

Charique's
Dance4Fun & Fitness

Saturday @Project 229 (term-time only)

Parent and Child
For any parent and child that wants to learn new moves & routines whilst having FUN and creating memories.

Dance Class:
1:30-2:30pm
£5*

Adult Dance
Suitable for all ability levels. We focus on cardio fitness and learning dance routines in an enjoyable upbeat style to a variety of music.

Fitness Class:
2:35-3:30pm
£5*

For more info contact t: 07852 434466
f/ChaniquesDance4Fun&Fitness *To be paid termly where possible

ONGOING @229

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

WHAT'S ON @229

New Term Autumn 2021 Edition
Copies available from... Activities at 229 are operating within the latest government COVID-19 guidelines which are subject to change. Please check with the group if you are unsure about attending.

MONDAY @229

FREE ESOL CLASSES
Mondays@229 9.30-12noon A1 BEGINNER

Register your interest for the next available ESOL course
TEXT: 'IMPACT ESOL KEMPSTON' TO: 07598 275841

IMPACT SEMLEP Bedford ESOL Advice Service Ministry of Housing, Communities & Local Government

Gardening has been proven to improve mood, stabilise 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/greenmangarden

CAP christians against poverty
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

1-2-1 support for young people and families

RESIDENTIALS for young people

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

AFTER CLASS FUN! FUN FITNESS
Mondays@229 9.30-12noon A1 BEGINNER

with Denise @229

TEXT: 'IMPACT ESOL KEMPSTON' TO: 07598 275841

IMPACT SEMLEP Bedford ESOL Advice Service Ministry of Housing, Communities & Local Government

FREE ESOL CLASSES
Mondays ONLINE 4-6pm A2 INTERMEDIATE & BI ADVANCED

Register your interest for the next available ESOL course
TEXT: 'IMPACT ESOL KEMPSTON' TO: 07598 275841

IMPACT SEMLEP South East Midlands Local Enterprise Partnership European Union Social Fund

STREET AND CONTEMPORARY DANCE
5 Mondays @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

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

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

COMING SOON...

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

TUESDAY @229

bake. Autumn Opening

Tuesday 9am to 2pm
Wednesday 9am to 2pm
Thursday 9am to 5pm
Friday 9am to 5pm
Saturday 9am to 12.30pm

for inside /outside seating & takeaway
daily food menu / cakes / hot & cold drinks and locally made ice-cream & lollies

229 Bedford Rd - 01234 834888 - [bakekempston](https://www.facebook.com/bakekempston)

***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

COOK-ALONG with Chef Ian from Marmite Fine Dining...
Cooking Workshops on Zoom 10am to 12:30

OCTOBER HALF-TERM

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

Part of the Project 229 and Bedford Borough Local Offer Autumn 2021 (online)
For info e: beccy@project229.org t: 840880

Small Group Activities at Project 229 that are:
CREATE explore calmer smaller quieter at Project 229
mindful MOVES A BLEND OF DANCE, DRAMA & CRAFTS
Sessions are open to:
● school age young people
● young people with SEND
● those who struggle with big, noisy, activities
Limited places must be booked in advance.

DANCE & MOVE TO RESTORE YOUR BODY & MIND
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
for info e: beccy@project229.org t: 840880

NOW ON TUESDAYS @bake.
9.30-11.30am
HOOK PURL AND CAKE
KNITTING & CROCHET
Meet up in the café

Bring your own project along or come and learn some new skills!

FREE ESOL CLASSES
Tuesday@229 9.30am to 12 A2 INTERMEDIATE & BI ADVANCED

Register your interest for the next available ESOL course
TEXT: 'IMPACT ESOL KEMPSTON' TO: 07598 275841

IMPACT SEMLEP South East Midlands Local Enterprise Partnership European Union Social Fund

AFTER CLASS FUN! LANGUAGE
Tuesday@229 9.30am to 12 A2 INTERMEDIATE & BI ADVANCED
Cafe at bake.

TEXT: 'IMPACT ESOL KEMPSTON' TO: 07598 275841

IMPACT SEMLEP South East Midlands Local Enterprise Partnership European Union Social Fund

WELLBEING COURSE @229
 Strengthening mental wellbeing in challenging times. **FREE** 6 week small group sessions **for women**

Morning Group: 10am-12
Afternoon Group: 1-3pm
Evening Group: 7-9pm

Groups on **Tuesdays** at Project 229

For booking contact: Heather: 07941 401140
 heather.solesbury@graceinthecommunity.com

WELL WOMAN WORKSHOP



The Art Well Online
NEW ONLINE GROUP

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

Restoration Pilates (APPI)
Rehab 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

ZUMBA CLASSES ONLINE

Wednesday from 6-7pm

ZUMBA FITNESS

For info contact **Denise**
 t: 07900 232648
 e: denisemarie@live.co.uk

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

THURSDAY @229

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 7:45-9:45PM
19TH OCTOBER
23RD NOVEMBER

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

grace+ community church

WEDNESDAY @229

the net charitable trust

Serving families in Kempston since 2004

Thursday 10am to 11.45am

The Net is a group 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 session in term-time. The group have access to a varied programme of activities, and an opportunity to build friendships.

For more information contact **Louise** on: 07885 060368
 e: louise.pestell@graceinthecommunity.com

or **Julie** on: 07793 490949
 e: julie.anderson@graceinthecommunity.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**

Inspire performing arts THURSDAY@229

MUSICAL THEATRE

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

companions REAL BREAD
KEMPSTON PICK-UP POINT

Order locally made sourdough bread and other bakes to collect from bake, on:
 Wednesdays (9am-2pm)

companionsrealbread.uk/apply-to-join

ORDER FOR PICK-UP HERE!



FREE ESOL CLASSES
 Wednesday ONLINE 9.30-12 **AI BEGINNER**

Register your interest for the next available ESOL course

TEXT: 'IMPACT ESOL KEMPSTON'
 TO: 07598 275841

IMPACT ESOL Bedford ESOL Advice Service Ministry of Housing, Communities & Local Government

WELLBEING COURSE ONLINE
 Strengthening mental wellbeing in challenging times. **FREE** 6 week small group sessions **open to all**

BOOK NOW: Online 'Zoom' group
Starts Wednesday 3rd November from 10am-11.30am

For booking contact: Heather: 07941 401140
 heather.solesbury@graceinthecommunity.com

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 Oak Hall @229 Press Doorbell No. 1
 If you'd like to chat to someone before you visit us, contact Graham:
 m: 07825 816 346

for more info e: graham.albans@graceinthecommunity.com

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.

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For more information contact **Louise** on: 07885 060368
 e: louise.pestell@graceinthecommunity.com

or **Julie** on: 07793 490949
 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.

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

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

SATURDAY @229

Christians against poverty CAP

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 @229 Contact for Saturday Autumn course dates

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