



Safeguarding Newsletter

December 2023

We are aware that Christmas is an exciting time for many but can also be hard for some families that are struggling financially or find the festive celebration a challenge. Please see below local free events.

FREE! Christmas Bazaar – Meet Santa, BBQ, Disco, Christmas Stalls, Carol Singing, Tombola, Craft, Toy Stall, Bric-a-Brac, gift cards and wrapping.

Friday December 15th, 2023

12pm – 6pm

Westraven Community Café, 24-28 Hampton Court, Westwood PE3 7JA

*No need to book to attend just come along and have some fun.
If you would like to book a stall for the event, please call 01733 330040.*

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

FREE! Christmas Fun Event – Come and meet Santa at this FREE event! Crafts, mince pies and holiday treats, Santa's grotto and take a stroll through our garden.

Thursday December 21st, 2023

2pm – 4pm

Olive Road Wellbeing Garden, Dogsthorpe, PE1 4PT

No need to book to attend, just come along and have some fun!

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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 Monday during December - Term time only

5pm – 6pm

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

Every Wednesday during December - term time only

5pm – 6pm

Charteris Centre, Normanton Road, Welland, PE1 4XE

Every Thursday during December – term time only

5pm – 6pm

Barnardo's Jigsaw Centre, Herlington PE2 5PW

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

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Please see below support avenues that can provide advice and support over the festive period.

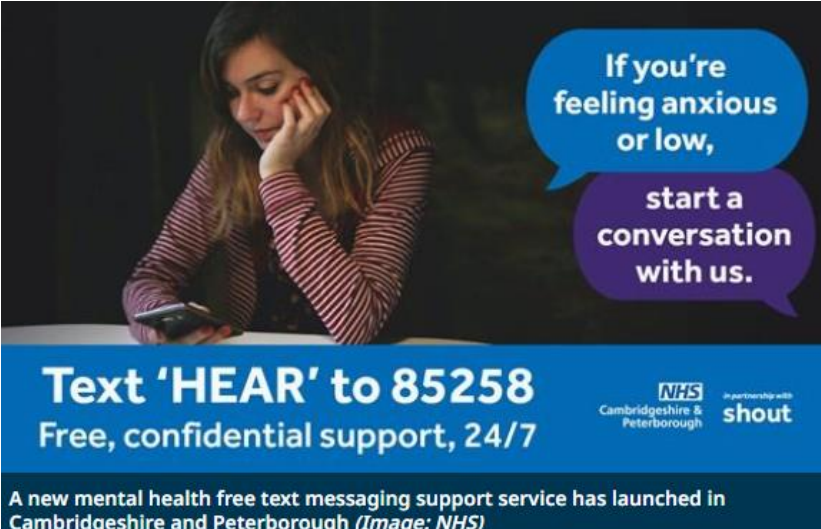


Are you in a mental health crisis?
Then call... **111**
and select the mental health option

NHS
First Response Service



childline
ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



If you're feeling anxious or low,
start a conversation with us.

Text 'HEAR' to 85258
Free, confidential support, 24/7

NHS Cambridge & Peterborough
in partnership with **shout**

A new mental health free text messaging support service has launched in Cambridgeshire and Peterborough (Image: NHS)

How 'Cost of Living Support Hubs' can help you

[Barnardo's Cost of Living Support Hub \(First Steps\)](#)

01733 295 860

[DIAL Disability Peterborough Cost of Living Support Hub](#)

01733 265 551

[Peterborough Information Network | Showing 28 search results](#)

Facts & Support for parents

Self-Harm

The rate of self-harm among young children in the UK has doubled over the last six years, according to a new analysis.

Support avenues are available to young people and to parents to help understand how best to deal with Self-harm in young people.

[Self-harm: advice for parents - With You \(wearewithyou.org.uk\)](https://www.wearewithyou.org.uk)

Samaritans

Hours: Available 24 hours

116 123

[Where to get help for self-harm - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Useful contacts - self-harm - Mind](#)

[Self-harm | Advice for young people | Get help | YoungMinds](#)

Mental Health Support



[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)



[Peterborough - Centre 33](#)

Welcome to Centre 33 in Peterborough. We run a drop-in every Tuesday at 16 Crawthorne Road for you to come and chat about anything you need support with.