

# Eat well, lose weight, feel better



 **Cambridgeshire County Council**  
 **PETERBOROUGH CITY COUNCIL**  
Funded by Cambridgeshire County Council and Peterborough City Council

## Join Our **FREE** Adult Weight Management Programme for those living with mental health challenges

Our Adult Weight Management groups offer a friendly environment for those who have lived experience of mental health challenges. The programme is designed to help you make positive changes to your health and wellbeing.

Being overweight or obese puts you at higher risk of developing Type 2 Diabetes, cancer, or having a stroke or heart attack.

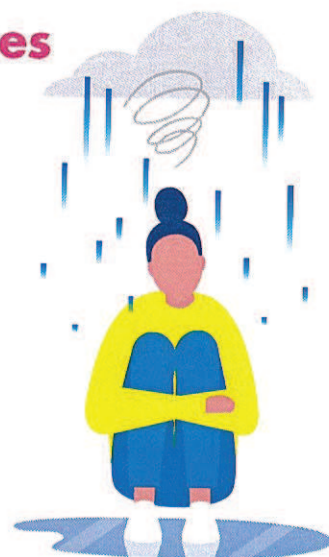
We have **FREE** face-to-face Adult Weight Management groups across Cambridgeshire and Peterborough as well as online groups.

For more information:

Email: **signup@healthyyou.org.uk**

Text: **signup to 60777**

Your local group is held at:  
South Bretton Family and Community Centre  
Monday's  
10am - 11:30am



**Healthy You**

# Are you a new mum or a mum to be?



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



You must:

- be over 16 years of age
- have a BMI of 25 or over

We'll support you with a weekly nutrition and exercise workshop for three months.

The programme starts on 11 January and will run every Tuesday between 9.30 and 11.30am at our South Bretton Family and Community Centre. Support is also available online if you are unable to make it in person.

You are welcome to bring along babies between 0 and 12 months.



To find out more and sign up call us on **01733 396404** or email **community@crosskeyshomes.co.uk** or just scan the QR code and fill in the form on our website and we'll be in touch.





# Successful Me!

**Transform your life and achieve your goals**



This course will help you to outline your life, training and work goals, identify any barriers and put in place a clear plan to achieve your aims.

You'll explore your your mindset and motivation, and identify past and present road blocks to your life journey.

We'll help you create a bucket list of everything you want to achieve, then help you to break down the barriers to achieve them. You'll also write your own inspirational quote based on your personal experiences.

You'll learn what SMART targets are and you'll write you own targets for training, work and life. We'll equip you with everything you need to reach those goals and write your life story!

**Available to complete online in your own time  
or in person Thursday 20 January,  
9.30am – 2.30pm.**

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



To find out more call 01733 396404, email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or scan the QR code and complete the form on our website and we'll be in touch.



# Friendship and Games Club



## WestRaven Community Café

Come along and join our friendly club for great conversation, games and friendship. Beat those winter blues, get out of the house to meet new people.

There will be free tea, coffee and cakes, plus loads of board games. Or just enjoy a chat in great surroundings.

Run by CKH volunteers, the club will start on 20 January and run for ten weeks.

**Every Thursday**  
**10am - 12pm**



No need to book, just come along and join in the free, family fun!

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

# Make a Positive change!



## An introduction to volunteering

This one day course will give you all the skills you need to become a volunteer, either with CKH or with another organisation.

By the end of the course you will have a full understanding of what volunteering is and the skills, knowledge and experience you need to volunteer in lots of different roles.

In addition you will learn:

- Great customer service skills.
- Appropriate behaviour while volunteering.
- The importance of safeguarding.
- The importance of equality and diversity.
- How to identify Health and Safety hazards in the workplace.

By the end of the course you'll understand all the benefits of volunteering and how it can change your life for ever!

**24 January 2022,  
9.30am – 2.30pm  
Westwood Community Hub**



To sign up, call 01733 396404, email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or scan the QR code and complete the form on our website and we'll be in touch.



# Stay and Play

**Come and join the fun every Monday at**  
South Bretton Family and Community  
Centre, Tyesdale, Bretton, PE3 9XZ.  
**Starting Monday 13th September 2021**  
**1.30pm-2.30pm**



**Book via Bookwhen**

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

**For children 0-5yrs welcome**



**Believe in  
children**  
 **Barnardo's**



# Free Sports Youth Clubs



**Join us for free fun sports activities at two local venues for children aged 7 – 11.**



**WE BELIEVE IN YOUTH!**

The clubs are run by qualified coaches from Youth Dreams Project, and fully risk assessed. Numbers are limited and spaces must be booked in advance.

## **South Bretton**

Family and Community Centre,  
Redpoll Place

**Mondays**

5pm - 6pm

**Starts  
week commencing  
13 September 2021**

## **Welland**

Charteris Centre

**Wednesdays**

5pm - 6pm



**To find out more and book a place for your child or children contact us by telephone on 01733 396404 or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or contact Luke from Youth Dreams on 07583 688413 or [luke.kennedy@youthdreamsproject.co.uk](mailto:luke.kennedy@youthdreamsproject.co.uk)**

Follow us on Facebook to keep up to date with all our events and activities.

# CKH Careers Club



Looking for work or a way to further your career? We can help you to gain all the practical skills you need to find the job of your dreams!

Our work coaches will devise a personal plan for you, identifying your skills and any training you need.

Plus you'll get help with finding job, writing your CV, completing application forms and interview skills.

**Help is available over the phone, by email and in person.  
We also have online support available through CKH Learning  
Call 01733 396404 to find out more.**

## **South Bretton Family & Community Centre**

**Every Tuesday**

10.00am –12.00pm

## **Westwood Community Hub**

**Every Thursday**

10.00am –12.00pm

Places are limited and must be booked in advance. Call 01733 396404 to book.  
Social distancing rules apply.



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



**[www.crosskeyhomes.co.uk](http://www.crosskeyhomes.co.uk)**



For more information about this event you can email  
**[community@crosskeyhomes.co.uk](mailto:community@crosskeyhomes.co.uk)** or call **01733 396404**.



# Get a 'New Perspective'



## Get support for your mental health

New Perspectives is our online mental health support group, available **free** to anyone who just wants to talk.

The group is led by a mental health professional. It's a safe space to connect with others and share coping strategies.

**Every Tuesday 1pm - 2pm  
online through Teams**

Call us on 01733 396404 or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) to join the group and get a new perspective.



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



For more information about this event you can email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or call 01733 396404.

# Get help to stop smoking



We've joined with Healthy You to support you to give up smoking for good!

Our free 12 week support programme can help you with:

- Personalised plan to help manage cravings and withdrawal.
- Access to nicotine replacement therapies if appropriate.



**Available at our South  
Bretton Family and  
Community Centre**

**Sessions every Tuesday  
between 12.30pm and 5pm**



**Call us on 01733 396404 or email  
[community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) to  
get referred.**

# Free mental health pottery group



## Improve your mental health with our fabulous free pottery classes!

Not only will you be able to get creative and crafty, but you'll also meet new people in a safe environment. Plus, the activity could help to reduce:

- intrusive thoughts and feelings by giving you something new to focus on.
- your blood pressure and the effects of stress.
- feelings of isolation, by helping you feel connected to others.

**Running weekly every Wednesday between 12pm and 2pm at our South Bretton Family and Community Centre.**



**Call us today on 01733 396404 to find out more and book your place, or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk)**

# Women's only free yoga classes



This will be 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 each session.

All sessions are for women only.

Mats and other equipment is provided but please feel welcome to bring your own.

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

**Every Wednesday  
1.00pm – 2.00pm**



**Places are limited. Call 01733  
396404 to book your place or  
scan the QR code to complete the  
booking form on our website.**





# 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  
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## 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.

**South Bretton Family and Community Centre,**  
Redpoll Place, Bretton, PE3 9XZ  
Every Thursday 10am - 12pm

We have tutors to assist you right the way through the programme. Plus we may be able to help you with equipment you need to get online.

Booking is essential for this popular courses.

Numbers are limited and social distancing rules apply.



Call **01733 396404** to secure your place

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

# Young Parents Group



Did you have a baby before, during or at the end of lockdown?

Are you fed up and feeling isolated?

Why not get out of the house; bringing a friend, partner or family member; come down to the Child & Family Centre and meet other young parents and their children!

**Every Thursday for 12 weeks  
Drop-in between 1.30pm-3.00pm**

Free weekly drop-in for young parents and their children under 5 years old. Refreshments available.

Come and join us in a safe environment. Have fun, make friends, learn together whilst focusing on developing your child's speech, language and communication skills.

**Orton Child & Family Centre**

**74 Herlington, Orton Malborne,**

**Peterborough, PE2 5PW**

Telephone: 01733 391652

**Collect your LOVE2SHOP voucher at your first visit; collect attendance stamps and receive items for you and your child.**

 Find us on  
**Facebook**  
[@OrtonCFC](https://www.facebook.com/OrtonCFC)

**Believe in  
children**  
 **Barnardo's**





# Free Sports Youth Clubs



**Join us for free fun sports activities in Orton for young people aged 7 – 11.**

The clubs are run by qualified coaches from Youth Dreams Project, and fully risk assessed. Numbers are limited and spaces must be booked in advance.



**WE BELIEVE IN YOUTH!**

**LIVING SPORT**

**Believe in children**  
 **Barnardo's**

**Barnardo's Jigsaw Centre,  
74 Herlington,  
Peterborough PE2 5PW**

**Every Thursday  
5pm - 6pm**

**Starting  
30 September**



**To find out more and book a place for your child or children contact us by telephone on 01733 396404 or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) or contact Luke from Youth Dreams on 07583 688413 or [luke.kennedy@youthdreamsproject.co.uk](mailto:luke.kennedy@youthdreamsproject.co.uk)**

Follow us on Facebook to keep up to date with all our events and activities.



# Support your mental health



We've joined with Healthy You to offer you eight one-to-one sessions with a specialist mental health trainer to give you friendly, professional lifestyle advice to help you maintain a positive outlook and feel great!



**Available at our Health & Wellbeing Hub in Welland and the South Bretton Family & Community Centre.**

Call us on 01733 396404 or email [community@crosskeyshomes.co.uk](mailto:community@crosskeyshomes.co.uk) to get referred.



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Our work coaches will devise a personal plan for you, identifying your skills and any training you need.

Plus you'll get help with finding job, writing your CV, completing application forms and interview skills.

**Online courses now available through CKH Learning, plus you'll be supported over the phone, by email and over video chats.**

**Call 01733 396404 to find out more.**

We have four great modules, available **for free**, on CKH Learning to get your journey into work off to a great start:

- CV building
- Looking for work
- The Application process
- Interview Skills



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