

# Events and Courses



## December 2018

**FREE! Christmas card making event** – Come along to create your very own Christmas cards and decorations!

**Monday December 3<sup>rd</sup>, 2018**

**10am – 12pm**

**South Bretton Family & Community Centre, Tyesdale, Bretton**

**FREE! Melody Makers** – Learn new rhymes and rediscover old favourites at this fun and lively parent & child singing group for children 0-5 years. No need to book, just turn up.

**Term time only on Monday's**

**1.45pm – 2.30pm**

**South Bretton Family & Community Centre, Tyesdale, Bretton**

*Please call Honeyhill Children's centre on 01933 417040 for more information.*

**FREE! Wellness Clinics provided by Solutions 4 Health** – 121 Health Trainer sessions – to help you make lifestyle changes through support, guidance and signposting. Wellness coaches can help with being active, stop smoking, weight management, healthy eating & reducing alcohol intake.

**Tuesday 4<sup>th</sup> & 18<sup>th</sup> December, 2018**

**2pm – 5pm**

**South Bretton Family & Community Centre, Tyesdale, Bretton**

*For more information contact 01733 590064 or 0800 376 56 55 or email*

*[healthy.peterborough@nhs.net](mailto:healthy.peterborough@nhs.net) or visit [www.healthypeterborough.org.uk](http://www.healthypeterborough.org.uk)*

**FREE! Family Fitness Club by Vivacity** - Exercise Class for the whole family. Run by qualified coaches from Vivacity, who are also on hand to answer your questions about nutrition, fitness and wellbeing. Come along and get fit and have fun with your children!

**Tuesday 4<sup>th</sup> 11<sup>th</sup> & 18<sup>th</sup> December, 2018**

**4pm – 5pm**

**South Bretton Family & Community Centre, Tyesdale, Bretton**

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

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

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

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



**FREE! Chair Yoga** – Improve your fitness and strength – accessible to all abilities – low level impact activity – a great way to meet new people

**Every Thursday throughout December (except 27<sup>th</sup>)**

**10.30am – 11.30am**

**Meet at West Raven Community Café, Hampton Court, Westwood**

*For more information about the sports on offer in Westwood visit*

*[www.crosskeyshomes.co.uk/sport](http://www.crosskeyshomes.co.uk/sport) or follow Cross Keys Homes on Facebook or call 01733 396404*

**FREE! Dance** – Fun & fitness with new friends at our brand new dance classes for young people.

**Every Thursday throughout December (except 27<sup>th</sup>)**

**4.15pm – 4.45pm – for those aged 4 – 7 years**

**4.45pm – 5.15pm – for those aged 8 – 13 years**

**Meet at West Raven Community Café, Hampton Court, Westwood**

*For more information about the sports on offer in Westwood visit*

*[www.crosskeyshomes.co.uk/sport](http://www.crosskeyshomes.co.uk/sport) or follow Cross Keys Homes on Facebook or call 01733 396404*

**FREE! Community Cooking** – Are you struggling for inspiration on what to cook? Learn to cook a different meal or treat every week. Ideal for families, for children aged 7 and above.

**Every Thursday throughout December (except 27<sup>th</sup>)**

**12.30pm – 3pm**

**Meet at West Raven Community Café, Hampton Court, Westwood**

*For more information about what's on offer in Westwood visit*

*[www.crosskeyshomes.co.uk/sport](http://www.crosskeyshomes.co.uk/sport) or follow Cross Keys Homes on Facebook or call 01733 396404*



**FREE! Health & Wellbeing Hub – Opening event** – Come along to the opening of our new hub  
- Santa will be there too along with activities for the children, refreshments and lots of fun!

**Monday 17<sup>th</sup> December, 2018**

**3pm – 5pm**

**Meet at 7 Scalford Drive, Welland, Peterborough, PE1 4XQ**

**FREE! Christmas Family Fun Day** – Come along and take part in some festive activities – arts & crafts, cooking Christmas treats, making decorations, cards reefs and lots more.

**Wednesday 19<sup>th</sup> & Thursday 20<sup>th</sup> December, 2018**

**10am – 2pm**

**Meet at West Raven Community Café, Hampton Court, Westwood**

*For more information about what's on offer in Westwood visit*

*[www.crosskeyshomes.co.uk/sport](http://www.crosskeyshomes.co.uk/sport) or follow Cross Keys Homes on Facebook or call  
01733 396404*



## **On-going projects**

### **City Centre Work Club**

Every Monday from 10am – 12pm  
City College Peterborough

### **Orton Work Club**

Every Tuesday from 10.30am – 12.00pm  
Orton Library

### **Dogsthorpe Work Club**

Every other Thursday of the month  
from 1.30pm – 3pm  
Dogsthorpe Library

### **Hampton Work Club**

Every Friday from 9.30am – 11am  
Hampton Library, Clayburn Road

### **Westwood Work Club**

Every Friday from 10.30am – 12pm  
Westwood Community Hub

### **Bretton Work Club**

Every Friday from 1pm – 2.30pm  
Bretton Library

### **Youth Access Hub – Work Club**

(For those aged 16-19 years or up to 25 years for young people with special educational needs).  
Moving to 49 Lincoln Road  
Timetable to be confirmed – for support & more information contact 01733 864500

***Interested in attending our workclubs – please come along – no need to book!***

### **FREE! Basic IT support – 7 week course**

Every Tuesday  
Westwood Community Hub  
10.30am – 12.30pm

### **FREE! Basic IT support – 7 week course**

Every Wednesday  
City College Peterborough  
12.30pm – 2.30pm

***Register your interest by booking a place, please call 01733 396404 or email***

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

***The above sessions are currently full – bookings are being taken for February 2019.***

### **WestRaven Community Garden**

Hartwell Way, Westwood  
Visit the community garden any time to enjoy our - play area, pond and wildlife, recreational and picnic areas, pick your own fruit & vegetables.

### **Community Connections Project**

Aimed at those who are or have – carers, problems dealing with authority, Mental Health, or any other issue preventing social inclusion.

***Contact Nicola on 07741 735491 for more details.***

### **New Horizons Project**

Aimed at assisting people who are struggling to make ends meet.

***Contact Kathleen on 07741 661978 for more details.***

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

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

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

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