

## What changes can you make?

Book in to see a Lifestyle Advisor to discuss what changes you could make towards a healthier lifestyle. Request a **Self Access form** by emailing [lifestylehub@bedfordhospital.nhs.uk](mailto:lifestylehub@bedfordhospital.nhs.uk) or contact your Nurse/GP

Fortnightly Saturday appointments from: 14th March / 11th April  
9th May / 6th June



## CAP Money Course

CAP Money is a revolutionary money management course that teaches budgeting skills and a simple, cash based system that works. Get more control of your finances, save, give and prevent debt.

To book on the next FREE Course contact e: [ailie.redman@graceinthecommunity.com](mailto:ailie.redman@graceinthecommunity.com)

## MUSIC CLUB

Guitar / Music classes @229

For adults (including those with additional needs). Adult & child sessions also available. (SEE ALSO Thursday Kids Club)

For info or to book contact James: t:07376 231684 e:[jwburkemusic@gmail.com](mailto:jwburkemusic@gmail.com)



## COFFEE WITH A COP

Pop in for a chat @bake café

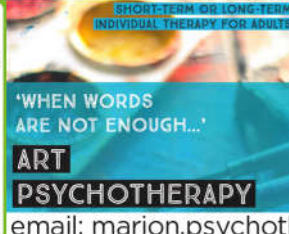


For dates and info: [f /project229](https://www.facebook.com/project229)  
t: 01234 840880

## Are you struggling with debt?

**FREE debt counselling** from an award winning charity. Taking new clients in **early 2020**. For an appointment locally, call the freephone number below:

**CALL FREE ON: 0800 328 0006**



Art Psychotherapy uses creative media and expressive art forms (as well as talking) to support personal change & growth. You don't need any art skills! Contact Marion for a FREE initial assessment email: [marion.psychotherapy@gmail.com](mailto:marion.psychotherapy@gmail.com)

## How could £15,000

help get **your idea** off the ground?

The decision day will be on **Saturday 28th March 2020**  
12:00 - 16:00, Scott Hall  
Barford Avenue, MK42 0DS

For more information about #Bid4Better contact: e: [bid4better@gmail.com](mailto:bid4better@gmail.com)



For help, advice or more information please visit @Bid4Better on Facebook or email [bid4better@gmail.com](mailto:bid4better@gmail.com)

#Bid4Better

Make a Difference to Serious Violence in **your** area



## THE ART WELL OPEN EVENT

The Art Well is a pilot group at Project 229 set up to improve mental health and wellbeing through creativity.

COME AND SEE

- Art exhibition
- Stories from the participants
- The difference creativity can make to life.

PRIVATE VIEW

FRIDAY  
APRIL 3RD  
7.30-9.30pm  
For Funders, Referrers & Invited Guests



AT PROJECT 229  
229, BEDFORD ROAD  
KEMPSTON  
MK42 8DA

PUBLIC EVENT

SATURDAY  
APRIL 4TH  
9am-12pm

FREE ENTRY  
LIGHT REFRESHMENTS  
PROVIDED

FOR FURTHER DETAILS CONTACT  
[theartwell.kempston@gmail.com](mailto:theartwell.kempston@gmail.com)

# WHAT'S ON @229

## Spring 2020 Edition

Project 229 (Charity No. 1178577)  
227-29 Bedford Road  
Kempston  
Bedford  
MK42 8DA t: 01234 840880 e: [comments@project229.org](mailto:comments@project229.org)

Doorbell No.

Activities **Oak Hall**

Activities **Acorn Lounge**

Activities **bake. café**

Office for **Project 229**

Office for **Grace Teams**

Office for **Grace Admin**

- 1
- 2
- 3
- 4
- 5
- 6

*contact Project 229 for information on activities, room hire or if you have an idea for a project that could benefit our community...*

t: 01234 840880

t: 01234 851508

t: 01234 851508

# Workshops

@blossomandbramble  
Hand Tied Bouquets  
20th MARCH £35  
7.00-9.00PM

@bakekempston:  
Drip Cake Workshop  
18th APRIL £50  
10AM-12NOON

Look out for dates in:  
May / June / July

booking is essential

e: [beth@bakekempston.com](mailto:beth@bakekempston.com)

bake. **LATE NIGHT OPENING**  
OPEN UNTIL 9.30PM  
FOR DRINKS, CAKE & GAMES  
LAST FRIDAY OF THE MONTH

VALENTINES SUNDAY LUNCH NEW ARRIVAL  
WORK MILESTONE PROMOTION SPECIAL TREAT FATHERS DAY

GOT AN UPCOMING OCCASION THAT YOU NEED A CAKE FOR?  
SPEAK TO US TODAY ABOUT MAKING IT FOR YOU AND SAVING YOU THE HASSLE!

MOTHERS DAY NEW JOB WEDDING HOUSE WARMING PARTY THANKYOU SORRY GOODBYE BAKE SALES

WE ARE A SOCIAL ENTERPRISE SET UP TO HELP TRAIN AND TEACH PEOPLE IN OUR COMMUNITY IN BAKING AND BARISTA SKILLS TO HELP THEM GET BACK INTO EMPLOYMENT  
THANKS SO MUCH FOR SUPPORTING US.

IF YOU HAVE ANY COMMENTS OR SUGGESTIONS PLEASE EMAIL [beth@bakekempston.com](mailto:beth@bakekempston.com)  
@BAKEKEMPSTON

PARTIES AT **bake.**

PLAN YOUR PERFECT PARTY WITH US HERE!  
AVAILABLE FOR HIRE ALL DAY SATURDAY

ADULTS AFTERNOON TEA FROM £15PP (min 10)

Enjoy eating a wide range of sandwiches and cake whilst washing it down with as much tea and coffee as you can drink! Perfect for hen parties and baby showers

CHILDREN'S AFTERNOON TEA PARTY FROM £10PP(min 10)

A lovely setting for a afternoon tea party for any prince or princess! Choose your tastiest treats and favourite characters for a beautiful themed birthday party

EMAIL [beth@bakekempston.com](mailto:beth@bakekempston.com) FOR DETAILS. ALL PARTIES ARE TAILORED TO YOU AND INCLUDE EXCLUSIVE HIRE OF THE CAFE. MIN 10 PEOPLE MAX 20 CHILDREN/25 ADULTS

'Because you don't always have to learn the hard way'  
Small discussion group  
DVD based course looking at **relationships and wellbeing**  
Coffee & biscuits are provided in a relaxed environment at 229  
Completed the Well Woman Workshop+ courses? This is for you! \*please contact Heather for info!  
The Wisdom House  
t: 07941 401140 e: [heather@graceinthecommunity.com](mailto:heather@graceinthecommunity.com)

A referral arts for health studio group for adults with mental health or social isolation needs.  
The Art Well  
Improving Mental Health & Wellbeing Through Creativity  
For referral/assessment please contact Marion on t: 07919 802064  
or email: [theartwell.kempston@gmail.com](mailto:theartwell.kempston@gmail.com)

STARTING APRIL  
**B-FIT BHANGRA** WEDNESDAY 7.30 TO 8.30PM  
CLASSES  
High intensity dance workouts for all levels  
Learn explosive moves using bhangra music  
★ For more info contact Vijay on t: 07931 930574

REDFORD BOROUGH COUNCIL @229  
**'COME & TRY' A GENTLE EXERCISE CLASS**  
Loosen stiff joints and keep yourself mobile  
No Lycra necessary - just wear comfortable clothes!  
tai chi  
Thursdays 2.45 to 3.45pm in Oak Hall £3.50  
For info t: 01234 718823 e: [sport@bedford.gov.uk](mailto:sport@bedford.gov.uk)

**THE SHED**  
BLOKS, 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  
for more info e: [jon.putt@graceinthecommunity.com](mailto:jon.putt@graceinthecommunity.com)

FOODBANK DISTRIBUTION CENTRE  
Fridays from 1.00-3.00pm  
We don't think anyone in our community should have to face going hungry. That's why 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; to combat poverty & hunger in the UK  
For info on Foodbank centres: t: 01234 268569

the net do you live in kempston? do you feel isolated?  
Be part of a supportive group and meet new people!  
WEDNESDAY or THURSDAY (Term Time) 10am-12noon  
This group is not open access (Referral only).  
For referral /assessment of need please contact Louise or Julie: 01234 851508 or email [louise.pestell@graceinthecommunity.com](mailto:louise.pestell@graceinthecommunity.com)

upbeat world rhythms, easy-to-follow choreography and a total workout that feels like a party!  
ZUMBA FITNESS  
Wednesdays 6-7pm  
ONLY £5! (£4 for 10 sessions in adv.)  
Contact Denise: 07900 232648 e: [denisemarie@live.co.uk](mailto:denisemarie@live.co.uk)

the net do you live in kempston? do you feel isolated?  
Be part of a supportive group and meet new people!  
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This group is not open access (Referral only).  
For referral /assessment of need please contact Louise or Julie: 01234 851508 or email [louise.pestell@graceinthecommunity.com](mailto:louise.pestell@graceinthecommunity.com)

BELLY DANCING  
THURSDAYS 7.30-8.45PM  
BEGINNERS AND IMPROVERS  
Come and learn the ancient and beautiful Egyptian dance style. A fun total body work-out! This is suitable for all women.  
For more info call Chrissy: 07779 433920

Kempston advice hub. money • housing benefits • health wellbeing & more  
First point of contact 'Drop In' on the 1st & 3rd Friday of the month from 1pm to 3pm. Appointments can be made with local organisations working together to support and build the local community in Kempston.  
e: [wendyj@bedscc.org.uk](mailto:wendyj@bedscc.org.uk) or [beccy@project229.org](mailto:beccy@project229.org)

bake. **LATE NIGHT OPENING**  
OPEN UNTIL 9.30PM  
FOR DRINKS, CAKE & GAMES  
LAST FRIDAY OF THE MONTH

# WHAT'S ON adults @229



Many of the providers at **Project 229** offer **FREE** funded places on activities for families or individuals in particular hardship or financial difficulty. **Professional referrals only** for this scheme. To find our more contact Beccy at 229.

For more info t: 01234 840880 or email: [beccy@project229.org](mailto:beccy@project229.org)



# JUMP TO THE BEAT!

**Mondays 4.30-5pm (term-time) 3-5yrs**  
Movement and Music class for 3-5 yrs  
Based on Street & Contemporary Dance  
Helps to build confidence, team spirit, agility & co-ordination. **£2** a class  
**UFM @229** Call Maz on: 07922 494908

# WHAT'S ON youth @229



**COMPANIONS REAL BREAD**  
Order locally made sourdough bread, pizza dough, biscuits and more to pick up from bake café. on Weds (10am-5.30pm)  
Text your order to : 07742 755543 by 1pm on Mondays. No order too small! menu at: [companionsrealbread.co.uk](http://companionsrealbread.co.uk)  
**ORDER: MONDAY COLLECT: WEDNESDAY**

**HOOK PURL AND CAKE**  
Knitting & Crochet  
Meet up: **Mondays** at bake. café  
**FROM: 9.30-11.30am**

**STREET AND CONTEMPORARY DANCE**  
5-6pm for 6-9yrs Intermediates  
6-7pm for 10-13yrs Advanced Intermediates  
7-8pm 14-17yrs Advanced Seniors  
Mondays: Term-Time \*Ages are for guidance:  
Classes are based on age and ability  
For more info call: Maz: 07922 494908 **UFM @229**

**FRENCH** Tuesdays @229 **£3.50\*** a class  
4.15 to 4.45pm in Acorn Lounge  
Learn French in a fun and engaging way using songs, rhymes & games.  
Children of all ages welcome!  
For more information contact Alice Huck t: 07806 757567 e: [alicehuck95@gmail.com](mailto:alicehuck95@gmail.com) \*discounts for siblings / block booking

**Yoga** Mondays 1-2pm @229 £5 per class  
**BOOK NOW FOR APRIL**  
Kiva Yoga Laya with Jazz Yoga Asanas & Meditation  
f: [jogawithjazz](https://www.facebook.com/jogawithjazz) t: 07948 190668

**Indian Vocal Music** with 21st Century Education Trust  
Mondays 6.45 to 8.45pm  
Indian vocal music classes (including semi classical and bollywood songs)  
For info call: 07547 727222 Or 856673. or email Bipin at: [bs16@btinternet.com](mailto:bs16@btinternet.com)

**SPANISH** Tuesdays @229 **£3.50\*** a class  
4.45 to 5.15pm in Acorn Lounge  
Learn French in a fun and engaging way using songs, rhymes & games.  
**COMING SOON... Register NOW!**  
For more information contact Alice Huck t: 07806 757567 e: [alicehuck95@gmail.com](mailto:alicehuck95@gmail.com) \*discounts for siblings / double classes

**on Wednesdays** For young women aged 14-18  
**7-9pm at Project 229**  
contact rangers for dates  
**RANGERS** Bedford South Ouse  
Discover more at [girlguiding.org.uk/rangers](http://girlguiding.org.uk/rangers)  
[bedfordsouthouserangers@gmx.com](mailto:bedfordsouthouserangers@gmx.com)

**UNIQUE** Street & Contemporary Dance @229  
For young adults with additional needs (part of Urban Funki Munkis)  
Mondays (Term-time) 7 to 8pm **£3.50** per session  
To book call Maz: 07922 494908 **UFM @229**

**TUESDAYS \*MIKES\* @229 £4** LINE DANCING  
All welcome! (Even if you've got two left feet) You don't need a partner... just come along!  
Beginners/Refresher 10am to 10.30am  
Improvers Class 10.30am to 11.30am  
t: 07971 764982 e: [mike@mikeslinedancing.com](mailto:mike@mikeslinedancing.com)

**MUSIC CLUB** Thursdays in Acorn Lounge  
Guitar / Music classes @229  
4.15-4.45pm (5-10yr olds) **£3.50**  
5.00-5.30pm (10-16yr olds) **£3 adv.** sibling discount **£1**  
For info or to book contact James: t: 07376 231684 e: [ejwburkemusic@gmail.com](mailto:ejwburkemusic@gmail.com)

**THURSDAY @229** Musical Theatre  
Classes: **£5** a session  
4-7 yrs 5.00-5.45pm  
8+ yrs 5.45-6.30pm  
Contact Rosie on: 07305 809342 e: [inspirepa@outlook.com](mailto:inspirepa@outlook.com)  
[www.inspirepa.co.uk](http://www.inspirepa.co.uk)

**WELL WOMAN WORKSHOP** 6 week holistic health course for women of all ages  
AM: 10.30-12.30 PM: 7.30-9.30  
Tuesday at 229 AM and PM  
t: 07941 401140  
e: [heather.solesbury@graceinthecommunity.com](mailto:heather.solesbury@graceinthecommunity.com)

**Rehab Pilates (APPI)** (Physio-led) courses that are open to all. A pre-course assessment is required.  
Tuesdays from 6:00pm to 7:00pm  
For info contact Johanna t: 07753 418170 e: [johannaspilatesbedford@gmail.com](mailto:johannaspilatesbedford@gmail.com)

**space** for young people affected by domestic abuse  
clubs, activities, small groups and support for ages 9-16 (school yr 5+) in Bedford Borough  
contact Linda e: [space@project229.org](mailto:space@project229.org)

**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 on: 07305 809342 e: [inspirepa@outlook.com](mailto:inspirepa@outlook.com) [www.inspirepa.co.uk](http://www.inspirepa.co.uk)

**Ghidda** For Women **£2** On Tuesdays From 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

**CRAFTS @ 229 2020**  
Tuesdays (Monthly) 7.30-9.30pm  
March 24th  
April 21st  
May 19th  
June 23rd  
all women welcome craft provided  
£-voluntary donation  
e: [marion.major@graceinthecommunity.com](mailto:marion.major@graceinthecommunity.com)

**BUDDING AUTHORS** Jonas Lane's Young Storytellers' Club  
**FUN FOR ALL YOUNG WRITERS**  
Saturdays in Acorn Lounge Sessions between 12.30 and 2pm  
e: [jonaslaneauthor@gmail.com](mailto:jonaslaneauthor@gmail.com) [jonaslaneauthor.com](http://jonaslaneauthor.com)

**CREATE EXPLORE** Dance, Musical Theatre, Drama and Arts & Crafts!  
9am to 3pm @229 for children aged 3+  
places must be booked in advance  
8th April / 14th and 15th April  
26th May / 27th, 28th and 29th July  
3rd, 4th and 5th August  
e: [inspirepa@outlook.com](mailto:inspirepa@outlook.com) Rosie: 07305 809342

# MONDAY

🕒 8.30am to 1pm **F** 🍷

**COMPANIONS REAL BREAD**  
Order locally made sourdough bread and other bakery items to collect on from bake café on Wednesdays. See the full menu: companionsrealbread.co.uk see page 5 for more info

🕒 9.30 to 11.30am **A** 🍷

**HOOK PURL AND CAKE**  
Knitting and crochet meet-up at Bake. café. Bring a project with you or get some help with how to start see page 5 for info

🕒 1.00 to 2.00pm **A** 🍷

**KIVA YOGA LAYA**  
Yoga Asanas and meditation with Jazz. Book now to start classes from April see page 5

🕒 4.30 to 5pm **Y** 🍷

**JUMP TO THE BEAT**  
Movement and music class for 3-5 year olds see page 2

🕒 5pm to 8pm **Y** 🍷

**URBAN FUNKI MUNKIS**  
Street and contemporary dance classes for 6-17 years. Classes are based on age and ability see page 2 for more info

🕒 7pm to 8pm **A** 🍷

**UNIQUE (PART OF UFM)**  
Dance class for young adults with additional needs page 5

🕒 6.45 to 8.45pm **A** 🍷

**INDIAN VOCAL MUSIC**  
Music group by 21st Century Education Trust. Includes semi classical and bollywood songs see page 5 for more info

# TUESDAY

🕒 10 to 11.30am **A** 🍷

**MIKE'S LINE DANCING**  
Beginners and Improvers class All welcome! No partner needed see page 5 for more info

🕒 10.30am to 12.30 **A** 🍷

**WELL WOMAN WORKSHOP**  
FREE 6 week holistic health course for women of all ages see page 5 (also PM course)

🕒 4.15 to 4.45pm **Y** 🍷

**FRENCH FOR KIDS**  
Fun French language class for children using songs and games see page 2 for more info

🕒 4.45 to 5.15pm **Y** 🍷

**SPANISH FOR KIDS**  
Fun Spanish language class for children using songs and games see page 2 for more info

🕒 6.00 to 7.00pm **A** 🍷

**REHAB PILATES (APPI)**  
APPI Rehab Pilates (Physio-led) course open to all. page 5

🕒 7.30 to 9.30pm **A** 🍷

**MONTHLY CRAFT EVENING**  
All women welcome. Crafts provided. Please book. page 5

🕒 7.30 to 9pm **A** 🍷

**GHIDDA DANCE**  
Punjab folk dance with the grace and energy of bhangra. page 5

🕒 7.30 to 9.30pm **A** 🍷

**WELL WOMAN WORKSHOP**  
FREE 6wk holistic health course for women page 5 (see also AM course) and info for Wisdom House course on page 6

# WEDNESDAY

🕒 10am to 5.30pm **F** 🍷

**COMPANIONS REAL BREAD**  
Collect your local bakery items ordered on Monday page 5

🕒 10am to 12noon **F** 🍷

**THE NET (Referral only)**  
Support for Kempston residents who feel isolated. Be part of a supportive group and meet new people page 6 (see also Thurs)

🕒 1.00 to 3.00pm **A** 🍷

**THE ART WELL (Referral only)**  
Improving mental health and wellbeing through creativity. An Arts for health studio group for adults with mental health or social isolation needs page 6 see also page 7 open event

🕒 6 to 7pm **A** 🍷

**ZUMBA FITNESS**  
A total body workout that feels like a party! Up-beat world music & easy-to-follow choreography see page 6 for more info

🕒 7 to 9pm **Y** 🍷

**RANGERS**  
Bedford South Ouse Rangers: For young women aged 14-18 years. (part of Girlguiding) see page 2 for more info

🕒 7.30 to 8.30pm **A** 🍷

**B-FIT BHANGRA**  
High intensity dance workouts for any level - beginners to professionals. Come and learn explosive moves using Bhangra music. These classes are about having fun and getting fit! Book now to start classes in April onwards see page 6

# THURSDAY

🕒 10am to 12noon **F** 🍷

**THE NET (Referral only)**  
Support for Kempston residents who feel isolated. see page 6 and also Wednesday AM group

🕒 2.45 to 3.45pm **A** 🍷

**TAI CHI**  
Loosen stiff joints and keep yourself mobile. Tai Chi involves slow movements and deep breaths. Tai chi has physical and emotional benefits. Wear comfy clothes. see page 6 for info

🕒 4.15 to 5.30pm **Y** 🍷

**MUSIC CLUB (Youth)**  
Small group guitar and music tuition for 5- 10 and 10-16 year olds. Sibling discount available. Book now for classes from April onwards see page 2 and also page 7 for adult / family groups

🕒 5pm to 6.30pm **Y** 🍷

**MUSICAL THEATRE**  
Musical Theatre classes for ages 4-7 and 8+ yrs see page 2 and also Create Explore page 2

🕒 6.30pm to 8pm **Y**

**SPACE (Referral only)**  
Clubs, activities, small groups and support for young people aged 9-16yrs (school years 5+) in Bedford Borough who have been impacted by Domestic Abuse. see page 2 for info

🕒 7.30 to 8.45pm **A** 🍷

**BELLY DANCING**  
Learn the ancient and beautiful Egyptian dance style. This group is for beginners and improvers see page 6 for more info

# FRIDAY

🕒 10am to 12noon **A** 🍷

**THE SHED (FOR MEN!)**  
The Shed is a place for men to gather, socialise, talk things through and support one another, whatever the challenges life throws up. see page 6 for info

🕒 1pm to 3pm **A** 🍷

**KEMPSTON ADVICE HUB**  
Advice drop-in on the first and third Friday of the month. Chat to someone about money, housing, benefits, health and wellbeing concerns. This is a multi-agency project see page 6 for info

🕒 1pm to 3pm **A** 🍷

**FOODBANK CENTRE**  
We don't think anyone in our community should face going hungry. Foodbank provides three days' nutritionally balanced emergency food for local people who are referred to us in crisis. see page 6 for more info and also Kempston Advice Hub

🕒 5pm to 6pm **Y** 🍷

**YOUTH DRAMA**  
Open age youth drama class to build performance skills. Classes are for all ages and abilities. Build confidence and have fun! see page 2 and also Musical Theatre Classes on Thursdays

🕒 5.30 to 9.30pm **F** 🍷

**BAKE LATE NIGHT OPENING**  
Bake café is opening late on the last Friday of the month for drinks, cakes and games. Bring your own games or choose from the café selection. Why not book a table with family or friends? see page 6

# SATURDAY

🕒 9am to 12noon **A** 🍷

**LIFESTYLE HUB**  
Book in to see a Lifestyle Advisor to discuss what changes you could make towards a healthier lifestyle. You can request a self access form or ask a nurse or GP to refer you see page 7 for info

🕒 12.30 to 2pm **Y** 🍷

**BUDDING AUTHORS...**  
Young storytellers' clubs with Author Jonas Lane. Fun for all young writers see page 2 for info

🕒 11.30 to 3.45pm **A** 🍷

**CAP MONEY COURSE**  
Course: Saturday 4th April FREE course. Learn budgeting skills and a simple cash based system that works. Get more in control of your finances, save, give and prevent debt see page 7

## OTHER ACTIVITIES

🕒 Various **F** 🍷

**GUITAR / MUSIC CLUB**  
For adults / families page 7

🕒 Ongoing **A**

**STRUGGLING WITH DEBT?**  
FREE Debt counselling page 7

🕒 Various **A** 🍷

**COFFEE WITH A COP** page 7

🕒 Various **A** 🍷

**ART PSYCHOTHERAPY**  
Art Therapy for Adults page 7

**Y** Youth Activity  
**A** Adult Activity  
**F** Youth and Adult Activity  
🍷 Oak Hall  
🍷 Acorn Lounge  
🍷 Bake. Café