



# 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)

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

PROJECT 229

OAKS FROM LITTLE ACORNS GROW

project229.org/whatsonnow  
 e: comments@project229.org

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

# WHAT'S ON @ 229

Autumn 2023 New Term Edition

Copies available from...

Hub Club Opening Times Term-Time (subject to change)  
 Mon - Weds: 9am to 4pm  
 Thurs: 9am to 6pm  
 Friday: 9.30 to 3.30pm

# 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!

www: [project229.org/whatsonnow](http://project229.org/whatsonnow)  
 location: 227-229 Bedford Road, Kempston, MK42 8DA



NEW TO PROJECT 229 OPEN 24-7!

# Hub Club

LITTLE LIBRARY & SWAP STATION

BOOKS  
 CRAFTS  
 DVD'S  
 MAGS  
 SEEDS

WHAT WILL YOU SWAP?



MONDAY @229

**Parent Carer FORUM** **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](http://www.bbcf.co.uk/contact)

**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

**COFFEE AND CONNECT**

A space to connect with Parents / Carers who have similar experiences to you, and gain extra support from our team over coffee and cake. Young children are welcome too.

When: Every Monday (Term-Time) 25th September, 2nd, 9th, 16th and 30th October, 6th, 13th, 20th and 27th November, 4th December

Where: Café @ Project 229, MK42 8DA

Time: 10:30am - 11:30am

HONESTY RESPECT FUN DREAM BIG HONESTY RESPECT

SATURDAY @229

**Saturday 30th September** a fundraiser for... 10am to 2pm

**Macmillan** coffee, cake & activity morning hosted by Charlie Kaler and Family

Tea and Coffee, Cakes and Biscuits, Savouries, Children's Craft Table, Games and Prizes!

in Oak Hall @Project 229, 227-229 Bedford Rd, MK42 8DA

**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.

**Course COMING SOON... Date: Register your interest!**

Book a FREE Place: Contact Ailie Redman e: [ailie.redman@graceinthecommunity.com](mailto:ailie.redman@graceinthecommunity.com)

**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](mailto:francesmleonard@gmail.com)

**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 covid secure groups are based on age, ability and family/friendship groups at this time. For more info about how to join UFM contact Maz: 07922 494908

**space** for young people who have experienced one adult hurting another adult in their home

**BUBBLES** small group youth sessions Mondays & Tuesdays

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

contact Linda e: [space@project229.org](mailto:space@project229.org) t: 01234 840880 or m: 07545 753934

FREE HELP & REPAIRS FROM LOCAL VOLUNTEERS

**the Bedford Hub Club** REPAIR CAFÉ.

ELECTRICALS · CLOTHES · DIY BIKES · GARDENING · TOYS

COMING SOON TO Hub Club & PROJECT 229

ONGOING @229

**Christians against poverty CAP** 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**

**JAM CODING** COMPUTING WORKSHOPS **THE PLACE BEDFORD**

Project 229

**GAMEBUILDING Afterschool Club**

This GAMEBUILDING workshop will teach learners how to code and build their very own Computer Game. From Flappy Birds to Candy Crush, kids have consistently shown their ability to develop good games, this workshop will teach them to do this. Game coding teaches children to work in teams, think logically and solve problems.

**NEW!** DATES: MONDAYS: 30th October, 6th, 13th, 20th & 27th November and 4th December

TIME: 5.30-6.30pm at Hub Club @229

PRICE: Pay What You Can 6 Weeks (Thanks to support from The Place Bedford)

For info about The Place visit: [theplacebedford.org.uk](http://theplacebedford.org.uk)

For info or to book: <https://jamcoding.link/229>

TUESDAY @229

**Bedfordshire 0-19 Service Health Visiting Team** 3 Year Development Assessments

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

The three 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](mailto:ccs.bedsandlutonchildrenshealthhub@nhs.net) www.cambscommunityservices.nhs.uk/Bedfordshire

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](http://www.tinyurl.com/besthope)

**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)

face-to-face appointments are available at Hub Club Project@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@project29.org](mailto:beccy@project29.org)

Book an appointment: [tinyurl.com/229bess](http://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](mailto:marion.psychotherapy@gmail.com)

WEBSITE: [marionmajor-artpsychotherapy.com](http://marionmajor-artpsychotherapy.com)

**COFFEE WITH A COP**

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

**NEW DATES COMING SOON...**

at Hub Club in the cafe at PROJECT 229 227 to 229 Bedford Road Kempston, Bedford MK42 8DA

**BEDFORDSHIRE POLICE** Protecting People and Fighting Crime Together

A spotlight on our volunteers...

After retiring, Dave joined our team of volunteers and helps each week at the café.

"It's really nice to chat to people and give something back to the community."

Thanks to all our volunteers (from the café, groups, admin support and trustees), who give so much time to support the work of 229!

# 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 and Energy Advice /  
Homelessness prevention / General enquiries

**Bedford Borough Wellbeing Service**  
Talk to us about any concerns you have about physical or mental health and wellbeing

**Good Neighbourhood Scheme**  
We find community volunteers / set up schemes to help with things like collecting prescriptions, food shops, driving to appointments – things one neighbour would do for another.

**DWP Employment and Benefits**  
Advice & Support with a Supporting Families Employment Adviser: benefits / job searches employment skills / next steps / challenges

## 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 available

### 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.

**Bedford and Kempston Town Agent (BRCC)** We can support with energy (gas and electric), forms, transport and support for carers



\*please note: not all professionals attend every session

## WELLBEING COURSE @229

Strengthening holistic wellbeing in challenging times. **FREE** 6 week small group sessions **for women**

**Morning Group: 10am-12** Groups on  
**Afternoon Group: 1-3pm** **Tuesdays** at  
**Evening Group: 7-9pm** Project 229

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



# WELL WOMAN WORKSHOP

WELL  
WOMAN  
WORKSHOP

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

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!



**You can Do IT!**  
Bedfordshire Rural Communities Charity

Do you want to use a smartphone, tablet or computer?

Our team can help you with:

- Connecting to and using the internet safely
- Using email
- Communicating using video and voice calls
- Accessing online services

Interested? Find out more:

Go to: [ywb.org.uk/IT](http://ywb.org.uk/IT)

Call: 01234 838771

**FREE**



**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](mailto:theartwell.kempston@gmail.com)

**FITNESS & FEELINGS**



Group sessions that encourage body movement and awareness.

We provide a safe space for children to talk and learn about feelings all whilst exercising and having FUN!

Groups are kept small and welcoming

Children aged 5-11yrs

Tuesdays 4.30 to 5.30pm

12th, 19th and 26th September and 3rd October

Green Man Community Garden, Addison Howard Park, Kempston, MK42 8PN

BOOKING REQUIRED

Message on social media or text 07368347171

@brightemotions\_ Bright Emotions Bedford



**Inspire performing arts** **FRIDAYS @229**  
**ACTING & SINGING**  
**5 TO 5.45PM**  
**OAK HALL**  
**PROJECT 229**  
**5+YRS**  
**OPEN TO ALL**

Contact Rosie for more info on: 07305 809342  
e: [inspirepa@outlook.com](mailto:inspirepa@outlook.com) [www.inspirepa.co.uk](http://www.inspirepa.co.uk)

*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 to 9.30pm**  
Friday 13th October  
Friday 3rd November  
Friday 1st December

**GAMES NIGHT**  
**Hub Club** will be open for small to medium table top games. BYO or borrow one from the nook!  
**Oak Hall** will be open for medium to large-scale gaming  
Tables available. Bring your own games and layouts. We also welcome those who want to come to **paint / model** in the space  
**book a table with friends:**  
e: [bookings@project229.org](mailto:bookings@project229.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](mailto:angela.watts@dpw.gov.uk)

Department for Work & Pensions | jobcentreplus | Supporting Families Employment Adviser | Department for Work and Pensions | Bedford Jobcentre Plus |

**space** for young people who have experienced one adult hurting another adult in their home

**BUBBLES**  
small group youth sessions  
**Mondays & Tuesdays**

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


**SPACE**

contact Linda e: [space@project229.org](mailto:space@project229.org)  
t: 01234 840880 or m: 07545 753934

**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](mailto:jo@restorationpilates.co.uk)

# 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- 9:30PM

**26TH SEPTEMBER**  
**31ST OCTOBER**  
**27TH NOVEMBER**

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

grace<sup>+</sup>  
community church

# WEDNESDAY @229

# THURSDAY @229

**NEW!**

# take time Thursdays

**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:  
comments@project229.org

With support from Be Active Beds and the TOGETHER FUND

# 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 Louise on: 07793 490949  
e: louise.pestell@graceinthecomunity.com  
or Julie on: 07885 060368  
e: julie.anderson@graceinthecomunity.com

**Wednesdays from 12.30 to 2.30pm @229\***

# SKILLS FOR LIFE

Multiply



**Courses & Workshops aimed at adults (19+) with no Level 2 or equivalent math's qualification.**

# MONEY MANAGEMENT

**COURSE DATES @229**



**1ST NOVEMBER**  
**8TH NOVEMBER**  
**15TH NOVEMBER**  
**22ND NOVEMBER**

**ANYONE THAT COMPLETES ALL 4 SESSIONS WILL GET A £30 FOOD VOUCHER!**

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

**OR POP INTO HUB CLUB TO ASK ABOUT JOINING**



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For more info contact Louise on: 07793 490949  
e: louise.pestell@graceinthecomunity.com  
or Julie on: 07885 060368  
e: julie.anderson@graceinthecomunity.com

# 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 1.00 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.

# 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

# 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

# LOL Labour of Love CRAFT

Drop-In 10-12 WEDNESDAYS

Hub Club @PROJECT 229

**MEET CHAT CRAFT**  
craft materials provided or bring your own project!

**SWAPS TABLE AVAILABLE**  
bring something, take something away!

# 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

# BEDFORD BOROUGH COUNCIL

Just £4.50 per session

## Steady & Social

Tai Chi for Beginners

Fridays, 10.00am to 10.45am at Project 229, Kempston

Improve your balance, strength and posture  
Tai Chi is an ancient slow paced Chinese martial art. Now practised mainly for the health and wellbeing benefits it offers. Some of those being improvements in balance, posture, co-ordination, range of movement, energy levels and reduction of stress levels.

All are welcome. No booking in advance required. Just turn up and pay on the day. First come first served basis. Cash only, change will be given.

01234 718829 @robert.lindsay@bedford.gov.uk www.bedford.gov.uk/sport

Fridays: 10-10.45am in OAK HALL (doorbell no.1)

# The Art Well @Project 229

Improving Mental Health and Wellbeing through creativity

\*Open now for January 2024 Referrals\*

**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

YOU DON'T HAVE TO DRINK TO SUFFER FROM ALCOHOLISM

Call our Confidential FREE Helpline 0800 0086 811

1st & 3rd WEDNESDAY OF THE MONTH 7- 8.30pm  
Acorn Lounge @229

**Al-Anon Family Groups**  
Help and hope for families and friends of alcoholics



# 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@graceinthecomunity.com

# SOUP FRIDAY



with Chef Ian from Marmite Fine Dining...

Our delicious and nutritious handmade soups are vegan and low allergen

Anyone can come in for soup and a roll! Pay a donation if you are able to, or have it for FREE if not!

**Autumn Menu\***

22nd Sep: Carrot & Cumin  
29th Sep: Butternut, Sweet Potato & Coconut  
6th Oct: Mushroom, Leek & Tarragon  
13th Oct: Parsnip & Cumin  
20th Oct: Veggie Scotch Broth  
27th Oct: Mexican with Tortillas  
3rd Nov: Leek and Potato

(\*subject to change) With support from the Compass Wellbeing Fund

MARMITE FINE DINING CATERING  
ROYAL CROCKETER FOR ALL THINGS TOP-ROASTED

# Bedford foodbank

229 Distribution Centre

## Fridays 1-3pm

Contact Grace @229: 01234 854508  
Contact Bedford Foodbank: 01234 268569

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.