group – Run by Barnardo's stay & stay group for families with children under 5 years of age.

Every Monday during January – Term time only

1.30pm – 2.30pm

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

To book your place, book via Bookwhen –

<https://bookwhen.com/barnardo-sc-fcp-borough-cambridgeshire#focus=ev-sjky-20210622100000>

For more information follow Cross Keys Homes on Facebook -

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

FREE! Children's Sports Club – Delivered by Youth Dreams qualified coaches, providing sports based activities for primary school children in years 4-6

Every Monday during January – Term time only

5pm – 6pm

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

Pre-booking is essential, please 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! Careers Club – Weekly Employability support sessions with IT access and 121 support – Includes creating or updating your CV, job search, interview practice.

Every Tuesday during January starting back on 11th

10am – 12pm

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

Pre-booking is essential, please email community@crosskeyshomes.co.uk or call 01733 396404 to book your place

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FREE! New Perspectives online session – This group is for those who experience Mental Health issues, to come together and share coping strategies, provide support to boost confidence.

Every Tuesday during January

12pm – 1pm

Prospective participants must first register their interest and be triaged. Contact 01733 396404 or email community@crosskeyshomes.co.uk to join the group.

For more information follow Cross Keys Homes on Facebook.

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

FREE! Stop Smoking Clinic – 12 week Stop Smoking programme where you will have access to replacement nicotine therapies and a personalised stop smoking plan.

Every Tuesday during January

1pm – 5pm

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

To find out more email community@crosskeyshomes.co.uk or call 01733 396404.

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FREE! Pottery Classes – Improve mental health with Pottery. Pottery can help reduce intrusive thoughts and feelings by giving you something to focus on, reduce effects of isolation by helping you connect with others and lower blood pressure and the effects of stress.

Every Wednesday during January

12pm – 2pm

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

To book your place, please email community@crosskeyshomes.co.uk or call 01733 396404.


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 info@crosskeyshomes.co.uk

 www.crosskeyshomes.co.uk

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FREE! Women's Yoga – This is an open level yoga class, with a strong focus on deeply grounding the body and mind so that you will feel revitalised by the end of the session.

Every Wednesday during January

1pm – 2pm

Christ the Carpenter Church, 93A Chestnut Avenue, Dogsthorpe, PE1 4PE

Places are limited, to book your place call 01733 396404 or complete the following form - <https://www.crosskeyshomes.co.uk/latest-news-and-updates/womens-only-free-yoga-classes-1223>

For more information follow Cross Keys Homes on Facebook -

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

FREE! Children's Sports Club – Delivered by Youth Dreams qualified coaches, providing sports based activities for primary school children in years 4-6

Every Wednesday during January – Term time only

5pm – 6pm

Charteris Centre, Normanton Road, Welland, PE1 4XE

Pre-booking is essential, please email community@crosskeyshomes.co.uk or call 01733 396404 to book your place

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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 January

9.30am – 5pm

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

To get referred email community@crosskeyshomes.co.uk or call 01733 396404.

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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.

Every Thursday during January starting on 13th

10am – 12pm

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

Pre-booking is essential, please email community@crosskeyshomes.co.uk or call 01733 396404 to book your place

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

****New Date** Every Thursday during January starting on 13th**

10am – 12pm

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

****New Session** – Starting Tuesday January 25th**

10am – 12pm

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

Pre-booking is essential, please email community@crosskeyshomes.co.uk or call 01733 396404 to book your place.

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FREE! Barnardo's Young Parents Group – Weekly drop-in support and play group for parents who have had babies during lockdown, come along and meet other young parents and their children.

Every Thursday during January

1.30pm – 3pm

Orton Children & Family Centre, 74 Herlington, Orton Malborne, PE2 5PW

Call 01733 391652 for more information

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FREE! Children's Sports Club – Delivered by Youth Dreams qualified coaches, providing sports based activities for primary school children in years 4-6

Every Thursday during January – Term time only

5pm – 6pm

Barnardo's Jigsaw Centre, 74 Herlington, Orton Malborne, PE2 5PW

Pre-booking is essential, please email community@crosskeyshomes.co.uk or call 01733 396404 to book your place

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FREE! Support Your Mental Health Session – 8 One to one sessions with a specialist mental health trainer with Healthy You to give professional advice on areas that promote good mental health like exercise and healthy eating.

There are two sessions running every Friday during January –

9.30am – 12pm

Health & Wellbeing Hub, Scalford Drive, Welland, PE1 4XQ

1pm – 5pm

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

To get referred email community@crosskeyshomes.co.uk or call 01733 396404.

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FREE! Online Course! Careers Club – CKH have online employability courses that can help you get into work offering support for creating or updating your CV, job searching, interview practice and help you with applying for jobs. The support is available online, by phone or email throughout the working week.

Please complete the online referral form to enrol – <https://www.crosskeyshomes.co.uk/ckh-learning> - once completed a member of the team will be touch to give you the information / support needed.

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