





Opening Times (Term-Time)*

9am-4pm 9am-4pm 9am-4pm 9am-6pm 9.30-3.30pm

A warm and welcoming place to...

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

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





that... but we take the date from our





Jub Club (AFE@779

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...



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

Chef lan 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)









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











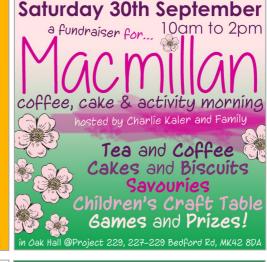


meet others and empower you to advocate for your child. To find out more or to become a





4th December





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



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 enjoying 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







ELECTRICALS · CLOTHES · DIY BIKES · GARDENING · TOYS

COMING SOON TO Hub Club & PROJECT 229



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

You can ring their free-phone number for an appointment with the local team at Project 229 Debt Support: 0800 328 0006



Project 229



and family/friendship groups at this time. For more info

ARTS COUNCIL ENGLAND

www.jamcoding.co.uk

GAMEBUILDING Afterschool Club

about how to join UFM contact Maz: 07922 494908 LIFM@229

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.

DATES: MONDAYS: 30th October.

6th, 13th, 20th & 27th November and 4th December

TIME: 5.30-6.30pm

at Hub Club @779

PRICE: Pay What You Can

6 Weeks (Thanks to support from The Place Bedford)



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

me in a nursery, pre-school, or with a child minde

ney will also be involved. You will be given

sery nurse, parents, child and if your child spend

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 ocusing on the problem. It's hopeful, and may help you to create sustainable change

contact us: www.tinyurl.com/besthope



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)

Teams (online)

orm using the link below or for moreinfor ontact Project 229: t: 01234 840880

e: beccy@project29.org

Book an appointment: tinyurl.com/229bess





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!

For info about The Place visit: theplacebedford.org.uk

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



Fridays from 1-3pm

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 stictest 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 Project 229 Evening Group: 7-9pm

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





TUESDAYS @ Hub Club

COURSE @229

Assertiveness Close Relationships

Let's Stick Together

Building Resilience



Do you want to use a smartphone tablet or computer?

Our team can help you with:

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

Interested? Find out more: Go to: ywb.org.uk/IT Call: 01234 838771

FREE ONE-TO-ONE

with a Supporting Families Employment Advise

to book a timed appointment, please contact Angela

Make an appointment benefits

to chat to Angela at

Project 229

TUESDAY'S @229

FRIDAYS@229

FREE

job searches

employment

next steps

challenges



Tuesdays 1.00-2.30pm

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 ome, but if you feel you may need some help with that then please let Marion know.

t: 07919 802064 or 01234 840880 or e: theartwell.kempston@gmail.com



FITNESS & FEELINGS

Ne provide a safe space for children to talk and learn about feelings all whilst exercising and

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, Addiso Howard Park, Kempston, MK42 8PN

BOOKING REQUIRED Message on social media or text 07368347171









Tuesdays 7:30-9pm

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



MONTHLY CREATIVE ACTIVITIES AND DISCUSSION TO HELP YOU LOOK DEEPER AT THE WORLD AROUND YOU

31ST OCTOBER

26TH SEPTEMBER

ENQUIRIES & BOOKING: 27TH NOVEMBER OFFICE MARION.MAJOR@GRACEINTHECOMMUNITY.COM

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

For more info contact Louise on: 07793 490949

e: louise.pestell@graceinthecommunity.com

or Julie on: 07885 060368

e: julie.anderson@graceinthecommunity.com





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 excercise session

FREE 90 minute sessions all equipment and instruction provided

NEW Sessions COMING SOON! Register your interest via: comments@project229.org

Thursday 10am to 11.45am

Supporting <mark>isolated people</mark> 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@graceinthecommunity.com

or Julie on: 07885 0603<u>68</u> e: julie.anderson@graceinthecommunity.com

Wednesdays from 12.30 to 2.30pm @229*



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



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

Contact us: t: 0300 300 8131

e: academy@centralbedfordshire.gov.uk





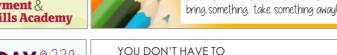


working together



Employment & Skills Academy







SWAPS TABLE AVAILABLE

The Art Well

NEW!

Self-directed Art Group Peer group is offered as urther 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



For more information please contact: Marion

THURSDAY@229

ADULT DANCE CLASS

7.30PM - 8.30PM

IT'S JUST FOR FUN! NO

PRESSURE AND NO DANC

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

for drinks & snacks e: beccy@project 229.org for info!

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*

THURSDAY@229

පු**-** Syrs 4.30pm-5.15pm

CLASSES*85

ු⊸3yrs 5.15pm-6pm

9-111yrs 6pm-6.45pm

1≧∘yrs 6.45pm-7.30pm one. This enables us to clean between and keep everyone safe. Thank you

Contact Rosie for more info on: 07305 809342

BEDFORD

10-10.45am

Steady & Social

Tai Chi for Beginners

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

strength and posture



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 ersonal art resources to use. Faciltated themed art sessions ith time for reflection



To refer / book a place please contact: Marion









227-229 Bedford Rd, Kempston MK42 8DA

10am to 12noon Graham on m: 07825 816 346

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



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*

Carrot & Cumin

Butternut, Sweet Potato & Coconut 29th Sep: 6th Oct: Mushroom, Leek & Tarrago 13th Oct: 20th Oct: MARMITE 27th Oct: 3rd Nov:

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 comba poverty & hunger across the UK.