



@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/whatsonnnow
 📍: 227-229 Bedford Road, Kempston, MK42 8DA

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.

Hub Club
 IN THE CAFE@229
2025 Opening Times (term-time)*
 MONDAY: 9.30am-4.00pm
 TUESDAY: 9.30am-4.00pm
 WEDNESDAY: 9.30am-4.00pm
 THURSDAY: 9.30am-6.00pm
 FRIDAY: 9.30am-3.30pm
 We serve drinks/cakes/snacks (& soup Fridays)
 You can bring your own lunch...We don't mind how long you stay for!
 *we close during some holidays / operate at different opening times

WHAT'S ON @229
 Winter and New Year 26 Edition
 Copies available from...

Hub Club Opening Times
 Term-Time (subject to change)
 Mon-Weds: 9.30am-4pm
 Thurs: 9.30am to 6pm
 Friday: 9.30 to 3.30pm

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

FREE COMMUNITY LEARNING COURSES: NEW FOR 2026!

Thursdays from 12 to 2.00pm @229*

SKILLS FOR LIFE
 A selection of **FREE flexible** courses for adults (2-10 weeks)
FREE courses to support everyday life & the workplace. These workshops & courses, designed for all abilities, develop essential skills, confidence, reading & writing or prepare you for work or volunteering opportunities

www.tinyurl.com/229learning



UNLOCK YOUR POTENTIAL
CV LITERACY SUPPORT
MONEY MANAGEMENT MADE EASY
HOW TO BECOME A VOLUNTEER
LIFE BEYOND BENEFITS
DIGITAL SKILLS FOR LIFE
COMMUNICATE WITH CONFIDENCE
SMART BUDGETING & SAVVY SAVING
NUMERACY / LITERACY CONFIDENCE

BOOK NOW FOR FREE!

Contact us: t: 0300 300 8131
 e: BESA@centralbedfordshire.gov.uk
 *course list provides examples of some of the courses available other days / times may also run



Hub Club CAFE@229
 our not-for-profit community café is run by Project 229 staff and volunteers...
 You can do puzzles, play games or meet friends and get to know others in our friendly warm space. 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!
 If you are **working from here**, we ask you to **donate for your time** (£1 hr minimum) or for your drinks (whichever is greatest!)
 We serve **Lavazza coffee**, hot / cold drinks & snacks / fresh bakery cakes & soup on Fridays from 12noon (while stocks last) for a donation



Therapeutic space
 a multi-use room suitable for one-to-one work and therapy sessions

 Keep up-to-date with the latest 'What's On'
 Follow us...
[/project229kempston](https://www.instagram.com/project229kempston)
[/project229](https://www.facebook.com/project229)



MONDAY
@229

restorative YOGA

A Journey to Healing & Relaxation

MONDAYS 9:30-10:30 AM

Designed to **nurture** your **body & soul**

Combines **transformative** practices of **coaching, somatic release, & breathwork**. Slow down & **connect** with your **inner self**

Suitable for all levels

Please bring a yoga mat if you have one

£5
per
class

£3
for
seniors



LEAF COACHING
EMPOWER AND EDUCATE

For more info contact Aamna
e: aamnakhokhar@hotmail.com
t: 07946 668215

NEW!

STREET AND CONTEMPORARY DANCE

3 Mondays @229

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** **4PM@229**



Project 229
227-229 Bedford Road
Kempston
Bedford
MK42 8DA

£5 for a
parent
and
child*

TEA & PLAY WELLNESS HUB

MONDAYS

(in Term-Time)

11:30am to 1:30pm

Come and have a chat whilst your children play. These friendly sessions provide the opportunity to focus on **YOU** and your wellbeing.

Weekly activities such as: story time and sensory play provide lots of opportunities for parent/child interaction

Ages: 0-4 years

*additional children £1

t: 07802 306993

LESHASWELLNESSHUB

ONGOING
@229

Untangle your debts with us.

Free debt advice and personal support from a local church near you.

capuk.org/debthelp
0800 328 0006



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

face-to-face appointments are available at **Hub Club Project@229**



IN THE GREEN MAN GARDEN ADDISON PARK KEMPSTON

IMPROVING MENTAL HEALTH AND WELLBEING THROUGH CREATIVITY

The Art Well, at Project 229, offers therapeutic arts based workshops throughout the year.

Reflecting on nature and the cycle of the seasons, eco art therapy uses both natural and traditional art materials.

FOR FURTHER INFORMATION



SCAN FOR REFERRAL FORM

Email: theartwell.kempston@gmail.com

Call: 01234 982441



FUNDED BY THE NATIONAL LOTTERY COMMUNITY FUND

ECO ART THERAPY

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

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



Community Courses

coming soon!

SKILLS FOR LIFE



FREE courses to support everyday life & the workplace. These workshops & courses, designed for all abilities, develop essential skills, confidence, reading & writing or prepare you for work or volunteering opportunities.

A selection of **FREE flexible courses for adults (ranging from 2-10 weeks)**



Central Bedfordshire Council and Bedford Borough Council working together



Funded by UK Government



Bedfordshire Employment & Skills Academy

2 For more info contact Project 229 m: 07907 404346 e: comments@project229.org

Did you know you can walk round our rooms in virtual 3D? www.project229.org/roomhire 7

Yoga
with Julia

for Ukrainian & Russian-speakers

Fridays from 6-7pm
in Oak Hall @Project229

Легкі та водночас глибокі практики йоги для українськомовних та російськомовних учасників.

Підходить для всіх рівнів - від новачків до досвідчених практиків.

Практика, що допомагає зняти стрес, відновити баланс і відчути контакт із собою

Щоп'ятниці, 18:00 – 19:00

Бедфорд (зал 229 Project)

Вартість: £5 за заняття

Приходьте на практику - ваше тіло й душа скажуть «дякую»!

Контакти: Contact Julia

Телефон Phone (UK): 07444028132

WhatsApp: +38 095 829 62 83

Instagram: @julia_suhorukova_

£5 per class

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

SATURDAY
@229

NEW!

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

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



BOOKS
CRAFTS
MAGS
KITS
SEEDS

WHAT WILL YOU SWAP?

TUESDAY
@229



The Art Well
referral cafe group

Improving Mental Health and Wellbeing through creativity
for those who have been referred to The Art Well



WEDNESDAYS
1.00 TO 2.30PM

Informal cafe group includes art resources to use. Facilitated small group sessions.

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.



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

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

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!



WELLBEING COURSE @229

Strengthening holistic wellbeing in challenging times. **FREE 10 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



WELL WOMAN WORKSHOP

Inspire
performing arts

NEW
Day & Time!

Tuesday @229
5 to 5:45pm

SEND Dance

NEW!

An **Inclusive Dance** class for **SEND** Children, we aim to create a fun, creative, and supportive space where every child can explore movement and music in their own unique way.

Tailored specifically for children with a wide range of special educational needs and disabilities. The class focuses on building confidence, coordination, social interaction, and self-expression through dance.

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

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

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

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

WEDNESDAY @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! ♥

FRIDAY @229

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



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 Naomi on: t: 07733 783092
e: naomi.frossell@graceinthecommunity.com

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

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THURSDAY @229

NEW!

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

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 Naomi on: t: 07733 783092
e: naomi.frossell@graceinthecommunity.com

PAPER CRAFT CLUB

Thursdays 10:30 to 12:30

in *Hub Club Cafe*

Free drop-in activity

origami
pop-up cards
book folding & more!

volunteer-led activity
no experience needed
just turn up!

Thursdays from 12 to 2.00pm @229*

SKILLS FOR LIFE

A selection of FREE flexible courses for adults (2-10 weeks)

FREE courses to support everyday life & the workplace. These workshops & courses, designed for all abilities, develop essential skills, confidence, reading & writing or prepare you for work or volunteering opportunities

www.tinyurl.com/229learning

UNLOCK YOUR POTENTIAL

SMART BUDGETING

LIFE BEYOND BENEFITS

HOW TO BECOME A VOLUNTEER

COMMUNICATE WITH CONFIDENCE

Contact us: t: 0300 300 8131
e: BESA@centralbedfordshire.gov.uk

*course list provides examples of some of the courses available other days / times may also run

Funded by UK Government

Bedfordshire Skills Academy

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, Homelessness prevention and General Advice

Community Wellbeing 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. (Fortnightly)

CAP Debt Advice

FREE Debt counselling service by an award winning charity - no debt too small or large. Money Management courses also regularly available

SOUP FRIDAY...

Soup and a roll served from 12noon and 3pm (while stocks last!) Minimum donation of £2 (free for foodbank clients & those in need) @Hub Club

***please note: not all professionals attend every session**

BEDFORD BOROUGH COUNCIL

christians against poverty CAP

Beds RCC Bedfordshire Rural Community Charity

citizens advice Bedford

SOUP FRIDAY

with Chef Ian from Marmite Fine Dining...

From 12 noon on Fridays*

Our delicious and nutritious handmade soups are all vegan and low allergen, making them suitable for as many people as possible!

Anyone can come in for soup and a roll!

Minimum donation £2*

*FREE of charge for CAP and foodbank clients

MARMITE FINE DINING CATERING

(*subject to change and while stocks last! The cafe closes at 3.30pm on Fridays)

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.

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

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

Trussell BEDFORD FOODBANK

Ending hunger together

FRIDAYS @229 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, part of trussell.org.uk, working to combat poverty and hunger across the UK.

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