

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@bedsrc.org.uk or beccy@project229.org

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

Intro to... ENGLISH AND MATHS

Our courses can help you develop your skills and confidence for work and everyday life. You could get a qualification to help you progress to further learning, gain a job or develop your career. Courses are in small, friendly, supportive groups and are free for those who meet eligibility criteria.

Call: 0300 300 8110 Text: 07393 238900
Email: adult.learning@centralbedfordshire.gov.uk



FULL BODY TONE EXERCISE CLASS

SPECIALLY DESIGNED FOR ASIAN WOMEN
Exercise, get fit and have fun in a safe environment without being self conscious
EVERY FRIDAY 6.30-7.30pm
£5 PER PERSON
YOUR FIRST CLASS IS FREE!
From 13th Sept - no booking required

K FITNESS email: k.ptfitness@hotmail.co.uk



What changes can you make?

Meet a **Lifestyle Advisor** to discuss healthier eating and how to become more active. We are running alternate Saturday clinics at Project 229. **Contact your GP/Nurse today!**

14th and 28th September
12th and 26th October
9th and 23rd November
7th December (back 4th Jan)



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



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



COFFEE WITH A COP

Pop in for a chat @bake café
Next on: 2-4pm
11th September
25th November



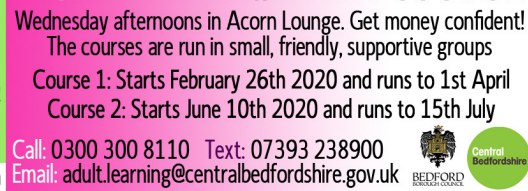
ART PSYCHOTHERAPY

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



MONEY MANAGEMENT COURSE

Wednesday afternoons in Acorn Lounge. Get money confident!
The courses are run in small, friendly, supportive groups
Course 1: Starts February 26th 2020 and runs to 1st April
Course 2: Starts June 10th 2020 and runs to 15th July
Call: 0300 300 8110 Text: 07393 238900
Email: adult.learning@centralbedfordshire.gov.uk



COFFEE MORNING

Supporting **19TH OCTOBER**
WE ARE MACMILLAN. 10AM TO 12.30
CANCER SUPPORT IN OAK HALL
@PROJECT 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 out more contact Beccy at 229.
For more info t: 01234 840880 or email: beccy@project229.org



WHAT'S ON @ 229

Autumn / Winter 2019 Edition

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 FOR DETAILS. ALL PARTIES ARE TAILORED TO YOU AND INCLUDE EXCLUSIVE HIRE OF THE CAFE. MIN 10 PEOPLE MAX 20 CHILDREN/25 ADULTS

PROJECT 229

WHAT'S ON index

227-229 Bedford Road
Kempston Charity No. 1178577
Bedford t: 01234 840880
MK42 8DA e: beccy@project229.org

@229



Activity	Run By	Page	Day 1	Day 2	For
Art Psychotherapy	Marion Major	4 and 7	Various		ADULT
Arts for Health	The Art Well	3 and 7	Wednesday		ADULT
Asian Vocal Music	21st Century Education Trust	3 and 5	Monday		ADULT
Asian Women's Fitness	K Fitness	4 and 7	Friday		ADULT
Belly Dancing	Chrissy's Belly Dancing	4 and 6	Thursday		ADULT
Bread / Bakery Orders	Companions Real Bread	3 and 5	Monday	Wednesday	ALL
Bursary Scheme	Project 229	page 7	Various		ALL
Calligraphy (Beginners)	Bake	page 3	Various		ADULT
Coffee With a Cop	Bedfordshire Police	4 and 7	Various		ADULT
Craft Evenings	Grace Community Church	3 and 5	Tuesday		ADULT
Dance: Ghidda	Ghidda Group	3 and 5	Tuesday		ADULT
Dance: Jump to the Beat (Tots)	Urban Funki Munkis	2 and 3	Monday		YOUTH
Dance: Odissi	Recovery College	3 and 6	Wednesday		ADULT
Dance: Street and Contemporary (Youth)	Urban Funki Munkis	2 and 3	Monday		YOUTH
Dance: Young adults with additional needs	Urban Funki Munkis	2 and 3	Monday		ADULT
Debt Advice	Christians Against Poverty	3 and 5	Various		ADULT
Drama (Youth)	Inspire Performing Arts	2 and 4	Friday		YOUTH
English (Intro to)	Bedfordshire Employment & Skills Service	4 and 7	Friday		ADULT
Foodbank	Bedford Foodbank / Grace Community Church	4 and 7	Friday		ADULT
French Language (Youth)	Les Petits Lapins	2 and 3	Tuesday		YOUTH
Gardening Group	University of the 3rd Age (USA)	4 and 6	Thursday		ADULT
Karate (Shotokan)	Shotokan (World Japanese Karate) Association	2 and 4	Saturday		ALL
Kempston Advice Hub	Various: BRCC / BPHA / CAB / Project 229	4 and 7	Friday		ADULT
Knitting and Crochet Meet Up	Hook, Purl and Cake	3 and 5	Monday		ADULT
Level 1 Childcare Course	Bedford Training Assessment Centre (BTAC)	3 and 5	Monday		ADULT
Lifestyle Advice	Lifestyle Hub	4 and 7	Saturday		ADULT
Line Dancing	Mike's Line Dancing	3 and 5	Tuesday		ADULT
Linoprint Cards	Bake	page 4	Various		ADULT
Macmillan Coffee Morning	Volunteers	4 and 7	Saturday		ALL
Maths (Intro to)	Bedfordshire Employment & Skills Service	4 and 7	Friday		ADULT
Money Management Course	Bedfordshire Employment & Skills Service	page 7	Wednesday		ADULT
Money Management Course (CAP)	Christians Against Poverty	4 and 7	Saturday		ADULT
MP Surgery	MP Mohammad Yasin	4 and 6	Friday		ADULT
Musical Theatre (Youth)	Inspire Performing Arts	2 and 4	Thursday		YOUTH
Musical Theatre: Stars First Steps (Tots)	Inspire Performing Arts	2, 3 and 4	Tuesday	Thursday	YOUTH
Pilates (Coming soon)	D and G Fitness	3 and 6	Wednesday		ADULT
Punch Needle Workshop	Bake	page 3	Various		ADULT
Rangers (Youth-Adult)	Girl Guiding Association	2 and 3	Wednesday		YOUTH
Rehab Pilates	Johanna's Pilates	3 and 5	Tuesday		ADULT
Sewing Classes	Santosh Women's Foundation	4 and 6	Thursday		ADULT
SPACE (Youth)	Project 229 / Families First Bedfordshire	2 and 4	Thursday		YOUTH
Storytellers' Club (Out of this World) Youth	Jonas Lane Author	2 and 4	Saturday		YOUTH
The Net	The Net Charitable Trust	3, 4 and 6	Wednesday	Thursday	ADULT
The Shed	Grace Community Church	4 and 6	Friday		ADULT
Theatre Group	Kempston Community Theatre Group	3 and 6	Wednesday		ADULT
Well Woman Workshop	The Net Charitable Trust	3 and 5	Tuesday AM	Tuesday PM	ADULT
Wreath Making Workshop	Bake	page 3	Various		ADULT
Yoga	Yogafit UK	3, 4 and 5	Monday	Thursday	ADULT
Zumba	D and G Fitness	3 and 6	Wednesday		ADULT

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 or julie.anderson@graceinthecommunity.com

The Art Well
Improving Mental Health & Wellbeing
Through Creativity

A referral arts for health studio group for adults with mental health or social isolation needs.

For referral/assessment please contact Marion on t: 07919 802064
or email: theartwell.kempston@gmail.com



odissi Bedfordshire & Luton Recovery College
t: 01234 263621

Learn the oldest Indian classical dance style with a focus on mental health and wellbeing. The intro workshops are a fun way to try out basic movements, hand gestures & expressions.

Various Wednesdays from: 3.30 to 5pm
e: elft.recoverycollege@nhs.net

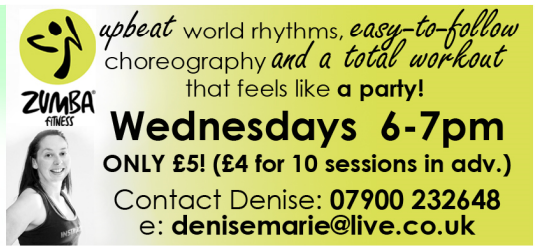


apbeat world rhythms, easy-to-follow choreography and a total workout that feels like a party!

ZUMBA FITNESS

Wednesdays 6-7pm
ONLY £5! (£4 for 10 sessions in adv.)

Contact Denise: 07900 232648
e: denisemarie@live.co.uk



Pilates Pilates based gentle movement class with strength, stretching & body toning moves

COMING SOON Wednesdays 7-8pm

Pilates can strengthen the core, muscles and back as well as helping to improve flexibility, strength and balance (bring a towel or mat)

t: 07900 232648 e: denisemarie@live.co.uk



KEMPSTON COMMUNITY THEATRE CO.

Wednesdays 7:30 - 9:30pm

Acting, improvisation & theatre skills!
Open to all regardless of abilities / experience
£5 a session / or term rates (includes refreshments)

t: 07919 974268 e: kemcomtheatre@aol.co.uk



FREE SEWING CLASS

SANTOSH WOMEN'S FOUNDATION

Thursdays: 12.30 to 1.45pm

Learn how to make clothes, patterns and do alterations in this friendly class open to all

e: santoshkumarijog@hotmail.co.uk t: 07828 227845



UBA GARDENING GROUP
BEDFORD

For U3A members. A mixture of gardening group discussions during the winter months and visits to local and public gardens during the summer.

Meeting on the 2nd Thursday of the Month:
For more info contact Rodney: 07718 390188
For info visit: www.u3asites.org.uk/bedford



Stretch your Body, Mind & Soul

YOGA@229 YOUR 1ST CLASS IS FREE!

Thursdays 6.40 to 7.30pm £5*

*with membership (*or £7 pay as you go)

YOGA FIT UK
www.yogafituk.com Call Tracy: 07814 466886



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



Chat to your local MP
DROP-IN SURGERY @229

NEXT ON: Monthly on Fridays @ bake.cafe 10am to 11.30am

September 6th October 4th
November 1st December 6th

Contact: Mohammad Yasin t: 01234 346525
email: Office@mohammadyasin.org for info



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
for more info e: jon.putt@graceinthecommunity.com



WHAT'S ON adults @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
ORDER: MONDAY COLLECT: WEDNESDAY

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



The Award in an Introduction to Early Years Settings Level 1 @229
 Interested in working with babies or children up to 6yrs? Fun, friendly course and an opportunity to gain a childcare qualification.
Course: 23rd Sept-2nd Dec: 9.15am-3pm
 t: 01234 228847 or e: trainhelp@bedford.gov.uk
www.bedford.gov.uk/careersinchildcare

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
UFM @229 For more info call: Maz: 07922 494908

STARS FIRST STEPS tots performing arts
Tuesdays: 11.30-12noon 18 months - 3yrs
 Dance, Musical Theatre & Drama. A fun, creative class developing balance, coordination, strength and rhythm.
 e: inspirepa@outlook.com t: 07305 809342

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**

Stretch your Body, Mind & Soul
YOGA @229 YOUR 1ST CLASS IS FREE! **£5***
Mondays 8.15-9.00pm
YOGA FIT UK www.yogafituk.com Call Tracy: 07814 466886
 *with membership (*or £7 pay as you go)

Les Petits Lapins Tuesdays @229 **£3.50*** a class
 4.15pm to 4.45pm
 At Les Petits Lapins. children learn French in a fun and engaging way using songs, rhymes and games. **Children of all ages are welcome!**
 For more info contact Alice Huck t: 07806 757567 e: alicehuck95@gmail.com *discounts for siblings and block booking available

Coming soon on Wednesdays For young women aged 14-18
RANGERS Bedford South Ouse
 Discover more at girlguiding.org.uk/rangers
 bedfordsouthouserangers@gmx.com **Girlguiding** WE DISCOVER, WE GROW

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

TUESDAYS @229 £4 *MIKES* 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

STARS FIRST STEPS tots performing arts
Thursdays: 2pm to 2.30pm 18 months - 3yrs
 Dance, Musical Theatre & Drama. A fun, creative class developing balance, coordination, strength and rhythm.
 e: inspirepa@outlook.com t: 07305 809342

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 **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
 e: heather.solesbury@graceinthecommunity.com t: 07941 401140

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

space is for young people in school yrs 5 - 11 (aged 9 - 16) in Bedford Borough who have experienced domestic abuse; so that they:
 • know they are not the only one.
 • have time to be themselves, have fun and try out new things.
 • have space to work through their experiences if they want to.
e: 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 **www.inspirepa.co.uk**

CRAFTS @ 229 2019 Dates
Tuesday Evenings (Monthly) 7.30 to 9.30
SEPT 24 all women welcome
OCT 15 craft provided
NOV 26 £=voluntary donation
 e: marion.major@graceinthecommunity.com

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

OUT OF THIS WORLD...
 Jonas Lane's Young Storytellers' Club
Saturdays in Acorn Lounge 3 sessions between 10am and 2pm
 From **21st September to 7th December** (no clubs on 19th and 26th October)
e: jonaslaneauthor@gmail.com jonaslaneauthor.com

Shotokan Karate
 World Japanese Karate Association
Saturdays from 1.15pm to 3.15pm
 Beginners: 1 hr (£15 for 6 weeks)
 Improvers: 2 hrs (£10 for 2hrs)
 Traditional style karate and self defence
 All ages & abilities from 4yrs to adult are welcome
Roy t: 07733 222495 or e: roy.richards60@ntlworld.com

MONDAY

🕒 8.30am to 1pm **F**

COMPANIONS REAL BREAD
Order locally made bakery items to collect on Wednesday [page 5](#)

🕒 9.15 to 3pm **A**

LEVEL 1 CHILDCARE
The Award in an Introduction to Early Years Settings [page 5](#)

🕒 9.30 to 11.30am **A**

HOOK PURL AND CAKE
Knitting and crochet meet-up at Bake. Café [page 5](#)

🕒 4.30 to 5pm **Y**

JUMP TO THE BEAT
Movement and music for 3-5 year olds [page 2](#)

🕒 5pm to 8pm **Y**

URBAN FUNKI MUNKIS
Street and contemporary dance for 6-17 years [page 2](#)

🕒 7pm to 8pm **A**

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

🕒 8.15 to 9pm **A**

YOGA FIT UK
Yoga: Stretch your Body, Mind and Soul [page 5](#)

🕒 6.45 to 8.45pm **A**

ASIAN CLASSICAL MUSIC
Music group by 21st Century Education Trust [page 5](#)

TUESDAY

🕒 10 to 11.30am **A**

MIKE'S LINE DANCING
Beginners and Improvers All welcome! [page 5](#)

🕒 10.30am to 12.30 **A**

WELL WOMAN WORKSHOP
FREE 6wk wellbeing course for women [page 5](#)

🕒 11.30 to 12noon **Y**

STARS FIRST STEPS
Tots performing arts class. Ages 18 months to 3yrs [page 2](#)

🕒 4.15 to 4.45pm **Y**

LES PETITS LAPINS
Fun French language class for children [page 2](#)

🕒 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 wellbeing course for women [page 5](#)

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. [page 6](#)

🕒 1.00 to 3.00pm **A**

THE ART WELL (Referral only)
Improving Mental Health and Wellbeing through Arts [page 6](#)

🕒 3.30 to 5pm **A**

ODISSI (RECOVERY COLLEGE)
Ancient Indian classical dance for positive mental health [page 6](#)

🕒 6 to 7pm **A**

ZUMBA FITNESS
A total body workout that feels like a party! [page 6](#)

🕒 7 to 8pm **A**

PILATES (COMING SOON)
Core strength, flexibility, toning and balance [page 6](#)

🕒 7pm to 9pm **Y**

RANGERS (COMING SOON)
For young women aged 14-18 years [page 2](#)

🕒 7.30 to 9.30pm **A**

COMMUNITY THEATRE
Acting, improvising and theatre skills. Open to all [page 6](#)

THURSDAY

🕒 10am to 12noon **F**

THE NET (Referral only)
Support for Kempston residents who feel isolated. [page 6](#)

🕒 12.30 to 1.45pm **A**

SEWING CLASS
Open to all Women. Learn to make and alter clothes [page 6](#)

🕒 2pm to 2.30pm **Y**

STARS FIRST STEPS
Tots performing arts class. Ages 18 months to 3yrs [page 2](#)

🕒 2.30 to 4.30pm **A**

U3A GARDENING GROUP
Special interest Gardening Group for U3A members [page 6](#)

🕒 5pm to 6.30pm **Y**

MUSICAL THEATRE
Musical Theatre classes for ages 4-7 and 8+ yrs [page 2](#)

🕒 6.30pm to 8pm **Y**

SPACE (Referral only)
Provision for 9-16yrs impacted by Domestic Abuse [page 2](#)

🕒 6.40 to 7.30pm **A**

YOGA FIT UK
Yoga: Stretch your Body, Mind and Soul [page 6](#)

🕒 7.30 to 8.45pm **A**

BELLY DANCING
Learn the ancient and beautiful Egyptian dance style. [page 6](#)

FRIDAY

🕒 10 to 11.30am **A**

MP SURGERY (Drop-in)
Meet and talk to your local MP Mohammad Yasin. [page 6](#)

🕒 10am to 12noon **A**

THE SHED (FOR MEN!)
Socialise, talk things through and support one another. [page 6](#)

🕒 1pm to 3pm **A**

KEMPSTON ADVICE HUB
Multi-agency hub for money, housing, wellbeing advice. [page 7](#)

🕒 1pm to 3pm **A**

FOODBANK CENTRE
Emergency food collection for those needing support. [page 7](#)

🕒 Time TBC **A**

INTRO TO MATHS
Intro to Maths Course run by the Employment & Skills Hub [page 7](#)

🕒 Time TBC **A**

INTRO TO ENGLISH
Intro to English Course run by the Employment & Skills Hub [page 7](#)

🕒 5pm to 6pm **Y**

YOUTH DRAMA
Open age youth drama class to build performance skills [page 2](#)

🕒 6.30 to 7.30pm **A**

K FITNESS CLASS
Exercise class specially designed for Asian Women [page 7](#)

SATURDAY

🕒 9am to 12noon **A**

LIFESTYLE HUB (GP Referral)
Meet an advisor to talk about a healthier lifestyle. [page 7](#)

🕒 10am to 2pm **Y**

OUT OF THIS WORLD...
Young storytellers' clubs with Author Jonas Lane. [page 2](#)

🕒 11.30 to 3.45pm **A**

CAP MONEY COURSE
Money management made easy FREE course: [page 7](#)

🕒 1.15 to 3.15pm **F**

SHOTOKAN KARATE
Traditional style Karate for ages 4+yrs to adult [page 2](#)

VARIOUS

🕒 Ongoing **A**

STRUGGLING WITH DEBT?
FREE Debt counselling [page 7](#)

🕒 Various **A**

COFFEE WITH A COP [page 7](#)
Pop in to chat with a local cop

🕒 Various **A**

ART PSYCHOTHERAPY
Art Therapy for Adults [page 7](#)

🕒 10am to 12.30 **F**

MACMILLAN COFFEE AM
For Cancer Support [page 7](#)

bake.

PUNCH NEEDLE with @bottiebulee
26TH SEPTEMBER 7-9.30PM

BEGINNERS CALLIGRAPHY with @dearheartcalligraphy
29TH OCTOBER 7-9PM

LINOPRINT CARDS with @inkandfolly
20TH NOVEMBER 7-9PM

CHRISTMAS WREATHS with @greycourtflorists
6TH DECEMBER / 13TH DECEMBER 7-9PM

FOR BAKE WORKSHOP BOOKINGS
PLEASE EMAIL: beth@bakekempston.com

229 Bedford Rd - 01234 834888 - [bakekempston](#)

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