

COOK-ALONG 

with Chef Ian from Marmite Fine Dining...

Cooking Workshops on Zoom 10am to 12:30

FREE activity for school age children

Recipes provided

Children in Bedford Borough & eligible for **free school meals** will be offered a voucher to help with the cost of the ingredients*

*terms and conditions apply

MONDAY
25TH OCTOBER

ONE POT WINTER WARMERS

Part of the Project 229 and Bedford Borough Local Offer Autumn 2021 (online)

Book via: www.tinyurl.com/229chef

Inspire performing arts **PERFORMING ARTS**

CREATE EXPLORE @229

DANCE, DRAMA & CRAFTS

TUESDAY
26TH OCTOBER

9AM TO 3PM

1 day: £20
2 days*: £36
*see also Wednesday

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



Registered Charity No. **1178577**

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TUESDAY
26TH OCTOBER

CHINESE FROM SCRATCH!

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OCTOBER HALF-TERM ACTIVITIES

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WEDNESDAY
27TH OCTOBER

Autumn FRUIT DESSERTS

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Book via: www.tinyurl.com/229chef

bake. Wednesday 27th October 3-5pm with Beth online!

2 hrs of **chocolatey fun...**
bake fully loaded brownies & tasty rocky road!

Chocholics
baking workshop

FREE activity for school age children / **Recipes provided**

Children in Bedford Borough & eligible for **free school meals** will be offered a voucher to help with ingredients*

*terms and conditions apply

book via: www.tinyurl.com/229bakes

Face to face
& online!

Project 229

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 **project229**

 **project229kempston**

www.project229.org

Small Group Activities at Project 229 that are:

mindful MOVES

calmer
smaller
quieter
at Project 229

DANCE & MOVE TO RESTORE YOUR BODY & MIND

THURSDAY 28TH OCTOBER

10.30 TO 11.30AM

IN OAK HALL @229

bake cafe: open 9am-5pm

FREE for children who are in receipt of free school meals (Eligibility checked by Bedford Borough)

Part of the Project 229 and Bedford Borough Local Offer Autumn 2021 @229

book via: www.tinyurl.com/229move

Small Group Activities at Project 229 that are:

CREATE explore

calmer
smaller
quieter
at Project 229

A BLEND OF DANCE, DRAMA & CRAFTS

THURSDAY 28TH OCTOBER

12 TO 3PM

IN OAK HALL @229

bake cafe: open 9am-5pm

FREE for children who are in receipt of free school meals (Eligibility checked by Bedford Borough)

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book via: www.tinyurl.com/229create