



To find out more or to become a member: www.bbcf.co.uk/contact

MONDAY 14TH OCTOBER

9:30 – 11:30 AM

**EDUCATION
BOOKABLE SLOTS**

WE WILL HAVE PRACTITIONERS FROM THE SEND TEAM, EARLY YEARS, SCHOOL SUPPORT, EARLY HELP, AND SCHOOL IMPROVEMENT.

MONDAY 2ND DECEMBER

9:30 – 11:30 AM

**HEALTH
BOOKABLE SLOTS**

BOOK TO SPEAK TO VARIOUS HEALTH PRACTITIONERS ABOUT YOUR CHILD'S HEALTH INCLUDING: BEDFORD HOSPITAL, OCCUPATIONAL THERAPY TEAM, O-19 TEAM, GENERAL PRACTITIONERS, SPEECH AND LANGUAGE, AND CCS HEALTH.

EMAIL TO BOOK YOUR TEN-MINUTE SLOT

communications@bbpcf.org.uk www.bbpcf.co.uk 07943 524553

SOUP FRIDAY 

with Chef Ian from Marmite Fine Dining...
Anyone can come in for soup!

Pay a donation if you are able to, or have it for FREE if not!

Autumn Menu*

20th September: Cauliflower and Broccoli Cheese

27th September: Cream of Tomato

4th October: Lentil Dahl

11th October: Carrot and Cumin

18th October: NO SOUP

25th October: Leek, Butterbean & Lime

1st November (TBC): Chunky Veg

8th November: Sweetcorn Chowder

15th November: Minestrone

22nd November: Moroccan Chickpea

29th November: Red Pepper, Sweet Potato and Lime

6th December: Veg Ramen

13th December: Leek and Potato

20th December (TBC): Festive Soup

(*subject to change)

BRING & SING SUNDAY 6TH OCTOBER

Bunyan Meeting Church

Mill Street

from 2pm - 4.30pm

Be part of the annual choir performing **Handel's Messiah** Saturday 30th November '24

'Bring & Sing' is an opportunity for potential new choristers to join in with existing choir members and give it a go before committing to the rehearsals and performance.

Register to join via:

bedfordmessiahchoir.org.uk/bringsing

Project 229 (Charity no. 1178577) is the chosen charity for the 2024 Messiah Concert



**BEDFORD
MESSIAH
CHOIR**



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

CALLING ALL KNITTERS AND CROCHET CRAFTERS... CAN YOU HELP?!

Our crochet group (who produce the wonderful **postbox toppers** outside 229) are creating a **Remembrance Display** and would like to invite anyone to contribute **knitted or crocheted poppies**.

The poppies **can be any size**. Poppies are traditionally a variety of **colours** that relate to different wars, contributions and campaigns. These include:

**Red
Purple
Black
White**

Please drop your poppy contributions into Hub Club Cafe at Project 229 by:
Friday 25th October (at the latest)



Peregrine Recorder Orchestra



CONCERT

ECHOES OF LOVE

AN EVENING OF ROMANTIC MELODIES

Saturday 28th September 2024 at 7:30pm at

All Saints Church,

Church End, Kempston, MK43 8RH

Admission £7.00

Accompanied Children Free

Light Refreshments Included

Pay at the Door

Proceeds to Project 229, SPACE in Kempston

(Charity No—1178577)



Musical Director: Jane Edis

FREE HELP & REPAIRS FROM LOCAL VOLUNTEERS

the Bedford
REPAIR CAFÉ.



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



Bedford
REPAIR CAFÉ.



SATURDAY 21st SEPTEMBER

10am to 3pm at Project 229

SATURDAY 23rd NOVEMBER

10am to 3pm at Project 229

Hub Club Cafe

**will be open for drinks,
cakes and snacks**

You are also welcome to come in to play board games or for mindful colouring

Saturday 28th September
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 @229

Open for **table top & board games**. **BYO food** or order in (we'll provide the plates and cutlery!)
Buy **hot & cold drinks & snacks** from Hub Club.

6.00 to 9.00pm

GAMES NIGHT

Friday Night Sessions and occasional Saturdays

Friday 18th October

6-9pm (Cafe only)

limited space for large layouts
e: bookings@project229.org

Saturday 23rd November

Cafe open 10am to 3pm
(Repair Cafe in Oak Hall)

Then back in January 2025

THE ART WELL

Improving mental health and wellbeing through creativity

OPEN EVENT

25TH & 26TH OCTOBER 2024



come and see

- Art exhibition.
- Stories showing the difference that creativity makes to people's lives.
- Free arts activities to try.
- Hub Club café open serving drinks and snacks.

Project 229

229 Bedford Road
Kempston, MK42 8DA

PRIVATE VIEW

Friday 25th October
7.00- 9.30pm

For Funders, Referrers and
Invited Guests

PUBLIC EVENT

Saturday
26th October, 9am - 1pm
ALL WELCOME

Cafe Creatives

@PROJECT 229

Tuesday 5th November

DORSET BUTTON WORKSHOP

info / book a place via:
<https://www.uoldbag.com/shop>

Tuesday 26th November

FESTIVE NATURE WREATHS WORKSHOP

info / book a place via:
<https://www.uoldbag.com/shop>

2nd & 9th December

CHRISTMAS BAUBLE MAKING

(workshop over 2 sessions)

A NEW SERIES OF BOOKABLE CREATIVE WORKSHOPS BY LOCAL ARTISTS AND MAKERS, RUN EACH MONTH IN THE CAFE @229

FOR FURTHER INFORMATION
07907 404346

JAM CAFÉ

We are piloting a new **low-key music jam** session. This is **just for fun**... not for professionals (unless you're coming to **help** others!)

Calling all **closet musicians** who want to give playing music alongside others a go!

Bring an instrument or delve into our box of music toys and hand percussion...

This is **NOT** an open mic night although we welcome people who **like a good sing!**

Friday 13th December

6 to 9pm @ *Hub Club**

café at **Project 229**

*drinks and snacks can be purchased from here!



Hub Club

Planned Closure Dates*

We plan to close the cafe for the following dates to give our staff & volunteers a well earned rest!

Closed

Monday 28th October

up to and including

Thursday 31st October

Open

Friday 1st November

up to and including

Friday 20th December

Closed

Monday 23rd December

until the new term, New Year

Open

Monday 6th January

*subject to change