

## Money Coaching

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

Anyone can benefit - from seasoned budgeting experts to those struggling to get to grips with their spending

**Budget like a boss.**

Free, expert money coaching

[capuk.org/trymoneycoaching](http://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](mailto:ailie.redman@graceinthecommunity.com)

## WORKSHOP DATES:

**Saturday  
21st November  
One-Day Workshop  
9am – 12.45pm  
Acorn Lounge @229**

**BOOK A FREE PLACE**

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



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



**Bedford**  
· REPAIR CAFÉ ·



**SATURDAYS**  
10am to 3pm

**19th September  
21st November**

*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

## WELLBEING COURSE @229

Strengthening holistic wellbeing in challenging times. **FREE 10 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](mailto:heather.solesbury@project229.org)

**Book  
NOW for  
September  
Courses:  
Starting in  
January 27**  
[www.tinyurl.com/www229](http://www.tinyurl.com/www229)



**WELL  
WOMAN  
WORKSHOP**



## ADULT MIM

@PROJECT 229

FOR WOMEN

MUSIC IS MEDICINE

**MIM**

MOVEMENT IS MEDICINE



**RHYTHM · REGULATE · REST · REPAIR · RESILIENCE**

**SIGN UP NOW COMING SOON!**

register your interest: [tinyurl.com/MIMautumn](http://tinyurl.com/MIMautumn)

**BRIGHT  
EMOTIONS**

• 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](http://www.brightemotions.co.uk/mim)

## SOUP FRIDAYS



with Chef Ian (Marvite Fine Dining)...

11th Sept: Cream of Tomato  
18th Sept: Chickpea Chana Masala  
25th Sept: Mushroom and Spinach  
2nd Oct: Carrot, Sesame and Ginger  
9th Oct: Leek and Potato  
16th Oct: Scotch Broth  
23rd Oct: Parsnip and Cumin

**Closed for October Half Term**

6th Nov: Smoky Lentil with Firecracker Salsa  
13th Nov: Cauliflower, Broccoli 'Cheese'

Soups are Vegan & GF (\*subject to change)

**Saturday 10th October**  
a fundraiser for... 10am to 1.30pm

**Macmillan**  
coffee, cake & activity morning

hosted by Charlie Kaler and Family

**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

*Hub Club sounds*

Each volunteer team create their own music vibes in the cafe.... some even have their own playlists! Here's what to expect! (Subject to change!)

**Monday**

**AM** Expect soul, songwriter-led, popular music  
You might see Tracey on the guitar (if it's quiet!)

**PM** Rock and Pop vibes - some classics!

**Tuesday**

**AM** Usually upbeat indie pop

**PM** - Jan's eclectic mix from ibiza chill to powerhouse pop classics

**Wednesday**

**AM** Usually upbeat indie pop / sing-along classics

**PM** - Expect our acoustic 'Hub Club Mix' with some familiar songs done differently  
- or a mix of pop and soul

**Thursday**

**Up to 3pm** 60's, 70's and 80's classics

**3-6pm** - Indie pop, rock & country (plus the strains of musical theatre from next door!)

**Friday**

**AM** 70's, 80's, 90's and 00's upbeat classics

**PM** - Usually chilled indie pop and rock

Feel free to feed back to the team if there are some music genres you'd like to be added to the Hub Club Mix!

*Hub Club* café **re-opens** to the public on **Monday 7th September at 9.30am**

**Hub Club will be closed for October Half Term**  
(Monday 26th to Friday 30th October)

**Courses run in**  
Acorn Lounge @229  
**10.30am-12.30**



**SKILLS FOR LIFE**



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

**FREE short courses** to support everyday life & the workplace. These workshops & courses, designed for all abilities, develop essential skills, confidence, reading & writing or prepare you for work or volunteering opportunities

[www.tinyurl.com/229learning](http://www.tinyurl.com/229learning)



**CV LITERACY SUPPORT**  
**Monday 14th September**

Develop the skills needed to update a clear, professional and effective CV. Ideal for job seekers at all levels.

**FREE! BOOK NOW**

You can also register using the digital info screen in Hub Club Cafe!

**LIFE BEYOND BENEFITS**  
**Monday 5th October**

Explore the personal and financial advantages of reducing or eliminating reliance on benefits. Take the next step towards a more independent, secure, and fulfilling life!

**SMART BUDGETING & SAVVY SAVING**  
**Monday 12th October**

Master your finances for the month ahead with purpose and confidence. This course equips you with the practical tools to take charge of your money - one month at a time.

**If you need help to register, pop into Hub Club during opening hours and ask a member of the team to support you**

**Contact us:** t: 0300 300 8131 e: [BESA@centralbedfordshire.gov.uk](mailto:BESA@centralbedfordshire.gov.uk)



Central Bedfordshire Council  
and Bedford Borough Council  
working together



Funded by  
UK Government



Bedfordshire  
**Employment & Skills Academy**



IN THE GREEN MAN GARDEN  
**ADDISON PARK KEMPSTON**

**ECO ART THERAPY**

IMPROVING MENTAL HEALTH AND WELLBEING THROUGH CREATIVITY

The Art Well, at Project 229, offers therapeutic arts based workshops throughout the year.

Reflecting on nature and the cycle of the seasons, eco art therapy uses both natural and traditional art materials.

**FOR FURTHER INFORMATION**



SCAN FOR  
REFERRAL  
FORM



**RESTARTS...**

**Tuesday 1st**  
**Sept (Eve) &**  
**Thursday 3rd**  
**Sept (Day)**

Email: [theartwell.kempston@gmail.com](mailto:theartwell.kempston@gmail.com)

Call: 01234 982441



**COMMUNITY FUND**

FUNDED BY THE NATIONAL LOTTERY COMMUNITY FUND