



# Dive into the magical world of gardening in our peaceful Wellbeing Garden!

Please contact to book on . Sessions usually run on  
a Wednesday but are subject to change .



## OPEN TO ALL

Olive Road , Dogsthorpe , Peterborough  
to find out more and get involved call 01733 396404

**The garden is a safe environment for you to  
come together with others, get some  
exercise ,fresh air and build your confidence.**

# Eat well, lose weight, feel better



**We've joined with Healthy You to offer FREE Adult Weight Management Programme for those living with mental health challenges.**



The most important reason to lose weight is to make you feel better. Being overweight or obese puts you at higher risk of developing Type 2 Diabetes, cancer, or having a stroke or heart attack.

We know that losing weight is not always easy - especially if you are living with poor mental health - but Healthy You is here to help.

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.

To join the programme, you'll need to have a BMI of over 25 (we can help you to work that out, if you don't know) and be living with mental health challenges.



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.





# Friendship and Games Club



**Come along and join our friendly club for great conversation, games and friendship.**

**Get out of the house and meet new people. There will be free tea, coffee and cakes, plus loads of board games. Or just enjoy a chat in great surroundings.**

**The club is run by CKH volunteers. If you would like to volunteer, pop along to the club and let us know.**

**Every Thursday  
10am to 12pm**



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

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