

SATURDAY @229

Open for referrals



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.

Courses Saturday 28th May @229 contact for more dates

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

ONGOING @229

WHAT'S ON @229

Spring 2022 UPDATE Edition

Copies available from... *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 want to provide a **space** where people can **co-work, meet** people, **support** clients and **drop into** as well providing a place for **groups** to meet in a **safe and visible** space.

Register your interest to use the space www.tinyurl.com/hubclubmember

or scan me... 

Current Opening Hours Monday to Friday 9am - 4pm

Minimum donation: £1 per hr or £1 per coffee / tea (whichever is greatest)

For more info t: 07907404346 e: beccy@project229.org

THE CAFE @229

It's really **important** that we **take time** to find a **new partner** who can really **add value** to our **charitable aims** and understand how we **connect** with and **support** the community (as well as offering delicious **food and drink** of course!) It's a really **exciting opportunity**...

- Hub Club** work . meet . connect Monday to Friday **co-work, meet** friends or clients and stay connected. **Tea & coffee** Wifi
- Pop-Ups** opportunities for **independents** and small businesses to **run services / try** the space out!
- Cafe** Launch a **new cafe** with indoor/outdoor dining / **regular opening hours** to **welcome and support** our lovely community




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

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



COFFEE WITH A COP

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

Tuesday 17th May: 1-2pm
Thursday 9th June: 2-3pm
Monday 18th July: 3-4pm

at Hub Club in the cafe at

PROJECT229 227 to 229 Bedford Road Kempston, Bedford MK42 8DA



MONDAY @229

New Group...



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

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

SPACE holiday clubs fun sessions during the school holidays

RESIDENTIALS for young people

1-2-1 support for young people and families

www.project229.org/space

contact Linda e: space@project229.org m: 07545 753934



FREE ONE-TO-ONE Advice & Support

Bedfordshire Employment and Skills Service

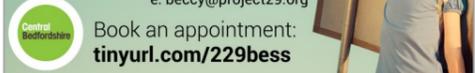
A careers advisor can provide advice: (aimed at 19+)

- Career Direction
- CV Writing
- Job Applications
- Applying for Courses
- Interview Techniques

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

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



NOW AT PROJECT 229

Parent Carer FORUM

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

DROP-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



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 229 227 Bedford Road Kempston Bedford MK42 8DA

For more information, please get in touch via: t: 0300 323 0245 e: admin@ecpbedford.org Bedford Borough Children's Centres



FREE ONE-TO-ONE Advice & Support

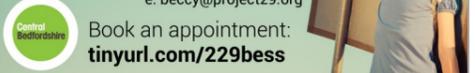
Bedfordshire Employment and Skills Service

Why not make an appointment to meet Miriam usually between 12.30 and 2pm

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

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



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/greemangarden



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



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

contact Linda e: space@project229.org t: 01234 840880 or m: 07545 753934



STREET AND CONTEMPORARY DANCE

Monday's @229

Class Times & Age Groups*

- 4:30 - 5:15pm (5-9yrs)
- 5:30 - 6:15pm (9-11yrs)
- 6:30 - 7:15pm (12+yrs)

register your interest for New Year classes for under 5's

*Ages are guidelines. Our covid secure groups are based on age, ability and family/friendship groups at this current time. For more info about how to join UFM contact Maz: 07922 494908 UFM@229



TUESDAY @229

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 07550 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!

We hope you've been enjoying our recent yarn bombing projects...

including... *The Queen's Platinum Jubilee*

Join us for our next project
Fairies & Toadstools

on Wednesdays RANGERS
For young women aged 14-18
Bedford South Ouse

Discover more at girlguiding.org.uk/rangers

Currently running online but will be returning to face to face as soon as possible!

for more info contact us: e: bsorangers@gmx.com

follow us...
[/bedfordsouthouserangers](https://www.instagram.com/bedfordsouthouserangers)

THURSDAY @229

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

WELLBEING COURSE @229

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

Morning Group: 10am-12 Groups on Tuesdays at Project 229
Afternoon Group: 1-3pm
Evening Group: 7-9pm

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: theartwell.kempston@gmail.com

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)
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.

***MIKES* LINE DANCING**

REGISTER YOUR INTEREST FOR THIS NEW CLASS TIME THURSDAYS 3.15-4.15PM

bake. café open until 5pm on Thursdays

All welcome! (Even if you've got two left feet)
You don't need a partner to join in the fun!

t: 07971 764982 e: mike@mikeslinedancing.com

Inspire performing arts THURSDAY@229

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

Restoration Pilates (APPI)

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

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

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

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

21ST JUNE
26TH JULY

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

grace+ community church

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

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

WEDNESDAY @229

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 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)
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.

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