



@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

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
MIGHTY OAKS FROM LITTLE ACORNS .ORG

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?
BOOKS CRAFTS KITS MAGS SEEDS
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

Hub Club CAFE@229
our not-for-profit community cafe 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



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

BOOK NOW FOR FREE!

DIGITAL SKILLS FOR LIFE

COMMUNICATE WITH CONFIDENCE

SMART BUDGETING & SAVVY SAVING

NUMERACY / LITERACY 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



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

The Nook at Hub Club Cafe
The Nest at Project 229

Keep up-to-date with the latest 'What's On'
Follow us...
instagram /project229kempston
facebook /project229

Oak Hall at Project 229
Acorn Lounge at Project 229

2029
2029

Hub Club

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**

£5 per class

£3 for seniors

Suitable for all levels

Please bring a yoga mat if you have one

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

LEAF COACHING
EMPOWER AND EDUCATE

NEW!

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

£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**



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

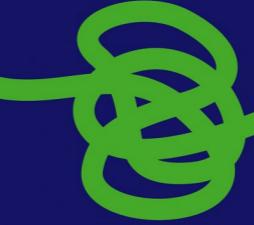
STREET AND CONTEMPORARY DANCE
mondays @229
£450
NEW TERM Times & Age Groups*
4:30 - 5:20pm: 4-7yrs
5:30 - 6:20pm: 8-11yrs
6:30 - 7:20pm: 12+yrs

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 

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 9-18 (school yr 5+) in Bedford Borough
open for new referrals *(up to 16yrs)
referral form via: tinyurl.com/spacereferral25
contact the team m: 07545 753934 e: joanna.robertson@project229.org 

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

christians against poverty
CAP

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



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

THE ART WELL

IN THE GREEN MAN GARDEN ADDISON PARK KEMPTON

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

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

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.


Central Bedfordshire Council and Bedford Borough Council working together


Funded by UK Government

Coming soon!

SKILLS FOR LIFE



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

SKILLS FOR LIFE

Bedfordshire
Employment & Skills Academy

Yoga with Julia

for Ukrainian & Russian-speakers
Fridays from 6-7pm
in Oak Hall @Project229

Легкі та водночас глибокі практики йоги для україномовних 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_



Money Coaching

is a free service designed to empower you with the knowledge, skills, tools and confidence to better manage your finances.

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
the Bedford REPAIR CAFÉ.
ELECTRICALS · CLOTHES · DIY
BIKES · GARDENING · TOYS
NO BOOKING REQUIRED - TURN UP & QUEUE

Bedford REPAIR CAFÉ.

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 Bedfordinians - 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 or 01234 840880 (Project 229)
theartwell.kempston@gmail.com

To refer / book a place please contact: Marion

The Art Well is a funded project, led by Marion Major, a qualified Arts Therapist (HCPC & BATA 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 Groups on Tuesdays
Afternoon Group: 1-3pm Tuesdays

Evening Group: 7.15-9.15pm at 229

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

WELL WOMAN WORKSHOP

Tuesday @229
5 to 5:45pm

NEW!

SEND Dance

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



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! ❤



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 help 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 becky@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 & BART Registered) at project 229. If you would like further information or to make a referral please contact us.

THURSDAY @ 229

NEW!

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 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

Funded by UK Government

Skills for Life Employment & Skills Academy

Kempston advice hub.

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

Fridays from 1-3pm in **Hub Club** at 229 drop-in **advice & support**

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)

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 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 becky@project229.org

For more information please contact: Marion

The Art Well is a funded project, led by Marion Major, a qualified Arts Therapist (HCPC & BART 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 * £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 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

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

BEDFORD BOROUGH COUNCIL **Citizens Advice Bedford** **Beds RCC** **christians against poverty**

*please note: not all professionals attend every session

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