



Hub Club CAFE@229

A warm and welcoming place to... rest, work, meet clients, friends or join a group. We don't mind how long you stay for!

We serve hot/cold drinks & snacks. You can bring your own lunch in too...

CAKE Monday

We have a delivery of fresh cake from our local Italian bakery...

SOUP Friday

Chef Ian from Marmite Fine Dining Catering Ltd creates delicious and nutritious soups: served between 12-3pm (while stocks last) for a donation (or FREE if needed)

@PROJECT 229...

we are an independent charity (CIO) and pro-active community centre for people of all ages! Services range from crisis support through to social activity. A large activity programme runs through the year in Oak Hall and Acorn Lounge. Hub Club is our community cafe run by 229 staff and volunteers...we don't mind how long you stay for & how many cups of tea you buy! You can work from here, do puzzles, play games or meet friends & get to know others. We think it's pretty special but don't just take our word for it!

project229.org/whatsonnow

227-229 Bedford Road, Kempston, MK42 8DA

Hub Club CAFE@229

Opening Times (Term-Time)*

MONDAYS	9am-4pm
TUESDAYS	9am-4pm
WEDNESDAYS	9am-4pm
THURSDAYS	9am-6pm
FRIDAYS	9.30-3.30pm

A warm and welcoming place to... rest, work, meet clients, friends or join a group. We don't mind how long you stay for!

We serve a range of hot / cold drinks & snacks. You can bring your own lunch in too...

* please note: times are subject to change (check for holiday times)

WHAT'S ON @229

General Information Edition

Copies available from...

Project 229 is a Registered Charity (CIO) No. 1178577

project229.org/whatsonnow

comments@project229.org

Hub Club CAFE@229

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

We don't mind how long you stay for, or how many cups of tea you buy! You can work from here, do puzzles, play games or meet friends and get to know others. 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!

We serve Lavazza coffee, hot / cold drinks & snacks / fresh bakery cakes

We serve soup on Fridays from 12noon (while stocks last) for a donation



Did you know...

PROJECT 229

turned **18** in 2023!

It's actually been running for longer than that... but we take the date from our official launch in 2005...

18 IN 2023

did you know... we are an **INDEPENDENT CHARITY** NO. 1178577

we are **not** run by, or affiliated with, any other group or organisation... we have our own **independent board** of volunteer trustees. Over **36 different organisations** run **activities** and services from our **neutral** hub, **pro-active** community centre and **not-for-profit** cafe and **welcoming** space.

PROJECT 229

OAKS FROM LITTLE ACORNS GROW .ORG



Hub Club LITTLE LIBRARY & SWAP STATION

WHAT WILL YOU SWAP?

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



MONDAY
@229



NOW AT
PROJECT 229



We hold regular coffee mornings, events and training sessions for parents to come along, give their views, meet others and empower you to advocate for your child.

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



ONGOING
@229

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



BOOKS
CRAFTS
MAGS
KITS
SEEDS

WHAT WILL YOU SWAP?

coming soon...



a seasonal pop-up serving delicious, nutritious, vegetarian and low allergen three-course meals, helping to reduce food waste and make a positive difference in our community*.

*Profits to go towards charitable projects including 'Soup Friday' - providing nutritious soups for foodbank clients and those in our community who sometimes need additional support.



kempston knitwits!

mondays in Hub Club
@229 11:30-1:30pm

Kempston Knitwits are a group of like-minded knitters who meet up to make hats, scarves, gloves and blankets for elderly people in the community. They also enjoy chatting & drinking tea!

You can also get involved in the 'knit while you sit' project in the cafe (to make blanket squares)

email: francesmleonard@gmail.com



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

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 helping 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

or for more info email: heather.solesbury@project229.org



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

COFFEE WITH A COP

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

Our local policing team organise regular drop-in sessions for people to connect and chat about local issues

at Hub Club in the cafe at

PROJECT 229

227 to 229 Bedford Road
Kempston, Bedford
MK42 8DA



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 maf@229

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 9-16 (school yr 5+) in Bedford Borough



for info, contact the team
m: 07545 753934 e: space@project229.org

TUESDAY
@229

Bedfordshire 0-19 Service
Health Visiting Team
2 Year Development Assessments

Face to Face Appointments:
Tuesdays in Oak Hall @Project 229
(Ring doorbell no.1)

The two 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.

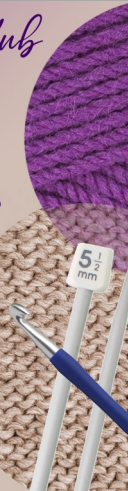
If you're worried about your child's development, call your health visiting team on 0300 555 0606 or text a health visitor via Parentline on 07507 331456

For more information, please get in touch via:
t: 0300 555 0606
e: ccs.bedsandlutonchildrenshealthhub@nhs.net
www.cambscommunityservices.nhs.uk/Bedfordshire

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!



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.

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

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

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 / General enquiries / Homelessness prevention

DWP Employment and Benefits*

Advice & Support with a Supporting Families Employment Adviser: benefits / job searches employment skills / next steps / challenges. To make an appointment for a Friday at 229 email: angela.watts@dwp.gov.uk

Community Wellbeing Champion 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.

SOUP FRIDAY...

FREE fresh Soup and a roll served between **12noon and 3pm** (while stocks last!)
@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

Get Online @229

Meet a volunteer who can assist you with using a smart phone or tablet. Build confidence to use technology to help with your every-day tasks
email: getonline@project229.org
t: 07356 097230



*please note: not all professionals attend every session

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.

6.30 to 9.30pm GAMES NIGHT

Seasonal Friday Night Sessions

Hub Club will be open for small to medium table top games, drinks and snacks. **BYO** or borrow one from the nook!

Oak Hall will be open for medium to **large-scale gaming** Tables available.

Bring your own games/layouts. We also welcome those who want to come to **paint / model** in the space See the seasonal What's On for up-coming dates

book a table with friends:
e: bookings@project229.org

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

WELLBEING COURSE @229

Strengthening holistic wellbeing in challenging times. **FREE** 6 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: 07941 401140
heather.solesbury@graceinthecommunity.com



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

SATURDAY
@229

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

FREE HELP & REPAIRS FROM LOCAL VOLUNTEERS



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



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

FREE ONE-TO-ONE ADVICE & SUPPORT

with a Supporting Families Employment Adviser

Make an appointment to chat to Angela at Project 229

Face-to-face appointments available:

**TUESDAY'S @229
FRIDAYS @229**

**benefits
job searches
employment skills
next steps
challenges**

to book a timed appointment, please contact Angela:
email: angela.watts@dwp.gov.uk



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

REHAB Pilates (APPI)

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

**Tuesdays @229
6-7pm**



Johanna t: 07753 418170
e: jo@restorationpilates.co.uk

FAMILY FRIENDLY CAFE FOR BSL USERS

FRIENDLY CHAT... SOCIAL AND SUPPORT British Sign Language Café

We welcome D/deaf community, Parents/Carers of deaf children, BSL learners and BSL professionals.

SATURDAY'S 10AM TO 12 @PROJECT 229

for dates and information contact e: info@accessbedford.org.uk

space PLANETS

for young people who have experienced one adult hurting another adult in their home
small group youth sessions
Mondays & Tuesdays

support and a safe space to socialise for ages 9-16 (school yr 5+) in Bedford Borough

for info, contact the team
m: 07545 753934 e: space@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

did you know... we are an INDEPENDENT CHARITY NO. 1178577

PROJECT 229
OAKS
MIGHTY
LITTLE ACORNS
GROW
project229.org/whatsonnow
e: comments@project229.org

Cafe Creatives @PROJECT 229



MONTHLY DATES

7.30 - 9.30pm
at Project 229
Kempston

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

FOR FURTHER INFORMATION
07907 404346

Hub
Club

see the insert sheet for information and up-and-coming dates

WEDNESDAY
@229

Hub Club @229
puzzles & games
mindful colouring
Thursdays 12.30 onwards
bring your own craft or game...
or borrow one from the 'nook'!
colouring pages and pens provided
open till 6pm*
for drinks & snacks
e: beccy@project229.org for info!
*timings subject to change

take time Thursdays
10am - 11.30am
Let's get talking whilst nordic walking!
Join us for a gentle nordic walk...
Take time to notice your surroundings, boost
your mental health and wellbeing and get to
know others at this green exercise session
FREE 90 minute sessions
all equipment and instruction provided
NEW Sessions COMING SOON!
Register your interest via:
tinyurl.com/taketimethursday
With support from Be Active Beds and the TOGETHER FUND

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.

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 Julia
e: julia.bailey-paul@graceinthecommunity.com
or Julie on: 07885 060368
e: julie.anderson@graceinthecommunity.com

Inspire performing arts THURSDAY@229
CLASSES *£5
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

Inspire performing arts THURSDAY@229
ADULT DANCE CLASS
7.30PM - 8.30PM
IT'S JUST FOR FUN! NO
PRESSURE AND NO DANCE
EXPERIENCE NEEDED...
OPEN TO ANYONE WHO
WANTS TO DANCE!!!
Contact Rosie for more info on: 07305 809342
e: inspirepa@outlook.com www.inspirepa.co.uk

FRIDAY
@229

LOL CRAFT Drop-In
from 10-12 noon
WEDNESDAYS (term-time)
Hub Club @PROJECT 229
MEET CHAT CRAFT
craft materials provided or
bring your own project!
a friendly group... pop
along and join in! ♥

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.

Inspire performing arts WEDNESDAY@229
CONTEMPORARY
dance
4.15PM - 5PM
OAK HALL
PROJECT 229
6-10 YRS
OPEN TO ALL
Contact Rosie for more info on: 07305 809342
e: inspirepa@outlook.com www.inspirepa.co.uk

The Shed is a place for
men to gather, socialise,
talk things through, and
support one another,
whatever the challenges
life throws up.
THE SHED
BLOKES, BANTER, BREW
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

SOUP FRIDAY
with Chef Ian of Marmite
Fine Dining Catering Ltd...
Served from 12 noon
on Fridays at
Hub Club cafe
while stocks last!*

Bedford foodbank
229 Distribution
Centre
Fridays 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,
supported by The Trussell Trust, working to
combat poverty & hunger across the UK.
1. GET IN TOUCH WITH US.
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
2. ARRANGE A VISIT TO THE REFERRAL AGENCY.
They will discuss your situation and supply you
with a foodbank voucher where appropriate.
If you are in financial crisis please call
0808 2082138 for free
(Monday to Friday, 9am-5pm)
to talk confidentially with a trained Citizens
Advice adviser. They can help address your crises
provide support to maximise your income and
help you navigate the benefits system.
If needed, they'll issue you with a voucher so
you can get an emergency food parcel from
your local food bank.

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 Julia
e: julia.bailey-paul@graceinthecommunity.com
or Julie on: 07885 060368
e: julie.anderson@graceinthecommunity.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
PROJECT 229
MIGATY OAKS FROM LITTLE ACORNS GROW .ORG

FREE ONE-TO-ONE
ADVICE & SUPPORT
with a Supporting Families Employment Adviser
Make an appointment
to chat to Angela at
Project 229
Face-to-face appointments available:
TUESDAY'S @229
FRIDAYS @229
benefits
job searches
employment
skills
next steps
challenges
to book a timed appointment, please contact Angela:
email: angela.watts@dpw.gov.uk
Department for Work & Pensions
Supporting Families Employment Adviser
Department for Work and Pensions
Bedford Jobcentre Plus

All our delicious
handmade soups are
nutritious, vegan, gluten
free and low allergen
Anyone can come in for
soup! Pay a donation if
you are able to, or have
it FREE of charge if not!
The cafe is open from 9.30am
to 3.30pm on Friday's in
term-time
MARMITE
FINE DINING CATERING
*not when chef is off!