

£5 for a parent and child*

TEA & PLAY WELLNESS HUB

MONDAYS
(in Term-Time)
11:30am to 12:30pm

Come and have a chat whilst your children play. These friendly sessions provide the opportunity to focus on YOU and your wellbeing.

Weekly activities such as: story time and sensory play provide lots of opportunities for parent/child interaction

Ages: 0-4 years
*additional children £1
t: 07802 306993



Project 229
227-229 Bedford Road
Kempston
Bedford
MK42 8DA

LESHASWELLNESSHUB

Tea & Play Wellness Hub

GROUP STARTS BACK MONDAY

2nd March

March Dates Include:
2nd, 9th, 16th and 23rd

Break for Easter

This insert sheet is updated **more often than the 'General What's On'** and contains **dated events and activities** that change more often or are **time limited!**

FREE HELP & REPAIRS FROM LOCAL VOLUNTEERS



the Bedford REPAIR CAFÉ

ELECTRICALS · CLOTHES · DIY BIKES · GARDENING · TOYS
NO BOOKING REQUIRED - TURN UP & QUEUE

Hub Club Bedford REPAIR CAFÉ

SATURDAYS
10am to 3pm

25th April
13th June
19th September

Hub Club Cafe will be open for drinks, cakes and snacks

You are also welcome to come in to play board games, do model painting or some mindful colouring

Money Coaching



is a free service designed to empower you with the knowledge, skills, tools and confidence to better manage your finances.

Budget like a boss.
Free, expert money coaching
capuk.org/trymoneycoaching

Contact Ailie, or see the What's On 'Seasonal Update' for dates

Book a FREE Place: Contact Ailie Redman
e: ailie.redman@graceinthecommunity.com

NEXT WORKSHOP:
Saturday 25th April
One-Day Workshop
9am – 12.45pm
Acorn Lounge @229

Hub Club will be open from 10am alongside Repair Cafe

WELLBEING COURSE @229


Strengthening holistic wellbeing in challenging times. **FREE** 6 week small group sessions **for women**

Morning Group: 10am-12 Groups on
Afternoon Group: 1-3pm **Tuesdays**
Evening Group: 7.15-9.15pm at 229

For booking contact: Heather t: 07941 401140
e: heather.solesbury@project229.org

Book NOW for April Courses:
Starting **Tuesday April 14th**
AM / PM / Evening

www.tinyurl.com/www229



SOUP FRIDAYS 

with Chef Ian (Marmite Fine Dining)...

Early Spring Menu*

- 27th February: Pea and Mint
- 6th March: Roasted Parsnip & Apple
- 13th March: Minestrone & Cheese Scone
- 20th March: Ramen Noodle Broth
- 27th March: Celeriac, Leek & Mushroom

Closed for Easter Holidays

- 17th April: Broccoli Cauliflower 'cheese'
- 24th April: Cream of Tomato
- 1st May: Veg, Spinach Saag Aloo
- 8th May: Sweetcorn Chowder
- 15th May: Leek Butterbean and Lemon
- 22nd May: French Onion

Closed for Half Term Holiday
Soups are Vegan & GF (*subject to change)



WELL WOMAN WORKSHOP

ADULT MIM

FOR WOMEN

MUSIC IS MEDICINE
MIM
MOVEMENT IS MEDICINE

IN OAK HALL
PRESS DOORBELL
NO.1 OR COME
THROUGH

Hub Club Cafe



RHYTHM - REGULATE - REST - REPAIR - RESILIENCE

TUESDAY 24TH MARCH

11AM TO 12NOON @PROJECT 229

• ALL FITNESS LEVELS & ABILITIES WELCOME • * CHAIR-BASED INCLUSIVE *
Move at your own pace, in your own way

FOR MORE INFO VISIT www.brightemotions.co.uk/mim

BOOK A FREE PLACE: www.tinyurl.com/229MIM

BOOK NOW
FOR THE FREE
TASTER SESSION



MIM (MOVEMENT IS MEDICINE) OFFERS A POWERFUL, NON-MEDICAL WAY TO SUPPORT YOUR MIND & BODY ... IT'S A SCIENCE-BACKED METHOD COMBINING MUSIC, BODY-BASED MEDITATION & RAVE INSPIRED MOVEMENT TO CALM YOUR NERVOUS SYSTEM & RELEASE TENSION. WHAT TO EXPECT: BEATS & RHYTHM - SIMPLE GUIDED MOVEMENTS (NO CHOREOGRAPHY) - ZERO PRESSURE - JUST EXPRESSION, RELEASE & REAL RELIEF!

Thursdays from
12 to 2:00pm
@229*



SKILLS
FOR LIFE



A selection of **FREE** flexible
courses for adults (2-10 weeks)

FREE COURSE: MONEY MANAGEMENT MADE EASY FOR EVERYDAY LIVING



www.tinyurl.com/229learning

**BOOK NOW
FOR FREE!**

When is the course?

April 16th, 23rd, 30th and May 7th
12noon to 2pm at Project 229

(please come from 11.30am on 16th April if you haven't previously registered).

What does the course cover?

This course offers **practical workshops** designed to help you **take control** of your finances and **make your money work for you**, developing how numeracy is used in everyday life as a life skill to support you.

You'll learn how to create a **realistic personal budget** tailored to your lifestyle, identify **spending habits**, and uncover areas for financial improvement.

Essential topics such as **understanding credit, managing debt, and building effective savings strategies** will also be covered. You'll gain the knowledge needed to make informed decisions about financial products and services.

Whether you're looking to **improve day-to-day money management** or **plan for the future**, this course provides the tools to build long-term financial confidence and stability.

Contact us: t: 0300 300 8131
e: BESA@centralbedfordshire.gov.uk

*course list provides examples of
some of the courses available
other days / times may also run



Central Bedfordshire Council
and Bedford Borough Council
working together



Funded by
UK Government

SKILLS
FOR LIFE

Bedfordshire
Employment &
Skills Academy