

MONDAY
@229

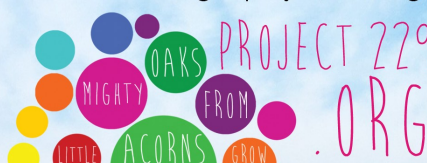
Hub Club

IN THE CAFE@229
2025 Opening Times (term-time)*
MONDAY: 9.30am-4.00pm
TUESDAY: 9.30am-4.00pm
WEDNESDAY: 9.30am-4.00pm
THURSDAY: 9.30am-6.00pm
FRIDAY: 9.30am-3.30pm

We serve drinks/cakes/snacks (& soup Fridays)
You can bring your own lunch...We don't mind how long you stay for!
*we close during some holidays / operate at different opening times

2026 we have space for...
NEW ACTIVITIES!

Are you aware of a **need** in our community and have an **idea** for a **service** that could help support people? Are you part of a **charity**, **group** or **local service** looking for **space** to run activities and **services**?
contact e: bookings@project229.org



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

Email: theartwell.kempston@gmail.com
Call: 01234 982441

FUNDED BY THE NATIONAL LOTTERY COMMUNITY FUND

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

did you know... we have a
BURSARY SCHEME

Many of the providers at **Project 229** offer **time limited funded places** on activities for families or individuals in particular hardship or financial difficulty.
We only accept Professional referrals for this scheme. To make a referral contact e: beccy@project229.org



LOL
Labour of love

SUPPORTED CRAFT@Hub Club

10am-12 noon **MONDAYS** (in term-time)

PROJECT 229

£2pp includes craft & a standard drink in Hub Club Cafe

for SEND clients to attend with a support worker/ carer
craft materials provided

to join, please complete a referral form:
tinyurl.com/lolsupportedcraft

for info e: **lorraine.pibworth@project229.org**

Mondays from 10.30am-12.30 @229*

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

FREE 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

CV LITERACY SUPPORT
LIFE BEYOND BENEFITS
SMART BUDGETING & SAVVY SAVINGS

BOOK NOW!

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

STREET AND CONTEMPORARY DANCE
mondays@229 £4.50

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 groups are age appropriate and also based on ability and family/friendship groups
for info contact Maz: 07922 494908

FREE COMMUNITY LEARNING COURSES: at Project 229!

Courses run in Acorn Lounge @229 10.30am-12.30

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

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.

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!

FREE! BOOK NOW

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

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

Hub Club CAFE@229

our not-for-profit community café is run by Project 229 staff and volunteers...

You can do puzzles, play games or meet friends and get to know others in our friendly warm space. Find out about services and activities on offer. You can even bring your own lunch in! We think it's pretty special... but don't just take our word for it!

If you are **working from here**, we ask you to **donate for your time** (£1 hr minimum) or for your drinks (whichever is greatest!)

We serve Lavazza coffee, hot / cold drinks & snacks / fresh bakery cakes & soup on Fridays from 12noon (while stocks last) for a donation



Hub Club **LITTLE LIBRARY & SWAP STATION**

We don't have lots of spare storage... but our little library has been so well used it's a bit **short of books!** If you have **one or two adult fiction** or **children's books** you could add when you are passing that would be fantastic (please don't bring boxes of books!)

Feel free to pop **excess seeds** in the drawers as we are into growing season! You can even leave **excess plants** or **seedlings** (please label them!)

*Please note - we will only take DVD's that are rated U or PG

BOOKS CRAFTS KITS MAGS SEEDS

space for young people who have experienced one adult hurting another adult in their home

PLANETS
small group youth sessions
Mondays & Tuesdays

support and a safe space to socialise for ages 9-18 (school yr 5+) in Bedford Borough

open for new referrals *(up to 16yrs)
referral form via:
tinyurl.com/spacereferral25

contact the team m: 07545 753934
e: joanna.robertson@project229.org

TUESDAY
@229

TUESDAYS @ Hub Club
9.30-11.30am (Term-Time)

KNIT & CROCHET
meet-up in the café

Bring your own project or get involved in our postbox yarn bombing! Come along & learn some new skills over a cuppa!

SATURDAY
@229

OPEN 24-7! *Hub Club*
LITTLE LIBRARY & SWAP STATION



**BOOKS
CRAFTS
MAGS
KITS
SEEDS**

WHAT WILL YOU SWAP?

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**

WHO ARE BEDFORD REPAIR CAFE?
We are a group of volunteers who care about repair. Our Fixers are skilled in their areas and are giving up their time for free to help fellow Bedfordians - for many, this isn't their job, simply a way to connect with the community.

IS IT REALLY FREE?
Yes- we are volunteering to help you save money, the environment and learn something new. We ask for you to buy spare parts if required. We welcome cash donations to help us run more events, or donate at: paypal.me/bedfordrepair

SELECTED SATURDAYS
THROUGHOUT THE YEAR
@bedfordrepaircafe

WELLBEING COURSE @229

Strengthening holistic wellbeing in challenging times. **FREE 10 week** small group sessions **for women**

Morning Group: 10am-12
Afternoon Group: 1-3pm
Evening Group: 7.15-9.15pm

Groups on **Tuesdays** at 229

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



WELL WOMAN WORKSHOP



The Art Well referral cafe group

Improving Mental Health and Wellbeing through creativity
for those who have been referred to The Art Well

TUESDAYS 1.00 TO 2.30PM

Informal cafe group includes art resources to use. Facilitated small group sessions.

Project 229, 229 Bedford Road, Kempston, Bedford, MK42 8DA
07919 802064
01234 840880 (Project 229)
theartwell.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 & BAAAT Registered) at Project 229. If you would like further information or to make a referral please contact us.



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: theartwell.kempston@gmail.com

ADULT MIM FOR WOMEN

MUSIC IS MEDICINE
MIM
MOVEMENT IS MEDICINE



RHYTHM - REGULATE - REST - REPAIR - RESILIENCE

SESSIONS COMING SOON!
@PROJECT 229

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

space for young people who have experienced one adult hurting another adult in their home

PLANETS

small group youth sessions
Mondays & Tuesdays

support and a safe space to socialise for ages 9-18 (school yr 5+) in Bedford Borough

open for new referrals *(up to 16yrs)
referral form via:
tinyurl.com/spacereferral25

contact the team m: 07545 753934
e: joanna.robertson@project229.org

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

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

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

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

ONGOING
@229

GET ONLINE @229

A volunteer-led service that aims to **empower** people with the **confidence** to use their **phones, tablets and laptops**

one-to-one appointments are offered in *Hub Club* café at 229

fill in the **online form** using the link below or **contact the team** for more information

t: 07356 097230
e: getonline@project229.org

tinyurl.com/getonline229

227-229 Bedford Road, Kempston, MK42 8DA

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

Chat to an advisor about next steps, volunteering, training or getting back to work... The one-to-one are tailored to you.

face-to-face appointments are available at *Hub Club* Project@229

Appointments are available:
Face-to-face (at 229)
Telephone
Teams (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

Untangle your debts with us.

Free debt advice and personal support from a local church near you.

capuk.org/debthelp
0800 328 0006

christians against poverty
CAP

WEDNESDAY
@229

LOL CRAFTERS
WEDNESDAY @ *Hub Club*
PROJECT 229

10am - 12noon (in term-time)

For regular crafters or those wanting to get back into it! Self guided activity supported by volunteers. BYO Craft or do the one provided. Basic materials supplied

to join, please complete a registration form:
www.tinyurl.com/lolcrafters

for info e: lorraine.pibworth@project229.org

£2pp includes craft & a standard drink in *Hub Club* Café



the net **Grace Community Church**

WEDNESDAYS / THURSDAYS 10 - 11.45AM (term time)

Venue: Project 229, Kempston MK42 8DA



The Net provides a safe, welcoming space where local women who are experiencing isolation can connect, build skills and access supportive pathways within their community.

CONTACT: naomi.frossell@graceinthecommunity.com

graceinthecommunity.com/our-community



Referral form

The Art Well @Project 229
Improving Mental Health and Wellbeing through creativity
project229.org/artwell

WEDNESDAYS 1.00 TO 2.45PM
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)
theartwell.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.

THURSDAY @229

chitchat@ coming soon...

a relaxed place to meet, chat, & grow in confidence speaking English (or help someone who wants to learn). Get to know people with simple puzzles, games and conversation. If you like to talk to people this is for you too!

want to help? e: beccy@project229.org

SOUP FRIDAY with Chef Ian from Marmite Fine Dining...

From 12 noon on Fridays*

Our delicious and nutritious handmade soups are all vegan and low allergen, making them suitable for as many people as possible!

Anyone can come in for soup and a roll!
Minimum donation £2*
*FREE of charge for CAP and foodbank clients

MARMITE FINE DINING CATERING
(*subject to change and while stocks lasts! The cafe closes at 3.30pm on Fridays)

Kempston Advice hub. Fridays from 1-3pm in Hub Club at 229 drop-in advice & support

We have a regular team of professionals providing **free access to support** at the same time Foodbank is open

*The Team includes**
Citizens Advice

We offer free, independent and impartial advice. Everything you share with us is held in strictest confidentiality. We offer: Money, Benefits, Energy Advice, Homelessness prevention and General Advice

Community Wellbeing Social Prescribing Team (BRCC)
Our role is to link you to services that can offer the right support, practical advice or social connection for your needs. (Fortnightly)

SOUP FRIDAY...
Soup and a roll served from 12noon and 3pm (while stocks last!) Minimum donation of £2 (free for foodbank clients & those in need)
@Hub Club

CAP Debt Advice
FREE Debt counselling service by an award winning charity - no debt too small or large. Money Management courses also regularly available

*please note: not all professionals attend every session

the net Grace+ COMMUNITY CHURCH

WEDNESDAYS / THURSDAYS 10 - 11.45AM (term time)
Venue: Project 229, Kempston MK42 8DA

The Net provides a safe, welcoming space where local women who are experiencing isolation can connect, build skills and access supportive pathways within their community.

CONTACT: naomi.fossell@graceinthecommunity.com
graceinthecommunity.com/our-community

The Art Well Self-directed Art Group
Peer group is offered as further support, based upon need and circumstances. Improving Mental Health and Wellbeing through creativity

THURSDAYS 12.45 TO 2.45PM
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)
theartwell.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.

बात-चीत Chiacchiere
अड्डा muhabbet
ಕೋಲಾಕಲಮ್
pogawędka गपशप
बालाकति गपशप करना
let's chat

Trussell BEDFORD FOODBANK
Ending hunger together
FRIDAYS @229 1-3PM

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 network of foodbanks, part of trussell.org.uk, working to combat poverty and hunger across the UK.

If you call or email our foodbank we can talk through your situation and put you in touch with a relevant local agency who can support you.
t: 01234 268569
e: info@bedford.foodbank.org.uk

Community Wellbeing Social Prescribing Team (BRCC)
Our role is to link you to services that can offer the right support, practical advice or social connection for your needs. (Fortnightly)

CAP Debt Advice
FREE Debt counselling service by an award winning charity - no debt too small or large. Money Management courses also regularly available

Bedford Borough Council, CAP, Beds RCC, citizens advice Bedford

Hub Club @229
Late Night Opening Thursdays (Term-Time) up to 6pm*
Open for hot & cold drinks & snacks, small table top, card games, board games, & mindful colouring. Books are available from the Little Library and Swap Station
* use it or lose it!

Inspire performing arts THURSDAY@229

3-9yrs 5pm-5.45pm
10yrs 5.45pm-6.30pm
10yrs CONTEMPORARY 6.30pm-7.15pm
12yrs STREET CLASS 7.15pm-8pm

MUSICAL THEATRE & Dance

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

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 help you move towards the future you want rather than getting stuck on the problem you face. It's hopeful and can help you to create sustainable change...

contact us: www.tinyurl.com/besthope
for info e: heather.solesbury@project229.org

BOX WITH US
doorbell 1 for 10-18 years 4-5pm
Fridays (term-time)
Oak Hall @Project 229

Learn a new skill
Build confidence
Increase Fitness
Meet new people

book: tinyurl.com/229box

Empowering young people through boxing skills to improve physical & mental wellbeing, build confidence & resilience, encourage positive choices & develop empathy.

for info e: joanna.robertson@project229.org
or contact: info@boxingsaveslives.org

NEW TO Friday YOUTH BOXING MAYHEM YOUTH CLUB

Yrs 7 - 9 Grace+ COMMUNITY CHURCH
MAYHEM

Learn a new skill
Build confidence
Increase Fitness
Meet new people

Active games in the hall and café space to chill out at the end of the week. Each session brings different activities and creative projects and always includes a snack and short 'Bible Nugget' to get you thinking about life and faith.

Fridays 7 - 8.15pm
Project 229, Kempston

FAMILIES CHILDREN & YOUTH
Term time. £2/wk - card donation.
More info/register a new child: graceinthecommunity.com/fcy

FREE DIGITAL ACCESS TERMINAL in Hub Club Cafe
Access essential online services using our new touchscreen device!

Here you can access a range of services including the Council, Police, NHS wellbeing support and foodbank locations (to name a few!)

Many local projects have direct links. You can also refer yourself or someone else to services within Project 229 using the buttons on the left side of the screen.

Using the website in the middle you can also download the latest copy of the 'What's On' to view.

If you're not sure how to get started, ask one of our volunteer team for help to access.

get IT right
With thanks to the team at get IT right for the provision of this invaluable resource for Kempston and the surrounding areas.

FRIDAY @229

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

Meeting a practitioner who will help you move towards the future you want rather than getting stuck on the problem you face. It's hopeful and can help you to create sustainable change...

contact us: www.tinyurl.com/besthope
for info e: heather.solesbury@project229.org

BOXING SAVES LIVES
bedford giving SPACE

Yoga with Julia for Ukrainian & Russian-speakers
Fridays from 6-7pm June - October
Outdoor sessions @Addison Howard Park (in bad weather sessions will be at 229)

Легкі та водночас глибокі практики йоги для українськомовних та російськомовних учасників. Підходить для всіх рівнів - від новачків до досвідчених практиків. Практика, що допомагає зняти стрес, відновити баланс і відпочити контакт із собою

Щоп'ятниці, 18:00 - 19:00
Жовтень - Червень - заняття в залі @Project229
Червень - Жовтень - практики в Addison Howard Park (у дощову погоду - зал @Project229)
Вартість: £5 за заняття
Приходьте на практику - ваше тіло й душа скажуть (дякую!)

Контакти: Contact Julia
Телефон Phone (UK): 07444028132
WhatsApp: +38 095 829 62 83
Instagram: @julia_suhorukova

£5 per class

4 Find us at: Project 229, 227-229 Bedford Road, Kempston, Bedford, MK42 8DA