

**Fun Fitness for women**  
£4 with Ranj

**Fridays 11am to 12noon @229**

Fun circuit based small group class. Exercise with other women in a safe, relaxed environment.

For more information contact Ranj: email: [kfitnesspt@outlook.com](mailto:kfitnesspt@outlook.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.

**Inspire performing arts** **FRIDAYS @ 229** 4.15 to 5PM

**SINGING classes** Have fun with music!

For ages 6+  
Singing to Pop songs and Musical Theatre pieces

Classes include:  
vocal warm-up exercises  
breathing techniques  
projection techniques

Children will be able to sing as part of a group as well as having the opportunity to sing solo

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)

**NEW TO PROJECT 229 OPEN 24-7!** **Hub Club LITTLE LIBRARY & SWAP STATION**

**BOOKS CRAFTS DVD'S MAGS SEEDS**

WHAT WILL YOU SWAP?

**WHAT'S ON @ 229**

Winter-Spring 2023 Edition

Copies available from... Project 229 is a Registered Charity (CIO) No. 1178577  
[project229.org/whatsonnw](http://project229.org/whatsonnw)  
e: [comments@project229.org](mailto:comments@project229.org)

**Hub Club CAFE @ 229**

**Opening Times (Term-Time)\***

MONDAYS 9am-4pm  
TUESDAYS 9am-4pm  
WEDNESDAYS 9am-4pm  
THURSDAYS 9am-6pm  
FRIDAYS 9am-3pm

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)

**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](mailto:inspirepa@outlook.com) [www.inspirepa.co.uk](http://www.inspirepa.co.uk)

**SATURDAY @ 229**

**ONGOING @ 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.

**Course Contact for the MAY Date: course @Project 229**

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

**MONDAY @ 229**

**Parent Forum Carer** **NOW AT PROJECT 229**

We hold regular Coffee Mornings, events and training sessions for parents to come along, give their views, meet other parents and to empower you to advocate for your child. If you would like to find out more or become a member please contact us or complete our online membership form by scanning this QR code or using this link:  
[www.bbpcf.co.uk/contact](http://www.bbpcf.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](mailto:communications@bbpcf.org.uk) [www.bbpcf.co.uk](http://www.bbpcf.co.uk) 07943 524553

**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)

**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**

**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)

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)

**STREET AND CONTEMPORARY DANCE**

**3 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 **UFM@229**

**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

**STARTING 17TH APRIL!**

**BHANGRA FITNESS BEDFORD**

**Mondays 7.30pm - 8.30pm @229**

Bhangra is a fusion of music and dance which originates from Punjab. Whether you are a beginner or a professional, everyone is welcome. Bhangra is a great way of keeping fit and having fun!

For more information contact Tarnjit on:  
Whatsapp: 07506936873  
Email: [tarnjitsehmbi@hotmail.com](mailto:tarnjitsehmbi@hotmail.com)

**NEW!**

**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)

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

**NHS Bedfordshire Clinical Commissioning Group** **Bedford Borough Council** **Bedford RCC**

**Your Wellbeing Bedfordshire**

Free support to help you make positive changes to improve your physical health and mental wellbeing

Our supportive Social Prescribing Team can help you:  
Connect with your local community  
Enable you to improve your wellbeing, helping you stay well  
Empower you to make decisions to support your health / wellbeing

"As a Social Prescriber I help people see that our mental health does not exist in isolation, highlighting the impact our daily life has on our wellbeing. I aim to help people consider changes that bring a better balance to their life."

[www.ywb.org.uk](http://www.ywb.org.uk)

**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) **FREE**  
Call: 01234 838771

**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](http://www.cambscommunityservices.nhs.uk/Bedfordshire)

**NHS** Cambridgeshire Community Services NHS Trust

**TUESDAYS @ Hub Club** 9.30-11.30am (Term-Time)

**KNIT & CROCHET** meet-up in the cafe

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 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**



**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**



**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

**BLANK CANVAS CHOIR**

a non-auditioning music project for **positive mental health & wellbeing**

singing is a big part of our group work... but we want to build a community... you **don't** have to sing to take part... you could also help with recording, photography, graphics or instrumentation...

you can expect... to get to know others, a nice cuppa, some creative workshops and have some fun along the way!

Wednesdays from 7.30 to 9.30pm (open from 7.15pm for a cuppa)  
 10 week project starting 19th April in Oak Hall at Project 229

Register your interest here: [tinyurl.com/blankcanvaschoir](http://tinyurl.com/blankcanvaschoir)



**THURSDAY @229**

**NEW!**

**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@graceinthecommunity.com](mailto:louise.pestell@graceinthecommunity.com)

or Julie on: 07885 060368 e: [julie.anderson@graceinthecommunity.com](mailto:julie.anderson@graceinthecommunity.com)

**JAM CODING** COMPUTING WORKSHOPS

Project 229

**WIN A FREE PLACE!**  
 Follow us on social media for the chance to win a free place.  
[www.jamcoding.co.uk](http://www.jamcoding.co.uk)

**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.

**DATES:**  
 April 25th, May 2nd, May 9th, May 16th and May 23rd

**TIME:**  
 4:00-5:00pm

**PRICE:**  
 6 Weeks Fun for £60!

**NEW!**

Book Here: [tinyurl.com/229jamcode](http://tinyurl.com/229jamcode)  
 for more info email: [miltonkeynes@jamcoding.co.uk](mailto:miltonkeynes@jamcoding.co.uk)

**Rehab Pilates (APPI)**  
 (Physio-led) courses that are open to all. A pre-course assessment is required.

**Tuesdays** at Project 229  
 from: 6:00pm to 7:00pm

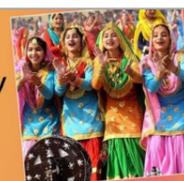
For more info contact: Johanna t: 07753 418170 e: [jo@restorationpilates.co.uk](mailto:jo@restorationpilates.co.uk)  
[www.restorationpilates.co.uk](http://www.restorationpilates.co.uk)

**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



**FREE ONE-TO-ONE Advice & Support**  
 Bedfordshire Employment and Skills Service

Talk to Miriam about next steps, volunteering, training or getting back to work... Sessions are one-to-one and tailored to you. Why not make an appointment?

appointments are available online & face-to-face @Project229

**Face-to-face appointments on some Thursdays @229**  
 appointments can also be offered on other days to meet other advisors online

to book an appointment, please complete the form using the link below or for more information, contact Project 229: t: 01234 840880 e: [becky@project229.org](mailto:becky@project229.org)

Book an appointment: [tinyurl.com/229bess](http://tinyurl.com/229bess)

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

**SKILLS FOR LIFE** Multiply

**Courses and Workshops** aimed at those who are **aged 19+ without a Level 2 or equivalent math's qualification.**

**BUDGETING AT HOME**  
**COST OF LIVING SUPPORT**  
**MAKING THE MOST OF YOUR MONEY**

**BORROWING AND DEBT** ALSO... **CHOCOLATE & PIZZA MATHS**  
**COUNTAIN GARDENING AND MORE...**

\*current course days / times other course dates and times may also run

Contact us: t: 0300 300 8131 e: [academy@centralbedfordshire.gov.uk](mailto:academy@centralbedfordshire.gov.uk)

**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: [becky@project229.org](mailto:becky@project229.org) for info!  
 \*timings subject to change

**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

**21ST MAR 25TH APR**  
**23RD MAY 20TH JUN**

ENQUIRIES & BOOKING:  
 MARION: 07919 802 064  
 MARION.MAJOR@GRACEINTHECOMMUNITY.COM  
[WWW.GRACEINTHECOMMUNITY.COM](http://WWW.GRACEINTHECOMMUNITY.COM)

grace+ community church

**WEDNESDAY @229**

**NEW!**

**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 Louise on: 07793 490949 e: [louise.pestell@graceinthecommunity.com](mailto:louise.pestell@graceinthecommunity.com)

or Julie on: 07885 060368 e: [julie.anderson@graceinthecommunity.com](mailto: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](mailto:theartwell.kempston@gmail.com)  
[becky@project229.org](mailto:becky@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 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](mailto:inspirepa@outlook.com) [www.inspirepa.co.uk](http://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](mailto:inspirepa@outlook.com) [www.inspirepa.co.uk](http://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!

**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](mailto:theartwell.kempston@gmail.com)  
[becky@project229.org](mailto: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 & BAAT Registered) at project 229. If you would like further information or to make a referral please contact us.

**POLYMER CLAY WORKSHOPS**  
 WITH THE ART-WELL AND STUDIO H

**ADULTS (16+) WORKSHOP**  
 22ND & 29TH MARCH  
 7PM - 9:30PM

BOOK A PLACE ON OUR TWO-PART WORKSHOP TO:  
 \*LEARN HOW TO CREATE YOUR OWN ANIMAL CHARACTER

**ADULT - £25\***  
 FOR BOTH SESSIONS  
 ALL RESOURCES PROVIDED

BOOK A PLACE : CASH (advance) or ONLINE  
 ONLINE - <https://rabbitclay.eventbrite.co.uk>  
 EMAIL - [becky@project229.org](mailto:becky@project229.org)

\*BOOKINGS THROUGH EVENTBRITE SUBJECT TO BOOKING FEES. CASH PAID IN ADVANCE TO BECCY AT 229



**FRIDAY @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](mailto:graham.albans@graceinthecommunity.com)

**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.

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

01234 718829 @ [robert.lindsay@bedford.gov.uk](mailto:robert.lindsay@bedford.gov.uk) [www.bedford.gov.uk/sport](http://www.bedford.gov.uk/sport)

