

SATURDAY
@229

Saturday 24th September
a fundraiser for... 10am to 2pm
Macmillan
coffee, cake & activity morning
in loving memory of Christine Lesinski
Tea and Coffee
Cakes and Biscuits
Savouries
Children's Craft Table
Games and Prizes!
in Oak Hall @Project 229, 227-229 Bedford Rd, MK42 8DA

christians against poverty
CAP
always hope.
The CAP Money Course is a revolutionary money management course that teaches budgeting skills and a simple, cash based system that really works. Get more control of your finances, so you can save, give and prevent debt.
Course Saturday 15th October
Date: @Project 229
Book a FREE Place: Contact Ailie Redman
e: ailie.redman@graceinthecommunity.com

WHAT'S ON
@229
Autumn 2022 New Term Edition
Copies available from...
Hub Club
Activities at 229 are running within advised guidelines to help keep people as safe as possible as we move into a different phase of COVID-19

Hub Club
IN THE CAFE @229
we are open for...
Lavazza Coffee
A Variety of Teas
Hot Chocolate
Cold Drinks
Biscuits
as well as... a space where people can relax, meet or co-work...
Register to use work from Hub Club:
www.tinyurl.com/hubclubuser

MONDAY
@229

ONGOING
@229
Multiply
Coming Soon... aimed at ages 19+ yrs without a Level 2 or equivalent math's qualification

Feeling stuck?
Want to change something?
Not sure how to move forward?
Solution Focused One-to-One supporting people to discover a brighter future
Meet a practitioner who will concentrate on helping you move towards your best hopes rather than focusing on the problem. It's hopeful, and may help you to create sustainable change...
contact us: www.tinyurl.com/besthope

christians against poverty
CAP
always hope.
An award winning charity offering debt coaching to those in financial crisis to enable them to become debt-free. Services are offered entirely free of charge.
Who's it for: anyone who is struggling with debt whether its large or small.
You can ring their free-phone number for an appointment with the local team at Project 229.
Debt Support: 0800 328 0006

REDFORD BOROUGH
Parent Forum Carer
NOW AT PROJECT 229
We hold regular Coffee Mornings, events and training sessions for parents to come along, give their views, meet other parents and to empower you to advocate for your child. If you would like to find out more or become a member please contact us or complete our online membership form by scanning this QR code or using this link:
www.bbpcf.co.uk/contact
DROPP-IN 9AM - 12PM
MONDAYS @229
We are passionate about improving services for our children & young people, we've all had different experiences so we need to hear your views
communications@bbpcf.org.uk www.bbpcf.co.uk 07943 524553

KEMPSTON COMMUNITY HUB
For professionals & groups working pro-actively in Kempston and the surrounding areas
Monday 12th September: 10am to 12noon @229 (open until 1pm for additional networking)
we go AGAIN
REFLECTION. RESILIENCE. RECOVERY
speed networking & local services update
book via: wegoagain.eventbrite.co.uk
KEMPSTON COMMUNITY HUB CO-HOSTED BY Project 229 & Bedford Council for Voluntary Services (CVS)

Buggy Walks in Kempston...
Mondays- 11:00am to 12:00pm
Addison Park
Meet by the entrance to the park, near the parade of shops
The walks finish at Hub Club co-working and meeting space in the cafe at 229
Project 229
229 Bedford Road
Kempston
Bedford
MK42 8DA
For more information, please get in touch via:
t: 0300 323 0245
e: admin@ecpbedford.org
f Bedford Borough Children's Centres

SHORT-TERM OR LONG-TERM
INDIVIDUAL THERAPY FOR ADULTS
appointments available at Project 229
'WHEN WORDS ARE NOT ENOUGH...'
ART PSYCHOTHERAPY
Art Psychotherapy uses creative media and expressive art forms (as well as talking) to support personal change and growth.
EMAIL: marion.psychotherapy@gmail.com
WEBSITE: marionmajor-artpsychotherapy.com

Gardening has been proven to improve mood, stabilize feelings of anxiety and depression, and reduce feelings of stress
GREEN MAN COMMUNITY GARDEN
Why not take some time to potter in a community garden...
● Register your interest to become a garden volunteer
● Come to Project 229 to register for access to the shed
● Claim your free tea or coffee from bake.*
The Green Man Garden is at the rear of Addison Howard Park located behind the row of garages near The Grange building. Free parking is available, at the top of the park driveway only a short walk from the garden.
www.tinyurl.com/greenmangarden

space for young people who have experienced one adult hurting another adult in their home
BUBBLES Small group activities
COVID-Secure face-to-face sessions
1-2-1 support for young people and families
SPACE holiday clubs fun sessions during the school holidays
RESIDENTIALS for young people
www.project229.org/space
contact Linda e: space@project229.org m: 07545 753934

space for young people who have experienced one adult hurting another adult in their home
BUBBLES small group youth sessions
Mondays & Wednesdays
support and a safe space to socialise for ages 9-16 (school yr 5+) in Bedford Borough
SPACE
contact Linda e: space@project229.org t: 01234 840880 or m: 07545 753934

STREET AND CONTEMPORARY DANCE
Mondays @229 £450
NEW TERM Times & Age Groups*
4:30 - 5:20pm: 4-7yrs
5:30 - 6:20pm: 8-11yrs
6:30 - 7:20pm: 12+yrs
register your interest with Maz for classes for under 4's
*Ages are guidelines. Our covid secure groups are based on age, ability and family/friendship groups at this time. For more info about how to join UFM contact Maz: 07922 494908 4PM@229

TUESDAY
@229
Eligibility criteria applies contact for more info.
Dawn.McCarthy@Bedford.gov.uk
NEW!

ESOL Bedford
Want to learn English? We can help.
Contact The Bedford ESOL Advice Service
01234 276336
ESOL@bedford.gov.uk
www.bedfordesol.org.uk
Face-to-face classes and learner support
ONLINE Courses Running: Impact Bedford
ONLINE ESOL CLASSES
TEXT: 'IMPACT ESOL KEMPSTON'
TO: 07598 275841
IMPACT
Register your interest for the next available ESOL course

NHS Bedfordshire Clinical Commissioning Group
BEDFORD BOROUGH COUNCIL Beds RCC
Your Wellbeing Bedfordshire
Free support to help you make positive changes to improve your physical health and mental wellbeing
Our supportive Social Prescribing Team can help you:
Connect with your local community
Enable you to improve your wellbeing, helping you stay well
Empower you to make decisions to support your health / wellbeing
"As a Social Prescriber I help people see that our mental health does not exist in isolation, highlighting the impact our daily life has on our wellbeing. I aim to help people consider changes that bring a better balance to their life."
www.ywb.org.uk

You can Do IT!
Bedfordshire Rural Communities Charity
Do you want to use a smartphone, tablet or computer?
Our team can help you with:
• Connecting to and using the internet safely
• Using email
• Communicating using video and voice calls
• Accessing online services
Interested? Find out more:
Go to: ywb.org.uk/IT
Call: 01234 838771 FREE

Bedfordshire 0-19 Service Health Visiting Team
3 Year Development Assessments
Face to Face Appointments:
Tuesdays in Oak Hall @Project 229 (Ring doorbell no.1)
The three year review will involve a community nursery nurse, parents, child and if your child spends time in a nursery, pre-school, or with a child minder, they will also be involved. You will be given a questionnaire to complete to help assess your child's development prior to the review.
If you're worried about your child's development, call your health visiting team on 0300 555 0606 or text a health visitor via Parentline on 07507 331456
For more information, please get in touch via:
t: 0300 555 0606
e: ccs.bedsandlutonchildrenshealthhub@nhs.net
www.cambscommunityservices.nhs.uk/Bedfordshire
NHS Cambridgeshire Community Services NHS Trust

TUESDAYS @ Hub Club
9.30-11.30am co-working space in the cafe at Project 229
HOOK PURL AND CAKE
KNITTING & CROCHET
Meet up in the café
Bring your own project along or come and learn some new skills!

The Award in an Introduction to Early Years Settings - Level 1
Are you interested in working in a day nursery, pre-school or lower school with babies or young children up to the age of 6 years? If so, this is the course for you!
It's run over 9 sessions, fun, friendly and a great opportunity to gain a recognised childcare qualification. Join us and get messy with playdough, paints and cookery!
Skills Assessment: Tuesday 13th September 2022 10.00 am to 12.00 pm
Meet at Project 229 for sessions next door at Kempston East Church
Workshops: Tuesday 20th September 2022 and then every Tuesday until 15th November 2022 (Term-Time only) 9.15 am to 3 pm
Book: 01234 276339 or nvqhelp@bedford.gov.uk

WELLBEING COURSE @229
 Strengthening mental wellbeing in challenging times. **FREE** 6 week small group sessions **for women**

Morning Group: 10am-12
Afternoon Group: 1-3pm
Evening Group: 7-9pm

Groups on **Tuesdays** at Project 229

For booking contact: Heather: 07941 401140
 heather.solesbury@graceinthecommunity.com

WELL WOMAN WORKSHOP



WELL WOMAN WORKSHOP

FOLLOW-ON COURSE @229
 Optional 4-week course after completing the Well Woman Workshop

Looking at:
 Self Assessment
 Boundaries
 Assertiveness
 Close Relationships
 'Let's Stick Together'
 Building Resilience

For more information about the **Well Woman Workshop** or **Follow-On Course** contact Heather: t: **07941 401140**



The Art Well Online

Spaces Available
Tuesdays 1.00-2.30pm
 on 'Zoom' via a phone, tablet, laptop or PC

The **FREE** Zoom sessions include a general check-in each week, before undertaking an arts activity together with some time for reflection.

You can use any art materials you have at home, but if you feel you may need some help with that then please let Marion know.

To book a place please contact: Marion Major t: 07919 802064 or 01234 840880 or e: heartwell.kempston@gmail.com



DON'T JUST EAT JUST COOK!

Cook Cheap & Healthy Dinners with 'Food etc.'

Cook and eat together using **nutritious, low cost** ingredients at Project 229. Recipes include pizza, burgers, curry and lots of other tasty treats. Aimed at children (10yrs+) together with a responsible adult.

Wednesdays from 4pm – 6pm from 21st September

£4.50 per session* recipes and ingredients provided (* free for families on income related Free School Meals)

Food etc. @foodetcBedford @foodetcBedford

For info call Julie on 07970 115181 or email julienmclay@gmail.com

Book via: www.tinyurl.com/229justcook



THURSDAY @229

NEW!



the net charitable trust

Serving families in Kempston since 2004

Thursday 10am to 11.45am

Supporting isolated people and families living in Kempston. We offer practical help and support through friendship and building bridges within the community. We provide a weekly term-time sessions with a variety of activities.

For more info contact Louise on: 07793 490949 e: louise.pestell@graceinthecommunity.com or Julie on: 07885 060368 e: julie.anderson@graceinthecommunity.com



Restoration Pilates (APPI)

(Physio-led) courses that are open to all. A pre-course assessment is required.

Tuesdays at Project 229
 from: 6:00pm to 7:00pm

For more info contact: Johanna t: 07753 418170 e: jo@restorationpilates.co.uk www.restorationpilates.co.uk



POLYMER CLAY WORKSHOPS
 WITH THE ART-WELL AND STUDIO H

NEW! BOOK A PLACE ON OUR TWO-PART WORKSHOP TO:
 • LEARN THE BASICS OF WORKING WITH POLYMER CLAY
 • DESIGN YOUR CHARACTER
 • CREATE YOUR OWN ANIMAL FIGURE
 • ADD YOUR OWN WHIMSICAL TOUCHES

ADULTS (16+) WORKSHOP EVENINGS
 7:30PM - 9:30PM
 13TH & 20TH SEPTEMBER

• ADULT - £15
 • ALL RESOURCES ARE PROVIDED

To book a place please contact:
 Email - beccy@project229.org
 Call - 01234 840880

Book at: 229adultclay.eventbrite.co.uk



Ghidda for Women

Tuesdays 7:30-9pm £3 per class

Popular folk dance from the Punjab region in India / Pakistan. With the energy of bhangra; it creatively celebrates feminine grace, elegance & flexibility.

For more information contact Jass t: 07572 397146



The Art Well Self-directed Art Group
 open to those who have previously been in The Art Well

Improving Mental Health and Wellbeing through creativity

THURSDAYS 1.00 TO 2.30PM

Managed peer support art studio group for mental health and wellbeing at Project 229

Project 229, 229 Bedford Road, Kempston, Bedford, MK42 8DA
 07919 802064
 01234 840880 (Project 229)
 heartwell.kempston@gmail.com
 beccy@project229.org

For more information please contact: Marion

The Art Well is a funded project, led by Marion Major, a qualified Arts Therapist (HCPC & BAAT Registered) at project 229. If you would like further information or to make a referral please contact us.



Inspire performing arts THURSDAY@229

MUSICAL THEATRE

CLASSES *£3

3-5yrs 4.30pm-5.15pm
 6-8yrs 5.15pm-6pm
 9-11yrs 6pm-6.45pm
 12yrs 6.45pm-7.30pm

*Please arrive at these times and wait socially distanced outside until you are invited in one by one. This enables us to clean between groups and keep everyone safe. Thank you!

Contact Rosie for more info on: 07305 809342 e: inspirepa@outlook.com www.inspirepa.co.uk



FRIDAY @229

NEW!



CREATE

SEEING, REFLECTING & CREATING FROM THE EVERYDAY OPEN TO ALL

MONTHLY CREATIVE ACTIVITIES AND DISCUSSION TO HELP YOU LOOK DEEPER AT THE WORLD AROUND YOU

MONTHLY TUESDAYS 7:45- 9:30PM

27TH SEPT 18TH OCT 22ND NOV

ENQUIRIES & BOOKING:
 MARION: 07919 802 064
 MARION.MAJOR@GRACEINTHECOMMUNITY.COM
 WWW.GRACEINTHECOMMUNITY.COM

grace+ community church



WEDNESDAY @229

NEW!



the net charitable trust

Serving families in Kempston since 2004

Wednesday 10am to 11.45am

Supporting isolated people and families living in Kempston. We offer practical help and support through friendship and building bridges within the community. We provide a weekly term-time sessions with a variety of activities.

For more info contact Louise on: 07793 490949 e: louise.pestell@graceinthecommunity.com or Julie on: 07885 060368 e: julie.anderson@graceinthecommunity.com



THE SHED
 BLOKES, BANTER, BREW

The Shed is a place for men to gather, socialise, talk things through, and support one another, whatever the challenges life throws up.

Fridays 10am to 12noon

The Shed meets in the café @229 227-229 Bedford Rd, Kempston MK42 8DA

If you'd like to chat to someone about The Shed before you visit us, contact: Graham on m: 07825 816 346

for more info e: graham.albans@graceinthecommunity.com



COFFEE WITH A COP

Pop in... We'd love to chat!

10am to 11am
Friday 21st October
Friday 16th November

at Hub Club in the café at

PROJECT 229 227 to 229 Bedford Road Kempston, Bedford MK42 8DA

BEDFORDSHIRE POLICE Protecting People and Fighting Crime



Fun Fitness for women

£4 with Ranj

Fridays 11am to 12noon @229

Fun circuit based small group class. Exercise with other women in a safe, relaxed environment.

For more information contact Ranj: email: kfitnesspt@outlook.com



FREE ONE-TO-ONE Advice & Support
 Bedfordshire Employment and Skills Service

Talk to Miriam about next steps, volunteering, training or getting back to work... Sessions are one-to-one and tailored to you. Why not make an appointment?

appointments are available online & face-to-face Project@229

Wednesday's@229 for face to face appointments
 appointments can also be offered on other days to meet other advisors online

to book an appointment, please complete the form using the link below or for more information, contact Project 229: t: 01234 840880 e: beccy@project229.org

Book an appointment: tinyurl.com/229bess



The Art Well @Project 229

Improving Mental Health and Wellbeing through creativity

***Taking NEW Referrals**

WEDNESDAYS 1.00 TO 2.30PM

Sessions include personal art resources to use. Facilitated themed art sessions with time for reflection

Project 229, 229 Bedford Road, Kempston, Bedford, MK42 8DA
 07919 802064
 01234 840880 (Project 229)
 heartwell.kempston@gmail.com
 beccy@project229.org

To refer / book a place please contact: Marion

The Art Well is a funded project, led by Marion Major, a qualified Arts Therapist (HCPC & BAAT Registered) at project 229. If you would like further information or to make a referral please contact us.



FITNESS & FEELINGS

BARNES ROSE PERSONAL TRAINING

Group sessions that encourage body movement and awareness.

We provide a safe space for children to talk and learn about feelings all whilst exercising and having FUN!

Groups are kept small & welcoming Children 5-11years
 Wednesday 7th, 14th, 21st & 28th September
 Project 229, 227-229 Bedford Road, Kempston, MK42 8DA
 4.45-5.45pm
 £4.00 per session
 BOOK ALL 4 TO RECEIVE A DISCOUNT! LIMITED SPACES

To book message on social media or text 07368347171 @brightemotions_ @BrightEmotions Bedford



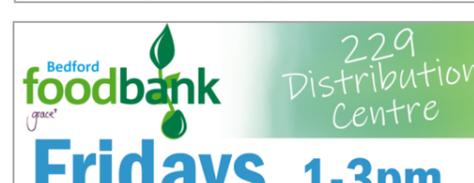
Bedford foodbank 229 Distribution Centre

Fridays 1-3pm

Contact Grace @229: 01234 854508
 Contact Bedford Foodbank: 01234 268569
COVID-19: The 229 Foodbank Centre is OPEN

All clients need to wear facemasks (unless exempt). We are continuing to operate our voucher system. Vouchers / online vouchers are available from our referral agencies (like Project 229).

We don't think anyone in our community should have to face going hungry. We provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty & hunger across the UK.



Inspire performing arts FRIDAYS@229

4.15 to 5PM

SINGING classes

Have fun with music!

For ages 6+ Singing to Pop songs and Musical Theatre pieces

Classes include:
 vocal warm-up exercises
 breathing techniques
 projection techniques

Children will be able to sing as part of a group as well as having the opportunity to sing solo

Contact Rosie for more info on: 07305 809342 e: inspirepa@outlook.com www.inspirepa.co.uk



Inspire performing arts FRIDAY@229

Offering children of all ages and abilities the opportunity to access performing arts classes.

Youth Drama Fridays 5-6pm £5

Our aim is to inspire young people to aspire to reach their full potential, grow in confidence and flourish as an all round performer whilst having lots of fun.

Contact Rosie for more info on: 07305 809342 e: inspirepa@outlook.com www.inspirepa.co.uk

