PROJECT 229

England & Wales · Charity number 1178577

Details

Status	Registered
Legal form	CIO
Registered	2018-05-31
Register	View on the Charity Commission register

Contact

Address	Project 229 227-229 Bedford Road Kempston Bedford MK42 8DA
Phone	01234840880
Email	comments@project229.org

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Activities

Objects: 1. TO FURTHER OR BENEFIT THE RESIDENTS OF KEMPSTON AND THE NEIGHBOURHOOD, WITHOUT DISTINCTION OF SEX, SEXUAL ORIENTATION, RACE OR OF POLITICAL, RELIGIOUS OR OTHER OPINIONS BY ASSOCIATING TOGETHER THE SAID RESIDENTS AND THE LOCAL AUTHORITIES, VOLUNTARY AND OTHER ORGANISATIONS IN A COMMON EFFORT TO ADVANCE EDUCATION AND TO PROVIDE FACILITIES IN THE INTERESTS OF SOCIAL WELFARE FOR RECREATION AND LEISURE TIME OCCUPATION WITH THE OBJECTIVE OF IMPROVING THE CONDITIONS OF LIFE FOR THE RESIDENTS. IN FURTHERANCE OF THESE OBJECTS BUT NOT OTHERWISE, THE TRUSTEES SHALL HAVE POWER: TO ESTABLISH OR SECURE THE ESTABLISHMENT OF A COMMUNITY CENTRE AND TO MAINTAIN OR MANAGE OR CO-OPERATE WITH ANY STATUTORY AUTHORITY IN THE MAINTENANCE AND MANAGEMENT OF SUCH A CENTRE FOR ACTIVITIES PROMOTED BY THE CHARITY IN FURTHERANCE OF THE ABOVE OBJECTS.2. TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT BY PREVENTING PEOPLE FROM BECOMING SOCIALLY EXCLUDED, RELIEVING THE NEEDS OF THOSE PEOPLE WHO ARE SOCIALLY EXCLUDED AND ASSISTING THEM TO INTEGRATE INTO SOCIETY. FOR THE PURPOSE OF THIS CLAUSE ‘SOCIALLY EXCLUDED’ MEANS BEING EXCLUDED FROM SOCIETY, OR PARTS OF SOCIETY, AS A RESULT OF ONE OF MORE OF THE FOLLOWING FACTORS: UNEMPLOYMENT; FINANCIAL HARDSHIP; YOUTH OR OLD AGE; ILL HEALTH (PHYSICAL OR MENTAL); SUBSTANCE ABUSE OR DEPENDENCY INCLUDING ALCOHOL AND DRUGS; DISCRIMINATION ON THE GROUNDS OF SEX, RACE, DISABILITY, ETHNIC ORIGIN, RELIGION, BELIEF, CREED, SEXUAL ORIENTATION OR GENDER RE-ASSIGNMENT; POOR EDUCATIONAL OR SKILLS ATTAINMENT; RELATIONSHIP AND FAMILY BREAKDOWN; POOR HOUSING (THAT IS HOUSING THAT DOES NOT MEET BASIC HABITABLE STANDARDS; CRIME (EITHER AS A VICTIM OF CRIME OR AS AN OFFENDER REHABILITATING INTO SOCIETY).3. SUCH CHARITABLE PURPOSES FOR THE PUBLIC BENEFIT AS ARE EXCLUSIVELY CHARITABLE ACCORDING TO THE LAWS OF ENGLAND AND WALES AS THE TRUSTEES MAY FROM TIME TO TIME DETERMINE.

Activities: Project 229 is a pro-active community centre for ages 0 to 99 and beyond with a whole family approach. Project 229, alongside partner organisations, provides opportunities through which people are empowered to counter isolation, build relationships, develop life-skills, be supported/support others, improve resilience, grow in self-esteem and make positive changes.

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Acts As An Umbrella Or Resource Body
- **What:** Disability, Economic/community Development/employment, Recreation
- **Who:** Children/young People, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Bedford

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Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£205,062	£226,990	-	-
2024-03-31	£187,980	£159,900	-	-
2023-03-31	£202,103	£171,459	-	-
2022-03-31	£171,996	£153,834	-	-
2021-03-31	£164,991	£165,126	-	-

Trustees

Name	Role	Appointed
LIONEL GEOFFREY STEWART M.B.E	Chair	2018-11-13
BIPINCHANDRA SHAH		2018-11-13
Francis McMahon		2019-01-21
Philip Dennis Eaton		2025-10-15

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PROJECT 229

England & Wales - Charity number 1178577

Accounts

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1st	April	2024		31st	March	2025

Section A Reference and administration details

Other names charity is known by	N/A
Registered charity number (if any)	**1178577**

Charity's principal address	Project 229,	
	227-229 Bedford Road	
	Kempston, Bedford	
	Postcode	**MK42 8DA**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lionel Stewart*	Chair of Trustees		
2	Helen Sismey-Durrant*	Deputy Chair		
3	Sharon Griffiths*	Safeguarding	Official ending November 24	
4	Bipinchandra Shah*	General		
5	Frank McMahon	Finance		
	*Founding Trustee			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Rebecca Campbell-Grieve: Project 229 Manager

Section B Structure, governance, and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Constitution
How the charity is constituted (e.g. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (e.g., appointed by, elected by)	Appointed by Project 229 / confirmed by trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
- the charity's organisational structure and any wider network with which the charity works.
- relationship with any related parties.
- trustees' consideration of major risks and the system and procedures to manage them.

Project 229's *building is owned by The Bedfordshire Charitable Trust (formerly The Ibbett Trust) whose founder 'Clifton Ibbett' had a vision to develop high quality, accessible facilities for the local community.*

Project 229 was officially launched in February 2005 *after a 2-3-year period of development, building extension and renovation. Project 229 was originally part of a national charity (Spurgeons) until 31st March 2014 and became care-of The Ibbett Trust from April 2014.*

Project 229 worked towards ***independent charitable status*** *with support from The Bedfordshire Charitable Trust and The CVS Bedford. The Project was* ***founded as an independent Charitable Incorporated Organisation on 31st May 2018****.*

Project 229 hosts organisations **running activities and services for the benefit of the local community.** The Project also runs activities and services and is part of several partnership groups itself across the Borough.

Project 229 works with support from the Council for Voluntary Services (CVS) Bedford. It is also part of Bedfordshire Advice Forum (BAF). Project 229 is represented at other meetings and forums with specialist areas of work across the Borough.

Project 229 (CIO) had 5 Trustees (4 of whom were founding Trustees). One of the trustees ended their tenure during this year (November 2024). The board sustained 4 Trustees for the remainder of the year.

In November 24, some of the Project 229 Policies and Procedures were revised and/or reviewed by the Trustees.

www.project229.org

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

1. *To **benefit the residents of Kempston and surrounding areas**, by working with local authorities, voluntary and other organisations, and local people to advance education and to **provide facilities** in the interests of social welfare for recreation and leisure with the **objective of improving the conditions of life for the residents**.*
2. *To **promote social inclusion** for the public benefit by preventing people from becoming socially excluded (for one or more reasons), supporting people who are socially excluded and **assisting them to integrate into society**.*
3. *Such **charitable purposes for the public benefit** as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time determine.*

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Project 229 Charity trustees 'have regard' to the Charity Commission's public benefit guidance when carrying out activities to which it's relevant.

Project 229: Pro-Active Community Centre:

Project 229 is open as a **pro-active community centre** from Monday to Saturday for activities and services run for the benefit of the local community.

The statistics below and overleaf include the services that have reported back to us. They **do not include** some of the **informal / incidental / additional support services provided during this time** including those who held annual public events. A negligible number of groups did not provide data in time for this report and were based on accurate guestimates from previously provided data.

Face-to-face Provision at 229 (not including café stats or public annual events)	24/25 No.
No. Different Organisations	44
No. of Activity Types	92
No. of subsidised sessions (part cost funded / a cost reduction)	6
No. of fully funded sessions	469
Total No. of face-to-face sessions at 229	**1460**
Attendances (based on actual and estimated)	**13,912**

Post COVID-19, some services continue to keep an element of online provision running. This has continued to expand the reach of the project and provide opportunities for those who would otherwise find it difficult to attend, to engage in activities that help to improve their wellbeing.

Off-Site / Alternative Provision (Online etc.)	24/25 No.
No. Different Organisations	4
No. of Activity Types	9
No. of subsidised sessions (part cost funded / a cost reduction)	0
No. of fully funded sessions	202
Total No. of Other Alternative Sessions (e.g., alternative venue / online)	**202**
Attendances (based on actual and estimated)	**982**

Total no. of sessions (face-to-face and alternative)	**1662**
Total attendances (activities and services only)	**14,894**

Economically and financially, it has been a very challenging year. Some groups have decreased the number of sessions they run in a year; others have changed the way that data is collected which will have an impact on the overall figures we have been able to collect. In 2023, Project 229 had started recording the **interventions through the café** (having received a grant to support the development of the space from Bedford Borough / Compass Wellbeing funding).

We are now able to report on a full financial year. Café stats are always **a 'minimum' number** as it can be easy to miss people when it gets busy. We are looking to try and find new and more effective ways to collect useful data as the project develops.

Community Café at Project 229	Feb-Mar 23	2023/2024	2024/2025
No. Sessions (Open Days)	42	227	216
Hub Club Café Attendances	1431	9229	10822
Soup Service Attendances		1503	**1767**
Total Hub Club Café Attendances		10732	**12,589**

The development and incorporation of the space as part of our charitable provision has continued to exceed our expectations on every level.

Interventions / Attendances	23/24	24/25
Attendances at Project 229 (Face to Face)	15085	**13912**
Attendances at Alternative Venues / Online	1152	**982**
Attendances at Café	9229	**10822**
Soup Service Attendances	1503	**1767**
Total	26969	**27,483**

"It's nice volunteering because you get to meet new people and feel like you are helping the community. It's good experience and helps you develop new skills if looking for a job.

It's good for your mental and social health. It gives you a sense of being useful. You can have a chat and a laugh. If you are feeling low here is always someone to chat to."

Hub Club Café Volunteer

'You & the other volunteers are such a support to me - I love coming here because it keeps my brain active'

Volunteer

Support for New Projects and Groups

Project 229 continues to **support the start-up of New Groups** and activities with advice on safe set-up, sustainability and provides knowledge of the local area. The Project also provides advertising / design support for new activities that have a responsibility to publicly advertise their community services. (There are some groups who may not advertise due to the sensitive nature of the group). Support may also extend to working in partnership and applying for **joint funding bids** or providing support to those fundraising for their start-up costs.

Spotlight on services directly supported / managed by Project 229:

The Art Well (Open Arts for Positive Mental Health)

The Art Well (Launched in September 2019): An Arts for Health group for adults with **mental health** or **social isolation needs** is run by Art Psychotherapist Marion Major. The service was developed in response to the need for more Mental Health provision as services had either ceased to exist operating or had lengthy waiting lists. The Art Well provides an **accessible service improving mental health** through creativity. www.project229.org/artwell

The Art Well runs a referral group, peer support group and an online group, thanks to the **Bedfordshire and Luton Community Foundation** and **The National Lottery Community Fund**.
The Art Well provides **three groups** across the course of a week, **for 39 weeks** of the year, plus additional pilot Eco Art Therapy groups in 2023/24.

Art Well Data Type	**21/22**	**22/23**	**23/24**	**24/25**
Face to Face Art Well Sessions	110	100	104	117
Face to Face Attendances	**541**	**645**	**959**	**1114**
Online / Alternative Art Well Sessions	42	40	40	39
Online / Alternative Attendances	**336**	**220**	**152**	**312**
Total Sessions	**152**	**140**	**14**	**156**
Total Attendances	**877**	**865**	**1111**	**1426**

It has been so encouraging to see the growth of this project over several years.

Changes from the previous year:

There was a **30% increase in referrals** over the year.

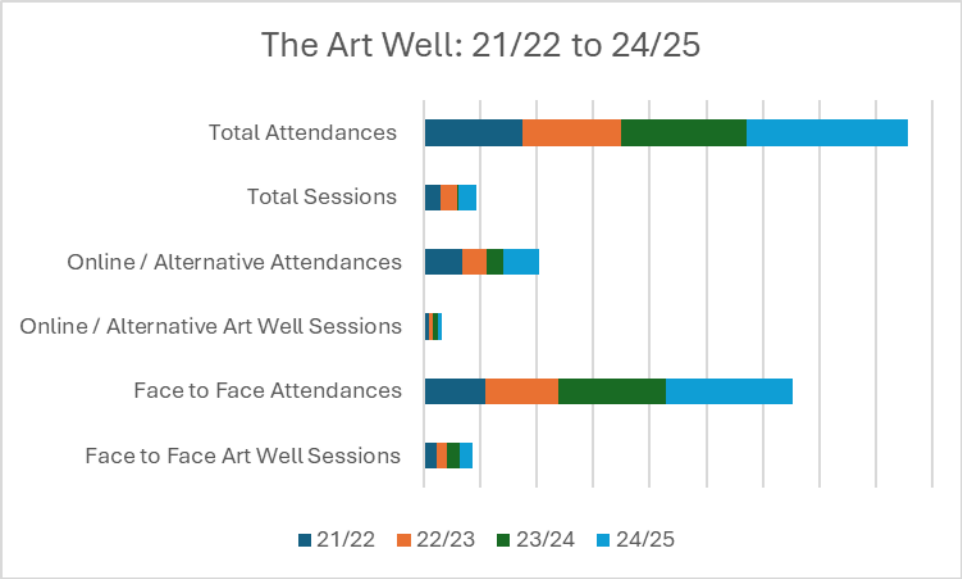
Art Well Groups

Tuesday - An online group (for new referrals and continuing support): facilitated by the lead art therapist, a trainee art therapist, and a volunteer.

NEW Tuesday Café Group – a relaxed small group session in Hub Club Café, providing support for those eligible for the 12-week group but unable to start, as well as those who would struggle to access the group setting.

Wednesday - A 12-week face to face group for new referrals: This group has been **accepting up to 12 attendees** during each cycle. The lead art therapist and two volunteers facilitate it.

Thursday - A face to face managed peer support group which is offered based on the needs and circumstances of those who have completed the initial 12-week group and have benefited from engaging with the arts in the initial referral group. Members support each other and bring creative ideas. This group is managed by the lead art therapist, assisted by two volunteers.



There were 118 referrals:
62 to the 12- week group
32 to the Eco Art group
11 to the online group
13 to the cafe group

The service moved to a **39-week academic year** rather than a 40 week.

Eco Art sessions **increased from 6 sessions to 8 sessions**, four times a year (**32 sessions in the year)**

The Art Well **trialled new fortnightly café sessions** from Jan - July to manage the increased referral rates. A **new sessional staff** member was recruited to support new developments and ongoing programme.

The following data is taken from the Art Well funder report **Sept 24 to Aug 25.**

GROUP DATA

From September 2024 to August 2025 we have supported 83 individual people.

- The age range across the groups are 19 to 75 years.

- We have received 85 new referral forms during the above 12 month period in addition to the 15 referrals who were waiting to start in September 2024. This funding year has supported:

11 attendees in the Online Group

38 attendees in the 12 week Group

27 attendees in Peer Group

22 attendees in the Eco Art Therapy Groups

- **We currently have 16 referrals assessed and ready to start the 12 Week Group and an additional 9 due to start Eco Art Therapy in September 2025.**

- **At the time of writing this report we have 8 recent referrals awaiting assessment.**

- 6 further referrals were assessed but did not progress through to group attendance. We always have a small percentage of referrals who are referred by professionals but do not respond.

The Art Well uses a nationally recognised **health and wellbeing outcome measure** (WEMWBS) as well as feedback forms and 1:1 assessments. Where possible, they complete **WEMWBS (Warwick and Edinburgh Wellbeing Scale)** outcome measure data and qualitative feedback from the online group.

The WEMWBS data from the 12-week group:

The data shows that **74.2% attendees** (compared to 67% of attendees in 23/24) recorded show a **meaningful positive change in wellbeing.**

12 Week Group

Over the year we have had 38 people complete the 12 week group.

The following table shows the group changes by comparing the before and after intervention scores for 32 participants. We were unable to collect full data for a further six participants due to a number of factors: returning to employment before the end of the 12 weeks; family and health situations preventing them from completing the 12 weeks.

	Before	After
Low wellbeing	91%	45%
Moderate wellbeing	9%	52%
High wellbeing	0%	3%
Mean WEMWEBS score	35.0	44.3

Meaningful change for WEMWBS is a change of 8+

Number of people with a meaningful positive	23	74.2%
Number of people with a meaningful negative	4	12.9%

The biggest areas of change were:

feeling good about myself;
have energy to spare;
feeling closer to other people;
feeling confident;
feeling relaxed;
feeling cheerful

Managed Peer Support Group: Peer Group supports those who would benefit from a longer-term intervention after the 12-week group.

Feedback from the Peer Group

Things I liked

"The social aspect - meeting with others that are or have been through difficult situations. I feel in a safe environment which is important. I enjoy the making of art and learning about artists and a bit of the history. The routine of having a weekly group gives me something to look forward to."

"The group has a supportive congenial atmosphere. It is important for me to socialise with others and I find that being a member of this particular group fulfils both the ability to learn more about the benefits of creativity and improve my social skills. As the other members have various difficulties and I have a long term pain condition I feel more at peace in this setting. I enjoy all the art themes suggested as it gives a specific direction and focus each week."

How do you feel Peer Group has impacted your mental health & wellbeing?

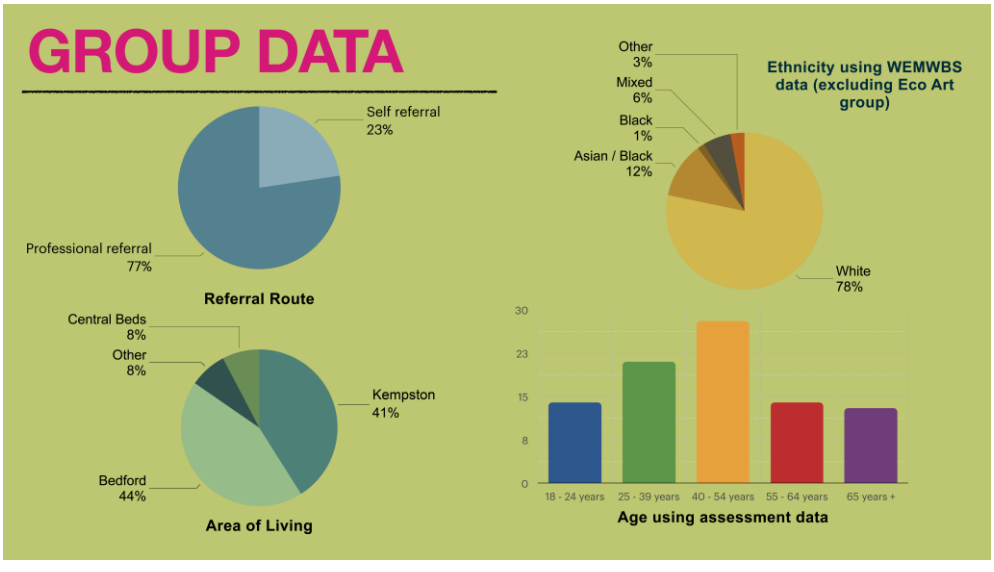
"It helps me to relate to people. As a general rule it is my main point of contact other than with family and consequently helps me to develop further social skills which is encouraging."

"100% it has changed the way I feel. It has given me an outlet to express how I feel without words. It has enabled my brain to think in a different way and although that part is difficult for me, I enjoy the challenge and I know it is good for me."

Eco Art Therapy sessions (previously piloted in 23/24 in The Green Man Community Garden) are now a regular part of the Art Well Programme.

Sessions continue to run in the local park space at The Green Man Community Garden and offer a different type of therapeutic intervention outdoors. Sessions use **natural and traditional art materials** reflect on **nature and the cycle of the seasons** as inspiration.

This year we were proud to be able to invite people to come and look at some of the amazing work produced by the Art Well Groups at a **special exhibition**, hosted and run by participants and staff.



The Art Well continues to be a very **important and effective provision** supporting the development of **positive mental health**.

It is a well-respected service locally, with **good referral pathways**. The service is integrated well within Project 229 and provides **effective support** for those wanting to experience other parts of the Project 229 offer.

The SPACE Project

Project 229 has continued to manage the **SPACE Project**, to support **young people aged 9-18 (school year 5 and up) in Bedford Borough who have been impacted by Domestic Abuse**. www.project229.org/space

In 24/25 SPACE's main funder was **The National Lottery Community Fund**. Additional grant funding support included the **Bedfordshire and Luton Community Foundation**.

Planets: Planets are mini youth clubs that run fortnightly during term time, the members of each planet make decisions **collaboratively** about what they will do during their sessions.

One to One Support:
Individual support offered to young people and provided by the play therapists, counsellors and staff.

Youth Advisory Board:
Every year, each small group (planet) **collectively agree** on a method for **nominating a representative** to join the advisory board. This group of young people help to **shape the service,** keeping in mind the views and opinions of their own groups. They help to **plan activities and events**, decide on how best to spend locally fundraised income and **feed back to management.** We aim for this group to meet once a month but sometimes they are also involved in **recruitment campaigns including interviews** for new staff and volunteers.

Activity Providers and Tutors
We work with many different **local tutors, activity providers, creatives** and **artists** who help to provide amazing opportunities for the young people at SPACE. Each term, the planets have access to updated **choices booklets** which provide them with ideas and suggestions (based on their interests as well as challenging them to try new things) to collectively agree on their term's activities. These included **a local potter, illustrators and artists, musician, poet** and **book enthusiast, sports leaders, science tutor, DJ, outdoor activities specialist, exotic animal enthusiast** and much more!

Play Therapists
We work with **Play and Clay Therapists** and some **talking therapy providers** to offer opportunities for some of our young people who need **additional support with managing their emotions**. We have also been able to work with therapists who have requested work placement opportunities. Some of these have been managed because of the link with **The Art Well** (arts for positive mental health service) at Project 229. The Art Well are often contacted for placement opportunities and those who are looking for opportunities to work with young people have been referred to SPACE.

Transport:

- **This enables young people** who would otherwise have been unable attend (due to lack of access to a vehicle or family pressures) to come to SPACE.

Staff:

The consultation period with staff evidenced that we needed a different approach and so we didn't rush to recruit for the same staff role that had ended in 23/24. We were thankful for the conversations with funders and particularly the encouragement to be creative and flexible in our approach. We started to **recruit for sessional staff** who could **boost the ongoing sessions** and provide the **potential to expand** and unlock our waiting list. Our **youth advisory board** were a big part of our recruitment, and we were delighted to gain some **new staff and volunteers**.

- During this year we recruited for **an Admin Role** – we kept the advert open and flexible to allow people to come forward and tell us what they could bring to the team. This has also been very successful. We had lots of applicants, and **successfully recruited** a new team member, who is a real asset and after a few months decided that they wanted to increase the role and take on more hours.
- The step-by-step approach to our recruitment has really **allowed people to develop into their roles** and come forward with some of their hopes for the future.
- The admin role development (now full-time) in mid-January 2025, included work placement / work experience and developmental work. The role is now titled **Lead Admin and Youth Support Coordinator.**
- The introduction of our **Solution Focused Clinical Supervision** has been highly valued by staff. It's an approach that really suits the team and the way we work and has the potential to develop into a core strength as we **consider training opportunities** to develop the use of the approach with young people. We have also undertaken some **group training** which includes time to **eat together and bond** pre-training.

CAFADA: (*Children and Families Affected by Domestic Abuse Project*)

SPACE has been working with the **CAFADA (Stirling University Partnership)** research team since 2020. The team have been carrying out **qualitative research** with young people who attend SPACE. The project aimed to ascertain from the results the ways in which SPACE is **effective in meeting the needs** of young people who have experienced domestic abuse and **identify any areas for improvement**.

A **Podcast project** was launched to capture the views and opinions of some of the young people with support from **CAFADA**, The **School of Social and Political Science** (The University of Edinburgh) and an **Audio Producer**.

We are awaiting the full report from the 'Children And Families Affected by Domestic Abuse' research team. Podcast clips of some young people talking about their experience of SPACE are available to listen to at: www.tinyurl.com/cafadaspace

Parent Support:

SPACE worked with a local PT organisation (Transition Coaching) who have piloted a new programme called **HerMove** for females who **have experienced domestic abuse –** Focusing on taking back control, building self-worth, reducing anxiety, improving sleep, creating a sense of positivity and empowerment.

Parent / Carers from SPACE were offered access to the new programme starting in January 2025. **Four parents from SPACE attended** as part of a wider referral group. The programme finished in April/May with a special follow up session in July.

The Nest: A new Therapy Space

We have been developing a new room at Project 229 for **one-to-one support services**. This includes **Art, Play, Clay and Talking Therapies** including **Solution Focussed Therapy.**

The Project Manager undertook a sponsored **silence for 24 hrs a day for 5 days.**

Developing links with new and existing providers at Project 229 and across Bedford will **strengthen our holistic project offer** and enable us to **better support** the young people and some of their parents / carers.

The Nest was piloted by a few different therapists and launched in Spring-Summer 2025

The following info is taken from the SPACE **6-month funder report:**

groups and activities (1st September 2024 to 28th February 2025)

Funding the existing, core provision for up to 50 young people per year (6-10 yp per planet) will enable SPACE to bring together those with similar lived experiences to help them:

- facilitate supportive adult-child relationships
- build a sense of self-efficacy and perceived control
- provide opportunities to strengthen adaptive skills and self-regulatory capacities
- mobilize sources of faith, hope, and cultural traditions.

These are in-line with the common set of factors **identified by Harvard University** that predispose children to positive outcomes in the face of significant adversity.

what we aimed to do...

HALF YEAR Planets:

- 5 small groups operating
- 9 sessions per group
- 1 holiday activity per group

what we did...

- 5 small groups operating
- Up to 10 young people per small group (planet)
- 50 planet sessions (10 sessions per group)
- 333 attendances (32 young people)
- 1 Christmas Party (for 30 young people).
- **17** attendances of our monthly youth advisory group.
- **Special activities** included trips to D Gelato, Geek Retreat, Putt-Putt Social, Fire Nest Candles (with 30 attendances)
- **55** journeys to and from SPACE were provided (this enabled **26** young people to access SPACE who would otherwise not be able to get there.

what we aimed to do...

HALF YEAR Therapeutic Interventions:

- 30-50 young people supported
- 1.5 small group therapeutic interventions
- 54 Play therapy sessions
- Minimum of 7 young people

what we did...

- 49 young people supported in Planets
- 20 Play / Clay Therapy sessions provided
- Parent support provided
- Work Experience / Placements: 2 young people started placements and so far, have completed **6 sessions / 18.5hrs**

what we aimed to do...

Professional Development

- Clinical supervision
- NYA training
- Specialist training
- Continued CPD

what we did...

- Continued **Solution Focused Clinical supervision**
- iHasco training offer, **increased courses** incl. **soft skills**
- **NYA** training available
- Specialist training available – incl. **local safeguarding board** training

Solution Focussed Therapy One-To-One Sessions

As part of the services provided through Project 229, **Solution Focused Therapy (SFT)** is a brief intervention enabling clients to identify their **preferred pathway and 'best hopes' for the future**. It looks towards problem solving rather than past difficulties.

The qualified practitioner is a volunteer, so the only costs are for clinical supervision and room hire. Working in a collaborative project ensures that where SFT is not the most appropriate support, clients can be referred on to counselling or other appropriate services. For clients who are wanting to find a way forward, but who are feeling 'stuck', it is an **effective and helpful way to create sustainable change**.

These sessions have been invaluable to Project 229 clients, many of whom are **referred to SFT through other service providers**.

In 2024/2025, **39 individuals have been supported** (compared to 22 in the previous year). On average an individual was seen three times – **an average total of 117 interventions**.

Some clients were **referred to other services** and programmes including:

- Open Doors
- Volunteering opportunities
- Well Woman Workshop
- The Art Well / Art Therapy
- Adult Careers Service,
- Domestic Abuse Services
- Pathway to Recovery (P2R)

The following (anonymised) **case study** is from 2024/2025:

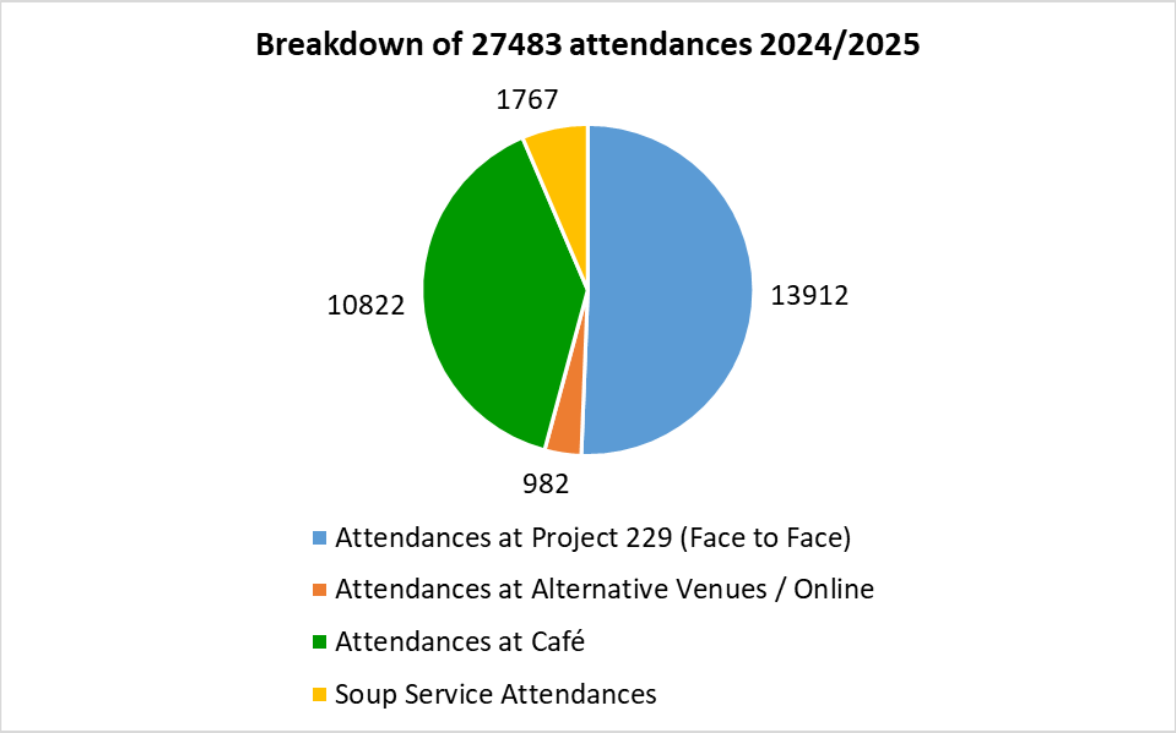
'Milly' self-referred to SFT from searching online. She was trying to come to terms with career disappointments, a relationship breakdown and a big decision regarding staying in the UK or returning home to Europe after many years here. The practitioner met with her five times, and she was able to work towards her preferred future and make the decisions that empowered her to move on. The practitioner was able to do a follow up zoom session after three months and life was much improved. The client was enjoying renewed childhood friendships, a new job and a new home.

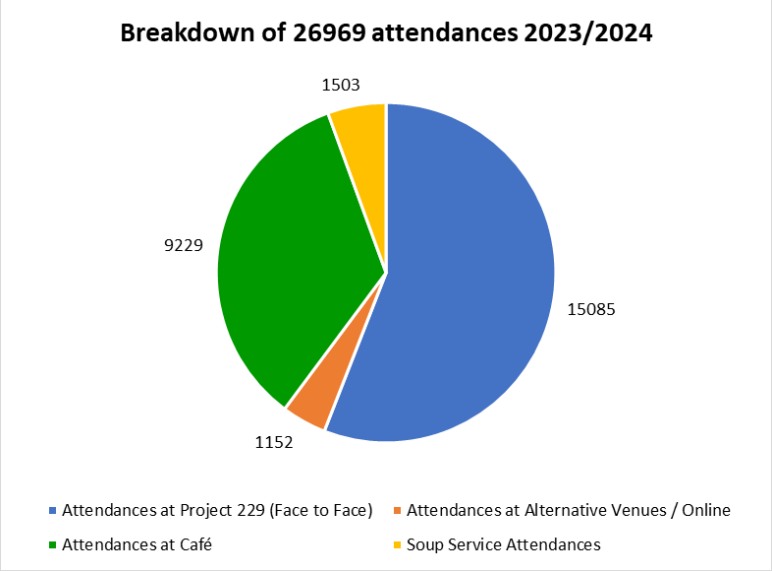
'Milly' wrote:

I've started working 1:1 at Project 229 at a very difficult time of my life. I was fighting depression whilst faced with tough life circumstances, each of them alone having the potential to bring anyone down. The Solution Focussed sessions provided a safe container for me to be heard and seen. The Practitioner was empathetic, kind and highly professional. Also, truly skilled in asking the right questions and picking the right cues, she listened without judgement. I cannot thank you enough for this service. I am in such a different place one year on.

The Solution Focused services is **highly valued and an integral** part of the work of Project 229 in enabling people to **move forwards** and not stay 'stuck'. It has effective referral pathways that also help support other projects and services within the wider hub and local community.

Project 229 Interventions and Attendances:





Overall attendances have increased **by 2% percent** from 25,466 in 2023/2024 to **27483 in 2024/2025.**

Despite small decreases in activity numbers due to the economic and financial challenges faced by many groups and organisations from the voluntary sector, it is **encouraging to see overall growth.**

The café space has **increased referrals** and is **an integral part** of the function of the charity and its services.

Other Project 229 Activities / Services

Project 229 continues to offer a **bursary scheme** encouraging groups to provide free of charge places for individuals who would otherwise struggle to access their services. This is on a **professional referral** basis only via Project 229.

Project 229 **works with a network of partners to improve referral pathways** and understands that many people who require support have multiple and complex needs. When organisations and projects are willing to work together, people are more likely to gain improved support and access to services.

Project 229 has continued working with services to **develop online referral forms** for groups that could be used for self / professional referrals. See 'Projects' menu at www.project229.org

Project 229 continues to produce **newsletters, advertising, social media content and press releases** to promote the services and activities that run at or are supported by the centre.

www.project229.org/whatsonnow

Hub Club Café: A 'not for profit' warm space

Since being piloted as a **community hub**, **meeting place** and **co-working space, Hub Club Café has developed into** a not-for-profit café, providing opportunities for triage work leading to faster referrals and better connectivity with the local community. It is an integral part of the work of Project 229 in connecting people with services and support. It's hard to imagine the project without it.

The café has **far exceeded expectations** in terms of **reach, impact and growth**. This was challenging to manage with such a small team, but the project has **grown its volunteer workforce** by providing volunteering opportunities ranging from short-term to long-term placements.

- Potential **volunteers are referred from services within the project** such as The Art Well, Well Woman Workshop and Solution Focused one-to-ones. This means we already **understand something of the journey** someone is taking and things they may need additional support with.
- In turn, we have developed an empathetic team of people with **lived experience** who know what it's like to walk in somewhere for the first time. This provides **a warm welcome for those who are lonely and isolated**.
- Customers and clients often comment on **the 'feeling', 'atmosphere' and 'experience'** of being in the café space as well as the **skills** within the volunteering team.
- Projects and services use the space to meet new clients.
- There has been an **increase in drop-in services, clubs and activities** that provide light-touch **mental health support** and a reason for someone to come in who might be on their own.

Staff and volunteers continue to **signpost and support people towards accessing the help that they need**.

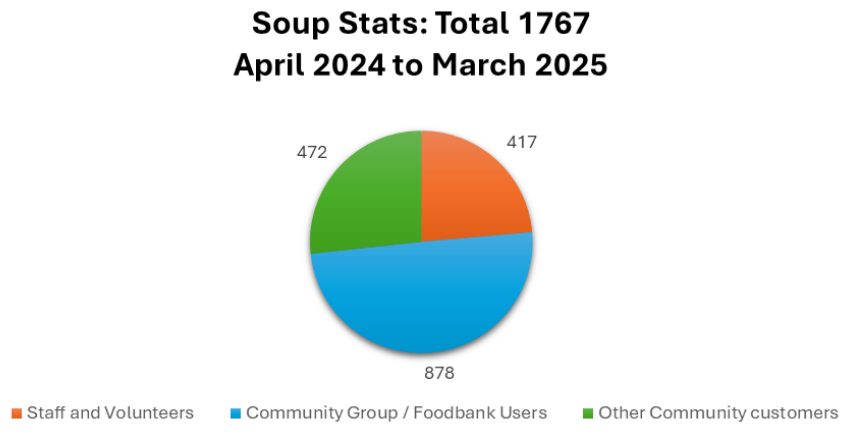
Project 229's services are supporting clients with complex, long-term and life limiting conditions. **Adults with learning disabilities** continue to regularly access the café as **a safe place to socialise** with/ without staff from support agencies.

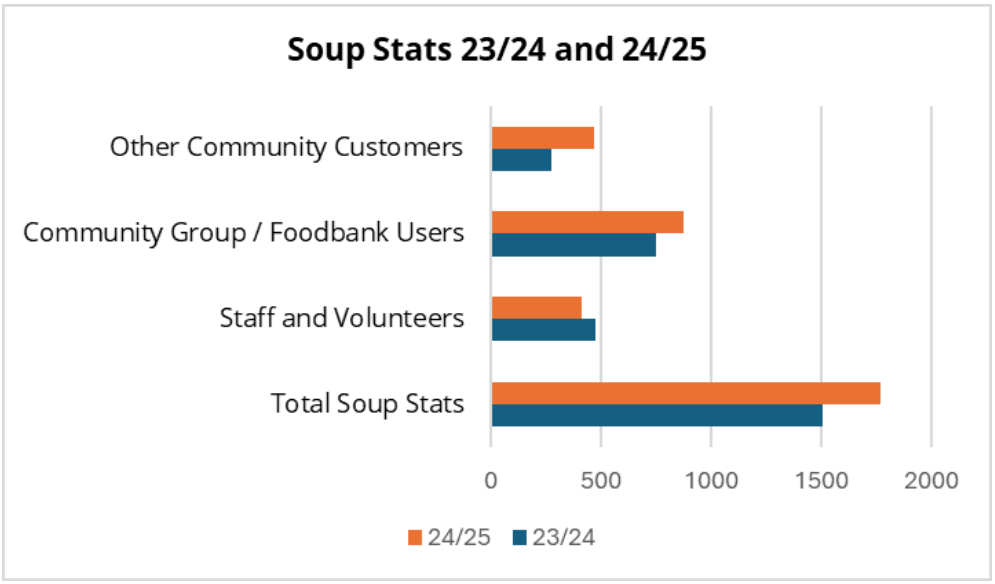
Project 229 has continued working with **Marmite Fine Dining Catering Ltd** to provide nutritious, low allergen soups for FREE (or for a donation). This runs at the same time as the foodbank distribution centre while stocks last. Chef Ian has faithfully continued to support the venture throughout 24/25.

Ian Marvell: Marmite Fine Dining Catering Ltd

It's the most rewarding thing I do – even though I do all the fine dining and private chef work. For a small effort, it makes a vast amount of difference to people!'

During **2024 / 2025**, the **average** was approximately **44 portions** per service (compared to 37 in 23/24). We aim to continue the service and will apply for continuation funding if needed.





There has been a **17.6% increase** in take-up for Soup in 2024/2025:

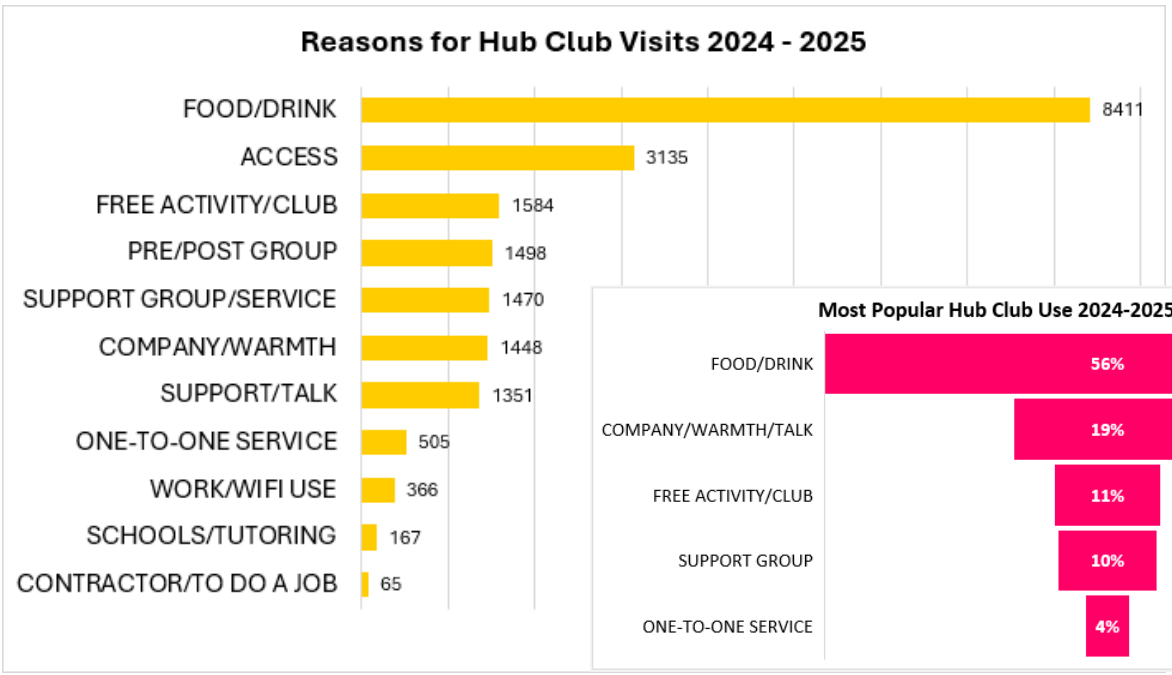
The Kempston Advice Hub is well established with organisations committing to come in to **provide free drop-in support and advice** to those who need support each week.

Hub Club continues to:

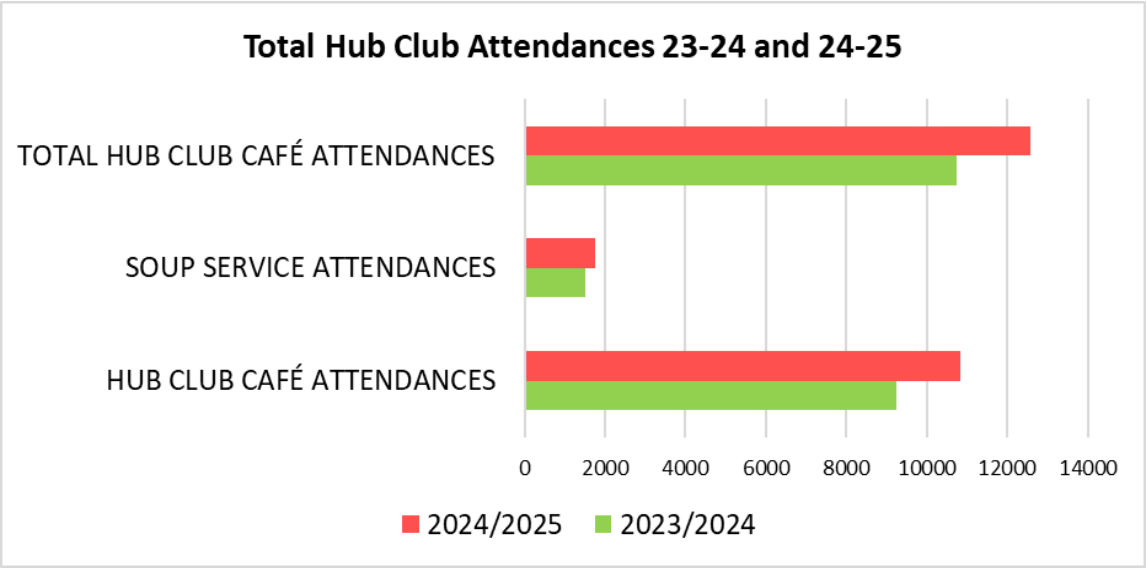
- Offer FREE services running in the café
- Log data about use of the café and its benefits
- Have staff and volunteers accessible to support people
- Have increased referral rates for services
- Provide placements for volunteers, enabling them to gain skills and confidence

The chart (below) shows some of the **recorded reasons for visiting Hub Club Café**.
It is positive to see that beyond coming for drinks and snacks, the highest numbers included:

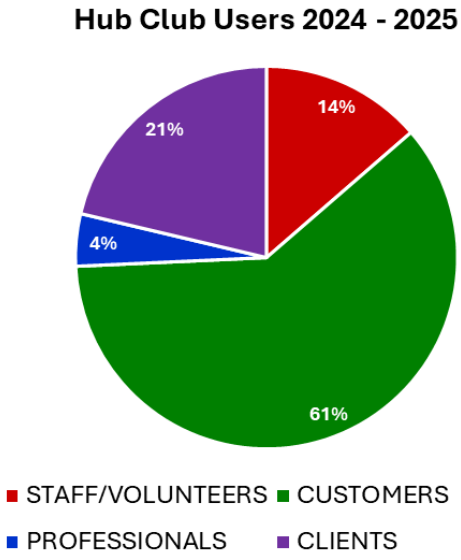
- To **be supported** / **to talk** to someone
- To have **company and warmth**
- To attend **a free drop-in activity**
- To attend a **support group / service**



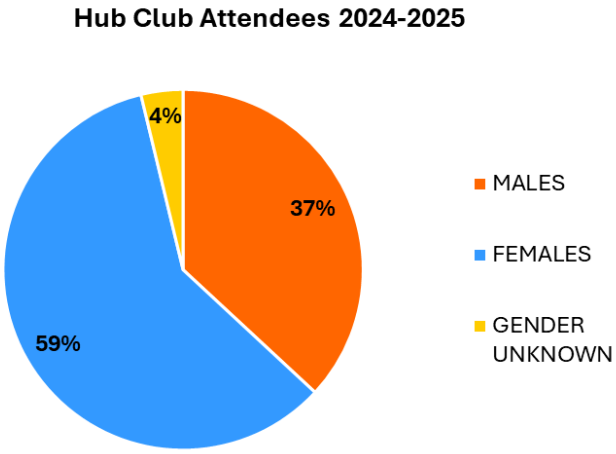
Use of the café in 24/25 has increased by **17% compared to 23/24.**



The chart (below) shows the breakdown of **Hub Club Café users by type** (where known).



Hub Club



The café continues to be an **effective referral pathway** for services at Project 229 and the wider community.

The type of referral is not always captured but the graphic (left) shows the **variety of services** that people have been **signposted** to in 2024/2025.

Being **mindful of the needs of people** who come through the door continues to be a big part of the café function. Staff and volunteers take the time to chat to people, **share information** about up-and-coming workshops and **undertake referrals** to services. Training opportunities are available for volunteers including soft skills courses as well as food hygiene training and workplace specific courses.

The benefit of the café being low cost / **not for profit enables people to feel comfortable to stay if they want to** with no pressure to 'leave a table' or buy more drinks. Mindful colouring, books and games are always available.

The **little library and swap station** developed with support from Bedford's 'Men In Sheds' continues to be very well used and supports the project's environmental policy. It also provides a connection with the community at times when the café is closed.

Bedford Repair Café are now using Project 229 as their base to run events, enabling people to repair items rather than throw them away. These events are always well attended with **significant percentages of items being saved from landfill**.

Quotes from service users: 24/25

This place is just so lovely – my husband and I were talking about the Coronation Street Café where everyone talks to each other – he said, "You don't get that in real life" – I said - You do at Project 229!' ***Foodbank Volunteer***

In the darkest skies, the stars shine the brightest - that's how I see the staff at 229.' ***Customer***

' I suffered from agoraphobia – this café has helped me – I've done more in the last two weeks – coming to the café helps me to get out.' ***Customer***

'First time here, given a 'what's On' and asked about working and vacancies – was told about careers advice – I didn't know it was a community run café.' ***New Customer***

'Just in case you don't hear how rewarding it is, what you do – it really is! It helps so many people!' ***Customer***

'I chose to meet here (for a difficult meeting) because this is my safe space and I am known here.' ***Service User***

'You do wonderful things – great place here' ***Professional***

'It's really cosy in here' ***Foodbank Client***

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;

contribution made by volunteers.

Volunteers are the beating heart of our organisation. So many of the **activities and services at** Project 229 would **not be able to run without the dedicated support of volunteers** from the community. Volunteers support Project 229 with administrative work associated with running the project including general administration, invoicing, and other finance support as well as practical support with handy-work and gardening. **Hub Club** is now well established and has a regular team of faithful volunteers helping to run the not-for-profit café each day. **Volunteering placements** are available for some people who have come through one or more Project 229 service(s) - building confidence, training and gaining new skills in customer service.

Work experience placements for students at local schools and colleges run on a rolling programme. Placements range from **short to long-term opportunities. We are proud to support young people** who are part of our specialist youth provision **(SPACE)** as well as those from local schools and education providers **supporting young people** and young adults **with SEND.** Some services (such as the Art Well) provide opportunities for those **training as therapists** to gain experience and the client hours required to meet their learning objectives.

Some volunteers have **continued working remotely** to support Project 229's admin function. This includes **finance support and invoice creation**. We are also thankful for the support of volunteers who help specific services such as **The Art Well** and many of our other support services. Another volunteer (trained by BRIEF) provides Project 229's **Solution Focussed Therapy** service which continues to unlock pathways of support and hope for the future for many clients.

We want to also thank **supporters from some of our donor / fundraising groups** who not only raise funds but provide **practical support** at our community centre, including sweeping up the leaves outside and continuing to keep on top of our seasonal planting!

Project 229 is also indebted to **groups, organisations and individuals** who have raised funds to support the work of the project throughout 2024 / 2025.

Project 229 is a tiny organisation compared to many others – and it is testament to the fact that **small things can still have a huge impact**. We celebrate the tiny each and every day and as a team, try to help each other remember that something as small as a smile, a hello, an acknowledgement that people matter can make the **biggest difference** to someone.

The road ahead looks tough! It continues to become **harder to source long-term funding** to cover the less glamourous aspects of charity function including **core-costs**. The project will continue to be affected by changes made by groups and organisations, reduction in services and the economic and financial climate. **We cannot always expect to 'grow'** but we can **be proud of the incredible number of interventions achieved** with such a **small team, made stronger** by our **lived experience, diversity** and **empathy.**

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Statement from Trustees. Lionel Stewart Chairman

I have been involved in Project 229 since the idea was first floated many years ago. The idea then was that Kempston needed a community project that served the residents from birth to their twilight years. This report proves that not only was it needed but I am pleased to say that we have the people and dedication to fulfil a mountain of individual projects that together make Project 229 a flagship for the community.

The commitment and professionalism of our project manager Beccy, supported by equally committed staff and volunteers, speaks volumes for the whole of Kempston.

The Hub (cafe) has developed into one of the friendliest safe places in Kempston and Bedford. Visitors are welcome and supported according to their needs and the number that are then referred to other agencies has increased.

The atmosphere is welcoming and warm especially for many that are struggling to overcome anxiety issues. A hot drink and a chat is a good way of opening up a conversation. Many of our volunteers have enjoyed the experience and some have moved on to employment roles.

Section D Achievements and performance

There is much to do in the coming years. The challenges, especially in respect of funding, are met head on and we work closely with local CVS to address the issue. I am grateful to all those who put time and effort into the running of Project 229 and know that their dedication will take us further in years to come.

Section E Financial review

Brief statement of the charity's policy on reserves	The Trustees had set aside some money gifted to Project 229 to put into reserves. Some of these funds will have to be used over the next financial year if additional funds cannot be secured to support the core costs of the organisation. The Trustees continue to consider additional funds to include in the charity's reserves. This will be made separate from the charity's general reserves.
Details of any funds materially in deficit	Some restricted funding streams run in arrears. This is not a material deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;

investment policy and objectives including any ethical investment policy adopted.

Local Fundraising and Donations including:

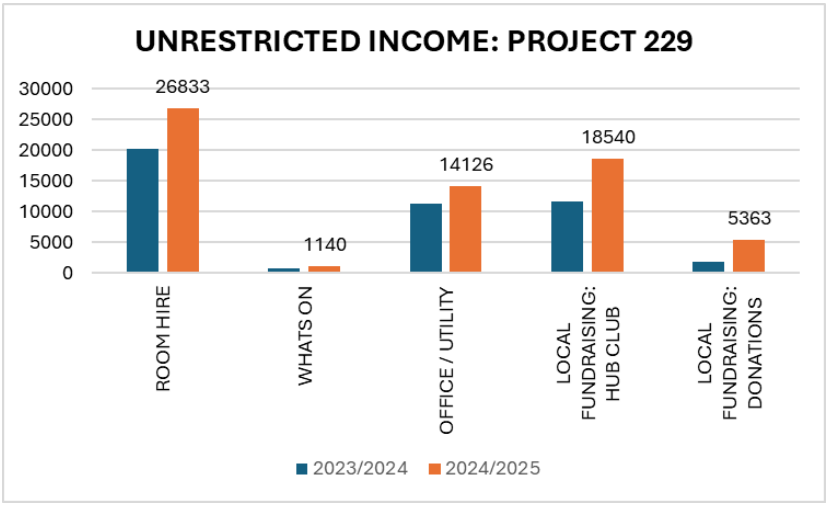
- **'Not the WI' Tuesday Group:** Donation for a presentation / talk
- **Anonymous Donor:** Funding to support a 'staff support fund'
- **Little LEGGS Golf Society:** Donations for equipment needed in café
- **Spring Road Sunflower Project:** Local Residents Fundraising for Project 229
- **Art Well Exhibition:** Donations from attendees
- **Peregrine Recorder Orchestra:** Donation to the SPACE project for a presentation / talk
- **CAFAFA (Stirling University):** Donation from Research Project (SPACE)
- **Bedfordshire Police:** Donation for a workshop run by The Art Well
- **Bedford Park Rotary:** Donation from a RCBP Walk And Breakfast
- **Kempston Rugby Club:** Various project donations from fundraising events
- **Local Residents:** Sponsorship for a fundraising sponsored silence to develop a therapy space
- **Bedford Messiah Choir:** Donation to Project 229 – Concert Proceeds
- **Bedford Beefeaters Club:** Donation to Project 229
- **Hub Club Community Café:** Not-for Profit Café and Warm Space at 229 / residents' donations

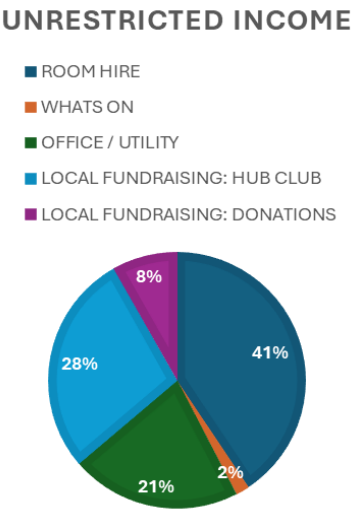
Grants including:

- **The National Lottery Community Fund:** for The Art Well
- **The National Lottery Community Fund:** for SPACE
- **Bedfordshire Luton Community Foundation (BLCF)**: Sustainability Grant for SPACE

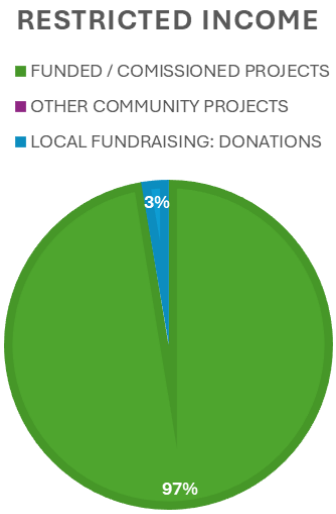
The chart (overleaf) shows the different **income types recorded in 24/25** and does not include brought forward income from 23/24. This is broken down into **RESTRICTED** and **UNRESTRICTED** income:

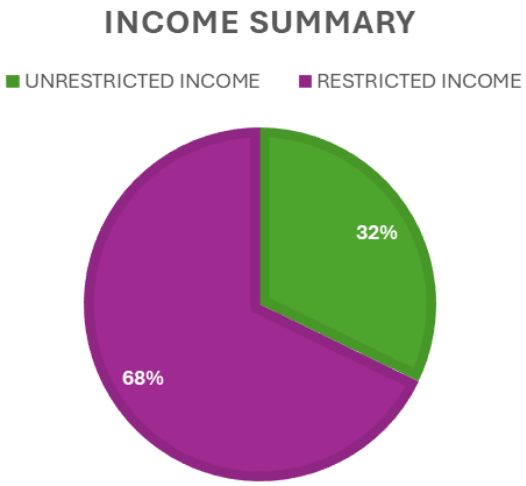
There was a **44% increase** in income overall in 24/25





There was a percentage increase in **non-grant funded income** but overall, **restricted income made up 68%** of the project's overall income. **97%** of the **restricted income** came from Grants. Restricted income is for specific projects or agreed and funded purchases.

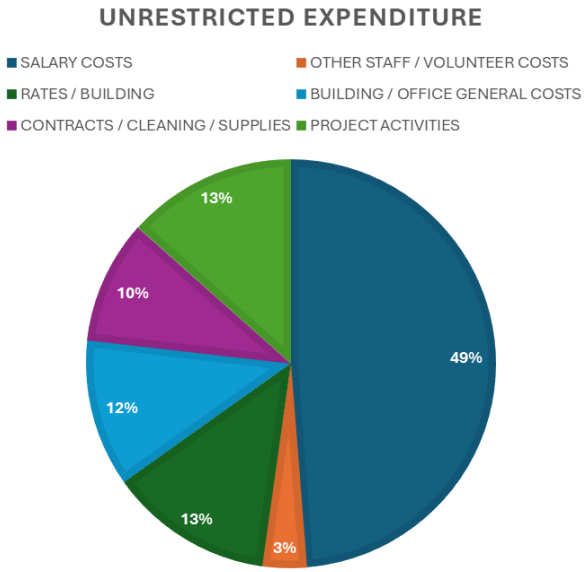


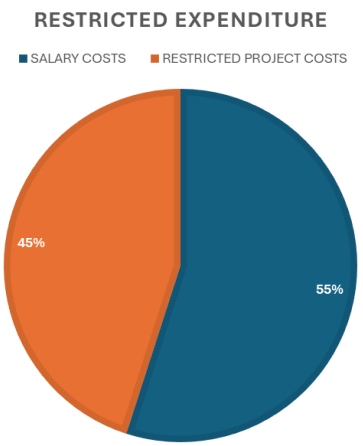


Cost increases have meant that although the project's income has increased this year, as so **much of the income is restricted** and a limited amount is able to contribute to the running costs of the Project.

All areas of expenditure increased in 24/25. The **greatest percentage increase in unrestricted costs** in 24/25 included:

- Salary / Staff and Volunteer Costs
- Rates
- Building / Office Costs (including rent)



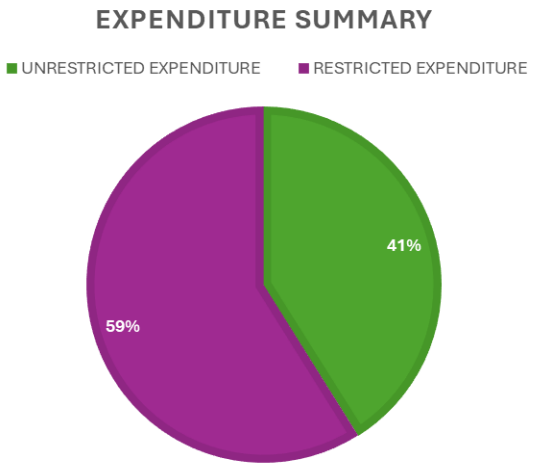


The **greatest percentage increase in restricted costs** in 24/25 was for Salary / Staff Costs.

Overall expenditure percentages were very similar to last year. **59%** of Project 229 expenditure **was restricted** compared to 61% in 23/24.

Unrestricted expenditure rose from 39% in 23/24 to **41%** in 24/25.

In **24/25** some **expenditure costs increased.** Rates such as utilities costs continue to be high.



Project 229 continued to pay a building lease fee. These costs are on an **increasing annual rate** over a long period. This forms part of a lease set up with the **Bedfordshire Charitable Trust** for the ongoing long-term use of Project 229 for providing community services.

Staffing and **Project Activity costs** continue to be Project 229's greatest expenditure. Project 229 has recruited a **part-time admin role** to support the increase in demand and complexity and to support the Project Manager. This role is currently two days a week.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	L.G. Stewart L.G. STEWART	Shah B.M
Full name(s)	Lionel Stewart	Bipinchandra Shah
Position (e.g., Secretary, Chair, etc)	Chair of Trustees	Trustee

Date	30/01/2026

CHARITY COMMISSION FOR ENGLAND AND WALES

Project 229			No (if any) 1178577
Receipts and payments accounts			
For the period from	01 April 2024	**To**	31-Mar-25

CC16a

Section A Receipts and payments

	Unrestricted funds to the nearest £		Restricted funds nearest £	Total funds nearest £	Last year nearest £
A1 Receipts					
DONATIONS / LOCAL FUNDRAISING	**5,363**	**-**	**3614**	**8,976**	1,857
LOCAL INCOME (HUB CLUB)	**18,540**		**0**	**18,540**	11,659
GROUP ROOM HIRE	**26,833**	**-**	**0**	**26,833**	20,224
LEASE HIRE / UTILITY INCOME	**14,126**	**-**	**0**	**14,126**	11,309
OTHER- SPECIFIC PROJECT INCOME	**-**	**-**	**0**	**-**	-
ADVERTISING INCOME	**1,140**	**-**	**0**	**1,140**	806
GRANT INCOME SPACE PROJECT	**-**	**-**	**90157**	**90,157**	112,633
GRANT INCOME ART WELL PROJECT			**45290**	**45,290**	17,228
GRANT INCOME ART WELL ECO ART			**0**	**-**	4,114
GRANT INCOME OTHER COMMUNITY			**0**	**-**	7,652
LOCAL FUNDRAISING DONATIONS			**0**	**-**	497
Sub total *(Gross income for AR)*	**66,001**	**-**	**139061**	**205,062**	**187,980**
A2 Asset and investment sales, (see table).					
	-	**-**	**0**	**-**	**-**
Sub total	**-**	**-**	**0**	**-**	**-**
Total receipts	**66,001**	**-**	**139061**	**205,062**	**187,980**
A3 Payments					
SALARY PROJECT 229	**45,456**	**-**	**4099**	**49,555**	34,432
SALARY SPACE PROJECT	**-**		**38712**	**38,712**	25,923
SALARY ART WELL PROJECT	**-**		**29229**	**29,229**	10,479
SALARY ECO ART PROJECT	**-**		**1500**	**1,500**	1,500
VOL / STAFF TRAINING / EXPENSES	**3,223**		**0**	**3,223**	961
BUILDING / OFFICE EXPENSES	**10,857**	**-**	**0**	**10,857**	5,876
CONTRACT CLEANING /SUPPLIERS	**9,125**	**-**	**0**	**9,125**	8,004
RATES COUNCIL	**624**	**-**	**0**	**624**	640
RATES ELECTRICITY	**5,979**		**0**	**5,979**	3,742
RATES WATER	**1,421**		**0**	**1,421**	919
RATES SECURITY /FIRE SERVICES	**3,517**		**0**	**3,517**	2,119
RATES INSURANCE	**503**		**0**	**503**	822
PROJECT ACTIVITY (HUB CLUB/OTHER)	**12,479**	**-**	**0**	**12,479**	11,822
PROJECT SPACE			**44951**	**44,951**	32,500
PROJECT ART WELL			**10199**	**10,199**	4,075
PROJECT ECO ART			**499**	**499**	541
PROJECT ART PSYCHOTHERAPY		**-**	**0**	**-**	2,295
PROJECT 229 OTHER PROJECTS		**-**	**4618**	**4,618**	13,251
Sub total	**93,184**	**-**	**133807**	**226,990**	**159,900**

A4 Asset and investment purchases,					
	-	-	0	-	
Sub total	-	-	0	-	-
Total payments	93,184	-	133807	226,990	159,900
Net of receipts/(payments)	- 27,182	-	5254	-21928	28,080
A5 Transfers between funds	-	-	0	-	-
A6 Cash funds last year end	-	-	0	156,023	127,943
Cash funds this year end	- 27,182	-	5254	134,095	156,023

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		0	-	-
	Total cash funds	0	-	-
(agree balances with receipts and payments account(s))		Error	OK	Error

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		0	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	S.G. Stewart M.G. STEWART	Lionel Stewart	**30/01/2026**
	Shah B.M	Bipinchandra Shah	**30/01/2026**

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees

Charity Name: PROJECT 229

On accounts for the year ended: 31.3.2025

Charity no (if any): 1178577

Set out on pages: 1 AND 2 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [ ] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: Stephen Simpson **Date:** 30/01/2026

Name: STEPHEN SIMPSON

Relevant professional qualification(s) or body: FCCA

(if any):	
Address:	61 HARPUR STREET
	BEDFORD
	MK40 2SS

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

PROJECT 229

England & Wales - Charity number 1178577

Accounts

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1st	April	2023		31st	March	2024

Section A Reference and administration details

Other names charity is known by N/A

Registered charity number (if any) 1178577

Charity's principal address

Project 229,
227-229 Bedford Road
Kempston, Bedford
Postcode **MK42 8DA**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lionel Stewart*	Chair of Trustees		
2	Helen Sismey-Durrant*	Deputy Chair		
3	Sharon Griffiths*	Safeguarding		
4	Bipinchandra Shah*	General		
5	Frank McMahon	Finance		
	*Founding Trustee			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Rebecca Campbell-Grieve: Project 229 Manager

Section B Structure, governance, and management

Description of the charity's trusts

Type of governing document (e.g. trust deed, constitution)	Constitution
How the charity is constituted (e.g. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (e.g., appointed by, elected by)	Appointed by Project 229 / confirmed by trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
- the charity's organisational structure and any wider network with which the charity works.
- relationship with any related parties.
- trustees' consideration of major risks and the system and procedures to manage them.

Project 229's *building is owned by The Bedfordshire Charitable Trust (formerly The Ibbett Trust) whose founder 'Clifton Ibbett' had a vision to develop high quality, accessible facilities for the local community.*

Project 229 was officially launched in February 2005 *after a 2-3-year period of development, building extension and renovation. Project 229 was originally part of a national charity (Spurgeons) until 31st March 2014 and became care-of The Ibbett Trust from April 2014.*

Project 229 worked towards ***independent charitable status*** *with support from The Bedfordshire Charitable Trust and The CVS Bedford. The Project was* ***founded as an independent Charitable Incorporated Organisation on 31st May 2018****.*

Project 229 hosts organisations **running activities and services for the benefit of the local community.** The Project also runs activities and services and is part of several partnership groups itself across the Borough.

Project 229 works with support from the Council for Voluntary Services (CVS) Bedford. It is also part of the Small Charities Forum run by Bedford and Luton Community Foundation (BLCF) and Bedfordshire Advice Forum (BAF). Project 229 is represented at other meetings and forums with specialist areas of work across the Borough.

Project 229 (CIO) has 5 Trustees (4 of whom are founding Trustees).

In October 2023, some of the Project 229 Policies and Procedures were revised and/or reviewed by the Trustees.

MIGHTY OAKS FROM LITTLE ACORNS GROW PROJECT 229

www.project229.org

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

1. *To **benefit the residents of Kempston and surrounding areas**, by working with local authorities, voluntary and other organisations, and local people to advance education and to **provide facilities** in the interests of social welfare for recreation and leisure with the **objective of improving the conditions of life for the residents**.*
2. *To **promote social inclusion** for the public benefit by preventing people from becoming socially excluded (for one or more reasons), supporting people who are socially excluded and **assisting them to integrate into society**.*
3. *Such **charitable purposes for the public benefit** as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time determine.*

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Project 229 Charity trustees 'have regard' to the Charity Commission's public benefit guidance when carrying out activities to which it's relevant.

Project 229: Pro-Active Community Centre:

Project 229 is open as a **pro-active community centre** from Monday to Saturday for activities and services run for the benefit of the local community. After the last few years of COVID-impacted provision, groups are now fully functioning. Some have chosen to keep some online provision running (in addition to the face-to-face services) to support those who were still unable to access public services.

Face-to-face Provision at 229 (not including café stats or public annual events)	**21/22 No.**	**22/23 No.**	**23/24 No.**
No. Different Organisations	23	36	45
No. of Activity Types	45	84	103
No. of subsidised sessions (where a percentage of costs were funded / there was a reduction in cost by Project 229)	120	23	5
No. of fully funded sessions	178	363	530
No. of face-to-face sessions at 229	**1062**	**1589**	**1719**
Attendances (based on actual and estimated)	**6247**	**13731**	**15085**

Off-Site / Alternative Provision (Online etc.)	**21/22 No.**	**22/23 No.**	**23/24 No.**
No. Different Organisations	20	6	4
No. of Activity Types	27	10	9
No. of subsidised sessions (percentage of costs funded / a cost reduction	N/A	0	0
No. of fully funded sessions	N/A	40	163
No. of Other Alternative Sessions (e.g., alternative venue / online)	477	224	163
Attendances (based on actual and estimated)	**2649**	**992**	**1152**

In the last financial year, Project 229 had started recording the **interventions through the café** (having received a grant to support the development of the space from Bedford Borough / Compass Wellbeing funding). The last report only contained data from the last two months (**from February to March 2023).** Now we can report on a full financial year from **1st April 2023 to 31st March 2024.**

Community Café at Project 229	**Feb 23 - Mar 23**	**Apr 23 – Mar 24**
No. Sessions (Open Days)	42	227
Attendances	**1431**	**9229**

Year Comparison	**Face to Face Services**	**Alternative Services**	**Total Sessions**	**Percentage Increase from previous year**
19/20	1187	0	**1187**	
20/21	361	925	**1286**	**8%**
21/22	1062	528	**1539**	**20%**
22/23	1589	223	**1813**	**18%**
23/24	**1719**	**163**	**1882**	**4%**

The statistics above include the services that have reported back to us. They **do not include** some of the **informal / incidental / additional support services provided during this time** including those who held annual public events. The statistics show a **4% increase in services being offered overall** compared to the previous year. A negligible number of groups did not provide data in time for this report and were based on accurate guestimates.

Attendances are showing a **10% increase** from the previous year (not including the café attendances).

Year	**Attendances Face to Face**	**Attendances Alternative**	**Total Attendances**	**Percentage Increase from previous year**
21/22	6247	2649	8896	
22/23	13731	992	14723	66%
23/24	**15085**	**1152**	**16237**	**10%**

The café statistics below will be minimum rather than maximum (as it is easy to miss people when the café is busy). The development of the space and incorporating as part of our charitable provision has exceeded our expectations on every level. The 23/24 data shows the first full year of the café / warm space being open (which explains the 545% increase).

Interventions / Attendances 2022/2023	**2022/2023**	**2023/2024**	**% Increase**
Attendances at Project 229 (Face to Face)	13755	**15085**	**10**
Attendances at Alternative Venues / Online	992	**1152**	**16**
Attendances at Café (22/23 is Feb-Mar only)	1431	**9229**	**545**
Total	**16178**	**25466**	**57**

Support for New Projects and Groups

Project 229 continue to **support the start-up of New Groups** and activities with advice on safe set-up, sustainability and provides knowledge of the local area. The Project also provides advertising / design support for new activities that have a responsibility to publicly advertise their community services. (There are some groups who may not advertise due to the sensitive nature of the group). Support may also extend to working in partnership and applying for **joint funding bids** or providing support to those fundraising for their start-up costs.

Spotlight on services directly supported / managed by Project 229:

The Art Well (Open Arts for Positive Mental Health)

The Art Well (Launched in September 2019): An Arts for Health group for adults with **mental health** or **social isolation needs** is run by Art Psychotherapist Marion Major. The service was developed in response to the need for more Mental Health provision as services had either ceased to exist operating or had lengthy waiting lists. The Art Well provides an **accessible service improving mental health** through creativity. www.project229.org/artwell

The Art Well, which runs a referral group, peer support group and an online group, thanks to the **Bedfordshire and Luton Community Foundation** and **The National Lottery Community Fund**.

The Art Well provides **three groups** across the course of a week, **for 40 weeks** of the year, plus additional pilot Eco Art Therapy groups in 2023/24. The following data is taken from the Art Well funder report **Sept 23 to Aug 24.**

Art Well Data Type	21/22	22/23	23/24
Face to Face Art Well Sessions	110	100	104
Attendances	**541**	**645**	**959**
Online / Alternative Art Well Sessions	42	40	40
Attendances	**336**	**220**	**152**
Total Sessions	**152**	**140**	**14**
Total Attendances	**877**	**865**	**1111**

The following data is taken from the Art Well funder report **Sept 23 to Aug 24:**

From September 2023 to August 2024 The Art Well **received 66 new referrals.**

GROUP DATA

From September 2023 to August 2024 we have supported 54 individuals across the three groups and had 2 carers attended with their client.

- The age range across the three groups is 23 to 80 years.

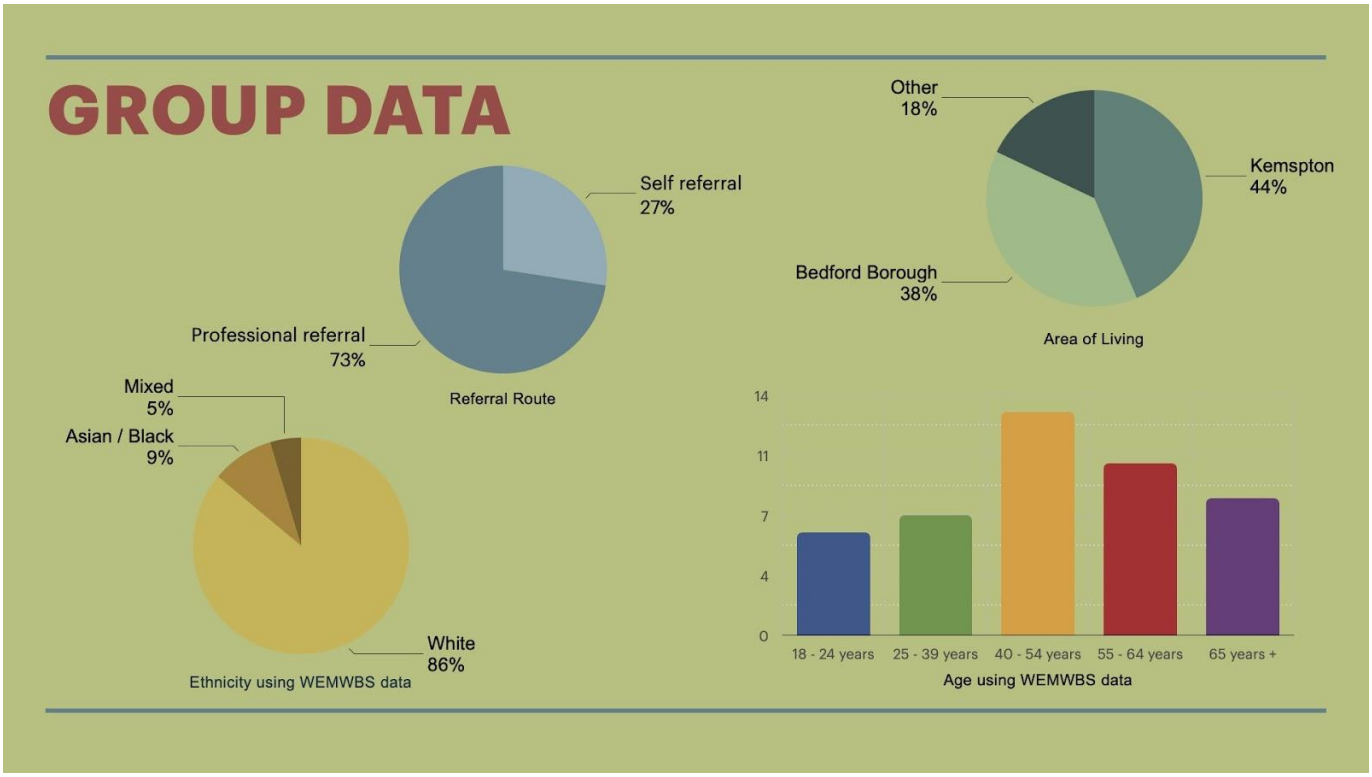
- We have received 66 new referrals during the above 12 month period.

- 33 of the new referrals have already attended either the online group or the 12 week group

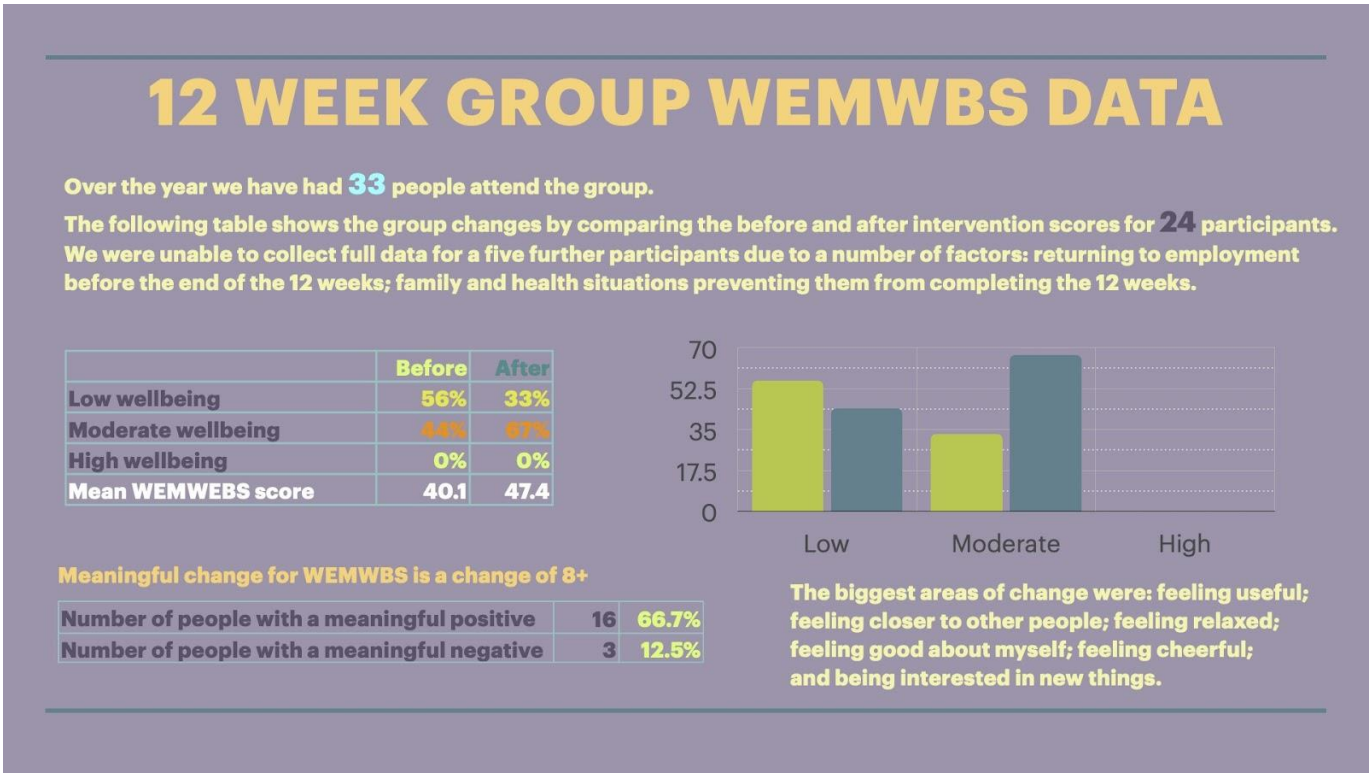
- At present 12 individuals have moved from the 12 week group into the ongoing managed peer support group, with 4 due to commence in September 2024.

- We currently have have 15 referrals assessed and ready to start the 12 week group in September 2024 with 4 recent referrals awaiting assessment.

- 8 referrals did not progress through to group attendance, with a further 6 referrals accessing alternative services before or instead of attending The Art Well.



The Art Well uses a nationally recognised **health and wellbeing outcome measure** (WEMWBS) as well as feedback forms and 1:1 assessments. Where possible, they complete **WEMWBS (Warwick and Edinburgh Wellbeing Scale)** outcome measure data and qualitative feedback from the online group.



The WEMWBS data from the 12-week group:
The data shows that 67% of attendees recorded show a meaningful positive change in wellbeing.
We have seen in the 12-week group a core number of eight to ten participants completing all weeks. We would like this to increase and are therefore looking to accept around 14 participants in September2024 to see if this increases the core number.

Managed Peer Support Group WEMWBS Data:
Peer Group supports those who would benefit from a longer-term intervention after the 12-week group.

PEER GROUP WEMWBS DATA

Over the year we have had 34 people attend the group.

The following table shows the group changes by comparing the before and after intervention scores for 21 participants. We were unable to collect full data for nine further participants who attended during the year. This was due to: short attendance; moving on from the group early on in the year; and some individuals being already recorded in the 12 week data after starting later in the year.

	Before	After
Low wellbeing	67%	48%
Moderate wellbeing	33%	52%
High wellbeing	0%	0%
Mean WEMWEBS score	39.9	42.9

Meaningful change for WEMWBS is a change of 8+

Number of people with a meaningful positive	9	42.9%
Number of people with a meaningful negative	3	14.3%

The biggest areas of change were: feeling useful; feeling confident; feeling loved; and feeling optimistic about the future.

The data show smaller changes in wellbeing compared with those in the 12-week group. Scores indicate a tendency to plateau, due to reasons such as:

- Long term physical health conditions
- Being a parent carer of SEND children
- Long term mental health diagnoses that means there will be fluctuations

THINGS I LIKE ABOUT PEER GROUP...

"The opportunity to express feelings through art"

"The group is friendly, helpful and enjoyable to be with. Everyone can work at their own pace and it is interesting learning new themes that I have never thought of before."

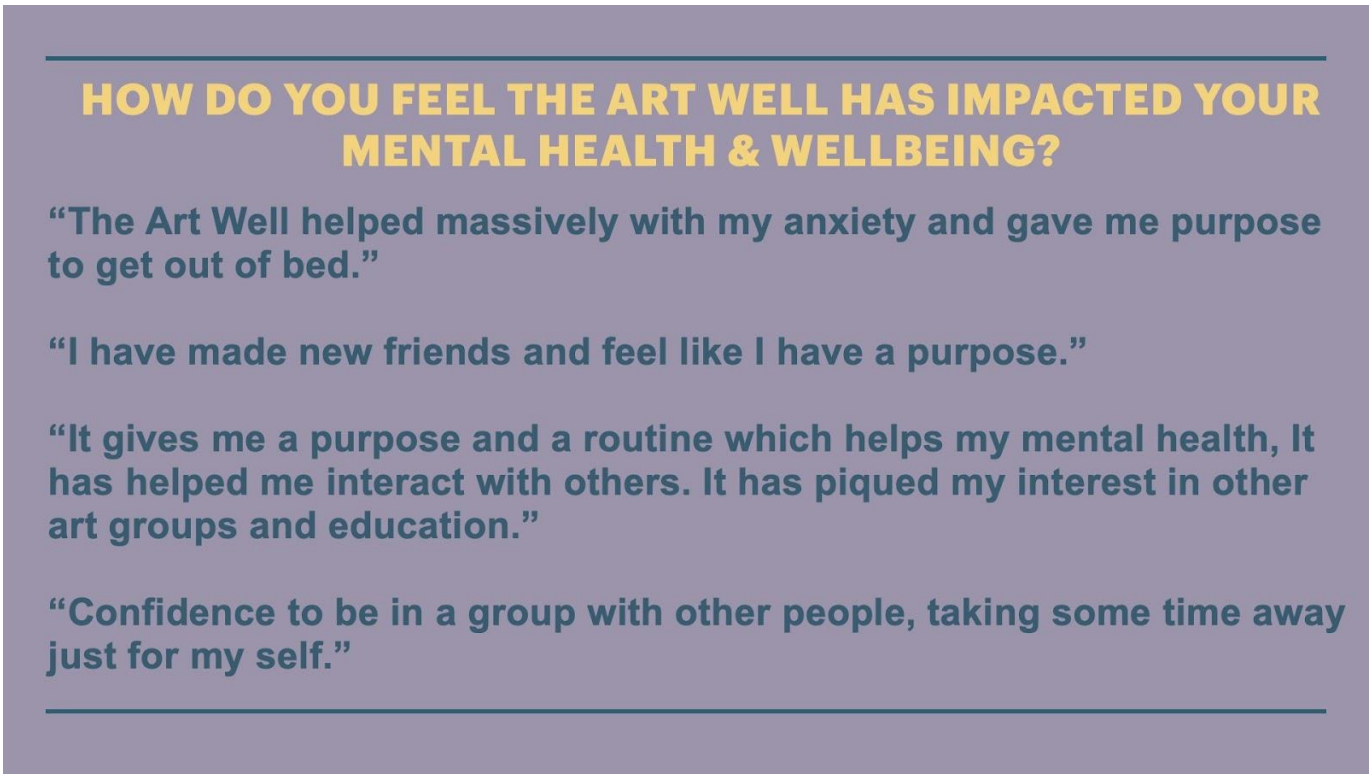
"Being in a safe environment with other people who are experiencing similar things, it feels safe as you have to be referred in."

"The community spirit, the friendships that I have made, the support if needed. Having something to look forward to every week, the variety of projects and being able to try new mediums and techniques."

"Very invitingly spacious and relaxing atmosphere, full of laughs, chats, inspiration and thereupatic methods to take the mind off of everyday negativities. It has a confidential, considerate and autism friendly air to the group"

In the peer group, meaningful positive change in wellbeing was recorded by 43% of attendees. This is in line with what we would expect. The reason people attend peer group is because of long term needs and change is very much dependent upon external factors changing, such as health, family, housing situations. We have several participants with serious health conditions and cancer diagnoses.

Peer Group has had 34 individuals attend. We have offered places to 12 people from the 12-week group and seen 14 peer group members moving on from the group during this year.



Pilot **eco art therapy** sessions were run in The Green Man Community Garden with additional funding from **The Bedford and Luton Community Foundation**. This had a positive uptake and moving forward will be incorporated into The Art Well offer.

Every year all participants are encouraged to apply to the **SANE Creative Awards Scheme**, helping those affected by mental ill health and those that care for them develop their creative potential. The Art Well have had **two participants this year receive awards** enabling them to access and fund workshops and materials.

- Project 229 continues to offer a **wide range of services and provisions** that support and help a **diverse** number of individuals, families and groups across the community.
- The reopening of the **Project 229 cafe as a community hub** has really helped to provide a space outside The Art Well, and other groups, for our participants to meet, chat and **build relationships.**
- The cafe has also been used **for assessments, and new walk-ins are able to find out** about services which has **increased referrals** to The Art Well and other provisions.

Art Well Groups

Tuesday - An online group (for new referrals and continuing support): This has had **six regular attendees** and is facilitated by the lead art therapist, a trainee art therapist, and a volunteer.

Wednesday - A 12-week face to face group for new referrals: This group has been **accepting up to 12 attendees** during each cycle. The lead art therapist and two volunteers facilitate it.

Thursday - A face to face managed peer support group which is offered based on the needs and circumstances of those who have completed the initial 12-week group and have benefited from engaging with the arts in the initial referral group. Members support each other and bring creative ideas. This group is managed by the lead art therapist, assisted by two volunteers, and has had varying attendance of **between 6 and 17 each week** throughout the year.

The SPACE Project

Project 229 has continued to manage the **SPACE Project**, to support **young people aged 9-18 (school year 5 and up) in Bedford Borough who have been impacted by Domestic Abuse**. www.project229.org/space

In 23/24, SPACE's main funder was **The Harpur Trust**. New main funding support from **The National Lottery Community Fund** also started from September 2023. Additional funding support included the **Panacea Charitable Trust** and the **Bedfordshire and Luton Community Foundation**.

Planets: Planets are mini youth clubs that run fortnightly during term time, the members of each planet make decisions **collaboratively** about what they will do during their sessions.

One to One Support:

Individual support offered to young people and provided by the play therapists, counsellors and staff.

Youth Advisory Board:

SPACE continued to run **'SUN' the youth advisory board** made up of representatives from all the different planets (groups). They help **to plan activities and services** including the holiday provision and can **share their thoughts and feedback with staff and management.**

Event Provision:

The SPACE Christmas event was open to all young people who attend SPACE. It was planned by the SUN Focus group and included a silent disco, bouncy castle, mini-Christmas dinner, a brownie and ice-cream provision, arts/craft activities and music lessons!

Transport:

- **This enables young people** who would otherwise have been unable attend (due to lack of access to a vehicle or family pressures) to come to SPACE.

Staff:

- During this year, the Safeguarding Trustee started **a process of service and role reviews** to with staff to see check and evidence where some of the crunch points were. We wanted to assess where we needed to **better support areas of function** and to **inform our recruitment** moving forwards.
- The youth worker decided it was time for them to leave. It was the right decision… but one that came at a challenging time.

- Staff in the service really stepped up during this period. One of the sessional staff took on additional administrative responsibilities. The **team was positive and came together** in enthusiastic response.
- The service adapted and continued a **safe and high-quality provision** The team did a brilliant job of maintaining the services with no negative impact on service users during the changes.
- Very positive **support and flexibility from our major funders** enabled the team to take time to creatively consider next steps towards **recruitment and future development** in 24/25.

CAFADA: (*Children and Families Affected by Domestic Abuse Project*)

The cosy SPACE Podcast Booth set up in Acorn Lounge at Project 229!

The young people felt safe to talk in this space.

SPACE has been working with the **CAFADA (Stirling University Partnership)** research team since 2020. The team have been carrying out **qualitative research** with young people who attend SPACE. The project aimed to ascertain from the results the ways in which SPACE is **effective in meeting the needs** of young people who have experienced domestic abuse and **identify any areas for improvement**.

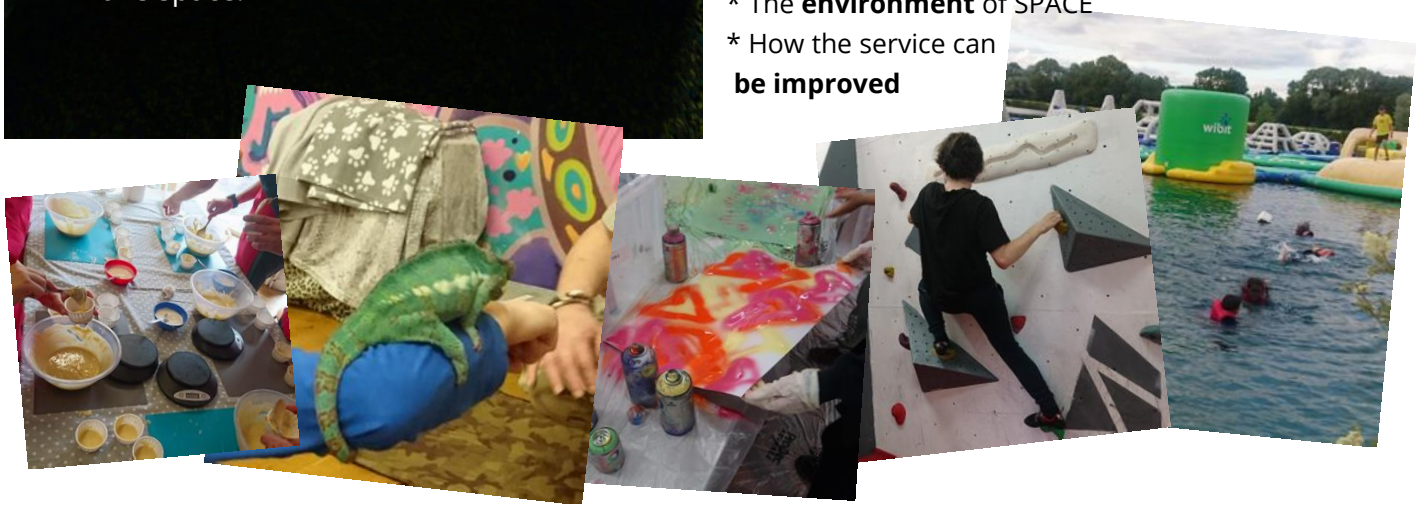
The CAFADA team continued to attend SPACE sessions in 23/24 to further their research with the young people through interviews and participatory activities.

A **new Podcast project** was launched to capture the views and opinions of some of the young people with support from **CAFADA**, The **School of Social and Political Science** (The University of Edinburgh) and an **Audio Producer**.

The **Audio Podcasts** are to be released in 2024 / 2025.

A **Youth Report** solely using the voices and opinions of the young people at SPACE is to be released in 2024 / 2025. This includes their views on:

* What SPACE **feels** like
* What **an ideal service** for domestic abuse looks like
* **Talking** about experiences
* What makes a **trustworthy adult**
* The **environment** of SPACE
* How the service can **be improved**



groups and activities (1st April 2023 to 31st March 2024)

Funding the existing, core provision for up to 50 young people per year (6-10 yp per planet) will enable SPACE to bring together those with similar lived experiences in order to help them:

- facilitate supportive adult-child relationships
- build a sense of self-efficacy and perceived control
- provide opportunities to strengthen adaptive skills and self-regulatory capacities
- mobilize sources of faith, hope, and cultural traditions.

These are in-line with the common set of factors **identified by Harvard University** that predispose children to positive outcomes in the face of significant adversity.

what we aimed to do...

Planets: (Small Groups)

- 5 small groups operating
- 18 sessions per group
- 1 holiday activity per group

what we did...

- 5 small groups operating
- Up to 10 young people per small group (planet)
- 87 planet sessions
- 602 planet attendances – (26 male / 23 female)
- 1 end of year activity open to all (for 34 young people).
- **19** attendances of our monthly youth advisory group.
- **12** special events with 66 attendances
- 372 journeys to and from SPACE were provided (this enabled 38 young people to access SPACE who would otherwise not be able to get there.
  There were special activity sessions with Canoe Trails, 1-2-1s, meals out, trips to Geek Retreat & Escape Rooms

what we aimed to do...

Therapeutic Interventions:

- 30-50 young people supported
- 3 small grp therapeutic interventions
- 108 Play therapy sessions
- Minimum of 15 young people

what we did...

- 49 young people supported in Planets
- 109 Play / Clay Therapy sessions provided
- 14 young people provided with one-to-one support (e.g. play therapy)
- Parent support provided

what we aimed to do...

Professional Development

- Clinical supervision
- NYA training
- Specialist training
- Continued CPD

what we did...

- Introduced new staff **Solution Focused Clinical supervision**
- iHasco training offer, **increased courses** incl. **soft skills**
- **NYA** training available
- Specialist training available – incl. **local safeguarding board** training

Solution Focussed Therapy One-To-One Sessions

As part of the services provided through Project 229, **Solution Focused Therapy (SFT)** is a brief intervention enabling clients to identify their **preferred pathway and 'best hopes' for the future**. It looks towards problem solving rather than past difficulties.

The qualified practitioner is a volunteer, so the only costs are for clinical supervision and room hire. Working in a collaborative project ensures that where SFT is not the most appropriate support, clients can be referred on to counselling or other appropriate services. For clients who are wanting to find a way forward but who are feeling 'stuck', it is an **effective and helpful way to create sustainable change**.

These sessions have been invaluable to Project 229 clients, many of whom are **referred to SFT through other service providers**.

In 2023/2024, **22 individuals have been supported**. This includes the following (anonymised) case study:

'Jo' asked for an appointment just 24 hours before a meeting with his employers where his worst fears were realised in redundancy notice. He had worked in the same place for many years, and it included living on site, so losing his job also meant losing his home. Initially, we concentrated on his response and communication but over several months Jo was able to set aside his anger and consider the changes as an opportunity. He and his wife now live near the coast, and they have been able to fulfil some long-term dreams for a healthier lifestyle.

Jo says: ***"I never thought I would ever need help to be quite honest. But I did and when that moment arrived your service was there to help me with my struggles. For that I really can't thank you enough. The work you do is outstanding and certainly for me you put me at ease and allowed me to unload a pile of stuff I really couldn't have dealt with alone".***

Other Project 229 Activities / Services

Project 229 continues to offer a **bursary scheme** encouraging groups to provide free of charge places for individuals who would otherwise struggle to access their services. This is on a **professional referral** basis only via Project 229.

Project 229 **works with a network of partners to improve referral pathways** and understands that many people who require support have multiple and complex needs. When organisations and projects are willing to work together, people are more likely to gain improved support and access to services.

Project 229 has continued working with services to **develop online referral forms** for groups that could be used for self / professional referrals. See 'Project's' menu at www.project229.org

Project 229 continues to produce **newsletters, advertising, social media content and press releases** to promote the services and activities that run at or are supported by the centre.

www.project229.org/whatsonnow

Hub Club Café: A 'not for profit' warm space

Since **May 2022**, the **café space** at the front of the project **piloted operating as a community hub**, **meeting place** and **co-working space** and has provided many opportunities for triage work leading to faster referrals and better connectivity with the local community.

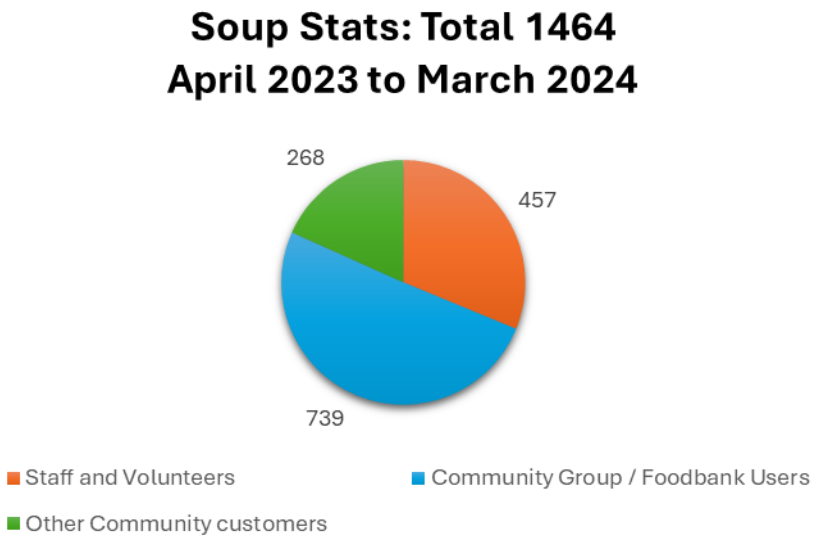
Staff and volunteers in the café **regularly signpost and support people towards accessing the help that they need**. This includes access to free **debt support**, **foodbank vouchers** and support through organisations such as the **fuel foundation**. There has been an **increase in organisations contacting 229** to request providing regular support services. This **aids the provision of support for complex needs** and helps to build trust with, and increase access to, early intervention and statutory services.

Many of 229's services are being provided to **specifically counter isolation**. The café provides **a warm welcome for those who are lonely and isolated**. With no pressure as a commercial venture to make a profit, people are encouraged to stay as long as they want to, with **friendly staff and volunteers to talk to** as well having **access to puzzles and games and low-cost drinks and snacks**.

Project 229's services are supporting clients with complex, long-term and life limiting conditions. **Adults with learning disabilities** regularly access the café as **a safe place to socialise** with/ without staff from support agencies.

With funding from **Compass Wellbeing and Bedford Borough Council in 22/23** the project took the risk to run the café as **a not-for-profit space**, providing drinks and snacks at very low cost, but with no obligation for visitors to have to buy anything if they simply needed a safe space to spend time in. As a result, the café space has become **more intrinsically linked with the rest of the work of the project** than ever before.

Since the grant, Project 229 has continued working with **Marmite Fine Dining Catering Ltd** to provide nutritious, low allergen soups for FREE (or for a donation). This runs at the same time as the foodbank distribution centre while stocks last. Chef Ian has faithfully continued to support the venture throughout the year and beyond the original funded pilot.



During **2023 / 2024**, the **average** was approximately **36 portions** per service.

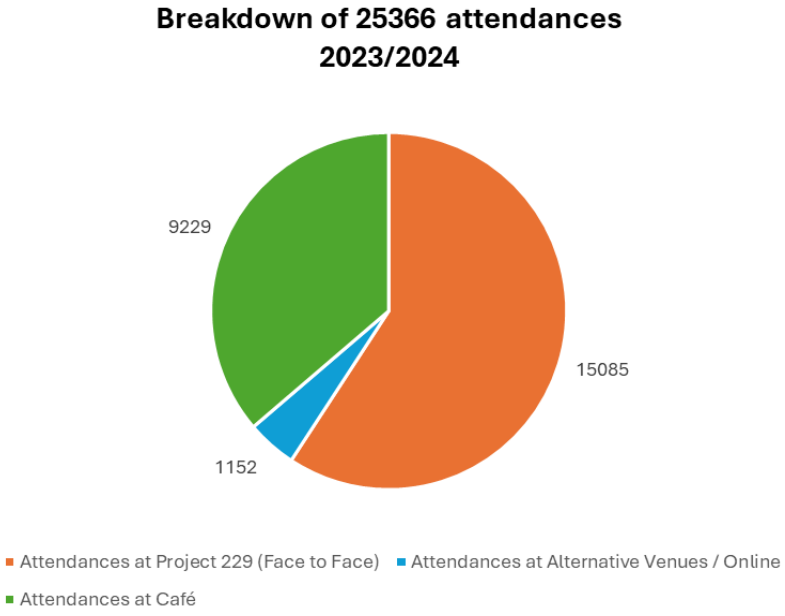
This was the first full year and as **growing service** it is highly valued by partners **Bedford Foodbank** as well as the **community groups** and **service users at 229**.

We aim to continue the service with funding previously received for ongoing food-based projects. **Chef Ian** from Marmite Fine Dining Ltd is **continuing to support the venture** in 2024/2025!

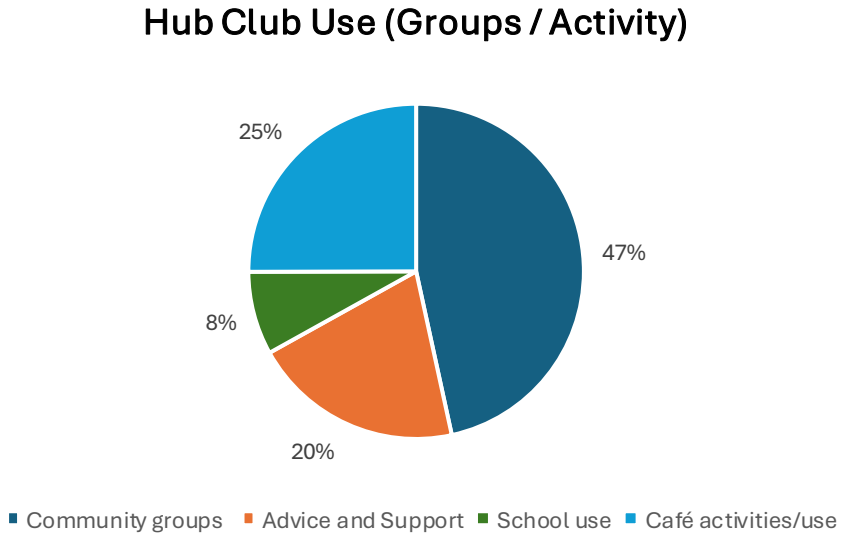
The Kempston Advice Hub is now well established with organisations committing to come in to provide free drop-in support and advice to those who need support each week.

Hub Club continues to:

- Offer 'free to access' services running in the café
- Log data about the use of the café and its benefits
- Have staff and volunteers accessible to support people
- Have increased referral rates for services
- Provide placements for volunteers, enabling them to gain skills and confidence



The café has helped Project 229 gain a **57% overall increase in attendances** over the year

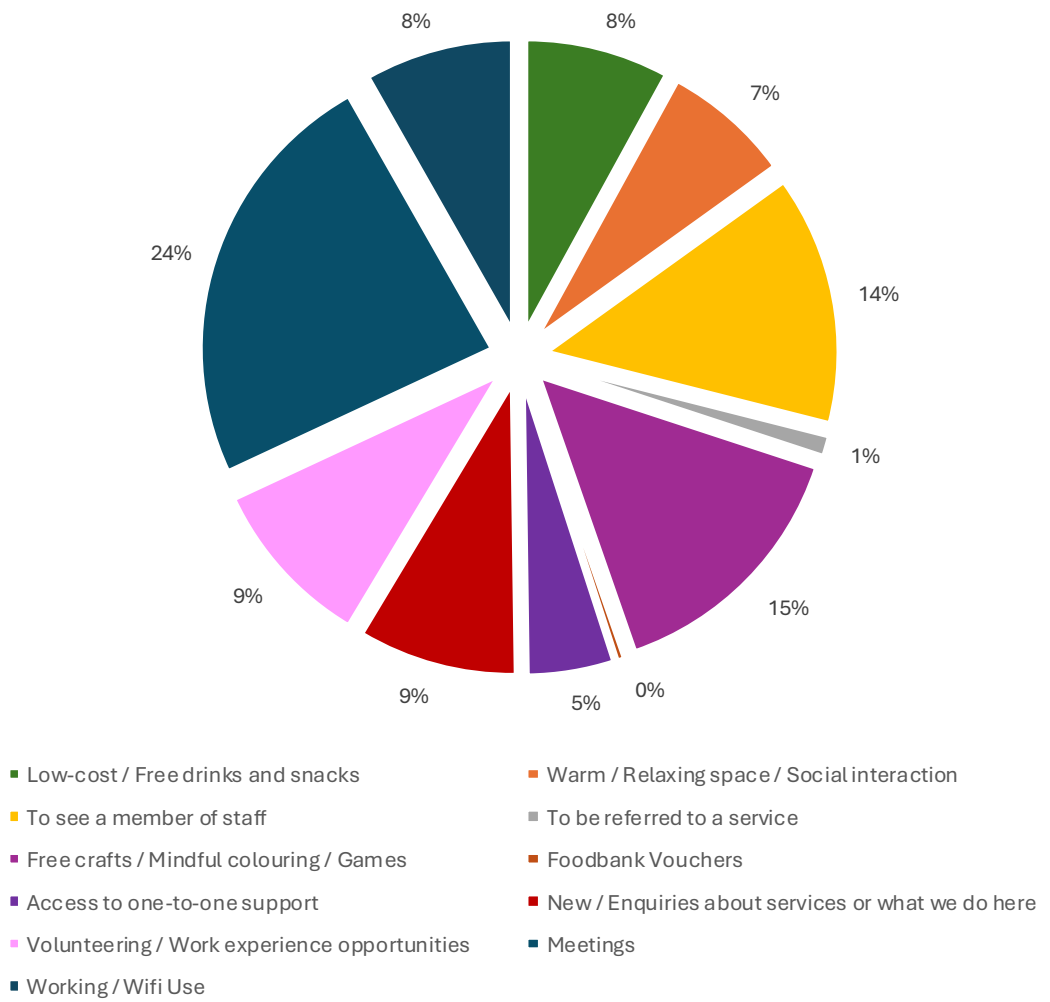


The chart below shows the **percentage use of the café** by:

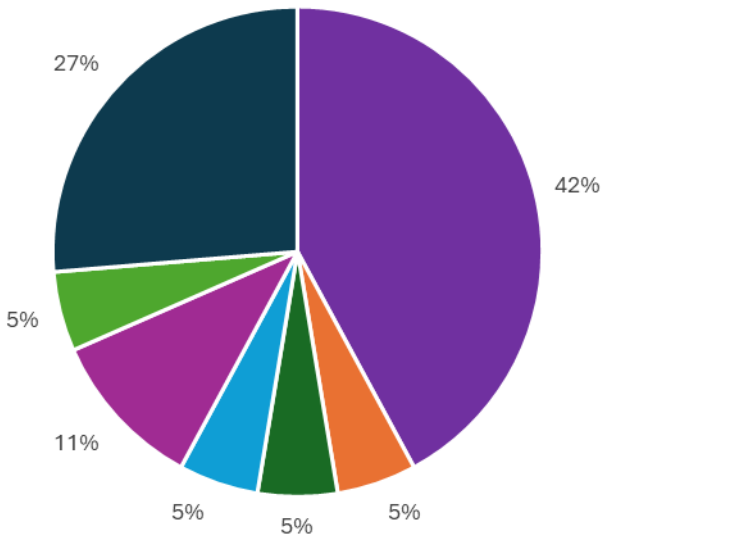
- Community groups
- School groups
- Advice and support groups
- Free café activities, groups and events

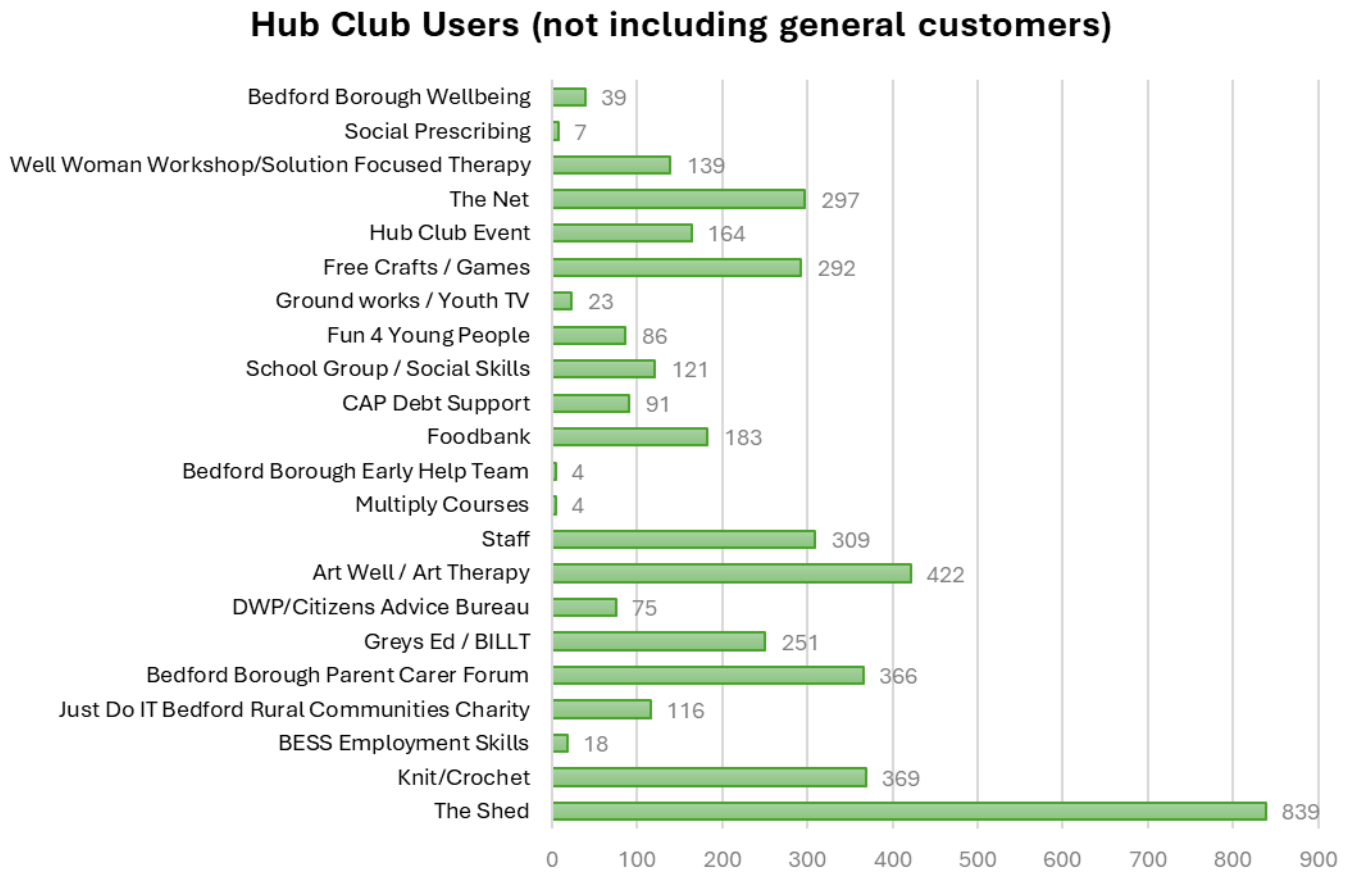
These are designed to **support positive mental health** and counter **isolation.**

Interventions / Reasons For Attending Hub Club Café



Referrals Made Through Hub Club Café





Useful findings and needs analysis to help further development of the project:

Being **mindful of the needs of people** who come through the door is a big part of the café function. Staff and volunteers take the time to chat to people, **share information** about up-and-coming workshops and **undertake referrals** to services.

The benefit of the café being low cost / **not for profit enables people to feel comfortable to stay if they want to** with no pressure to 'leave a table' or buy more drinks. Mindful colouring, books and games are always available.

The **little library and swap station** developed with support from Bedford's 'Men In Sheds' is very well used and supports the Project's environmental policy.

Bedford Repair Café are now using Project 229 as their base to run events enabling people to repair items rather than throw them away. These events are always well attended with significant

Quotes from service users:

'This place is amazing, it's like a safe haven, I don't always feel confident breast feeding as a new mum, it's lovely to see so many different types of people from the community in one place.' ***New Customer***

'This place is a godsend, it really helps me when I've had a week when I've been running around like a headless chicken to rest, it helps me to switch off and spend time with fantastic people. Thank you.' ***Client***

'I love coming to this building for therapy - I love seeing the little library and walking through.' ***Client***

'I'm not noticing my arthritis as much being busy.' ***Customer***

'Always feels so warm, staff are so nice - feels like a family! - ***Professional (0-19 team)***

This place is like magic - Best coffee I've had in ages!' ***New Customer***

'You helped me when I came to foodbank - the soup really helped me when I was in a bad place – I'm now pleased to tell you that I have a job!' ***Foodbank Client***

'We need more places like this!' ***Green Party councillor***

'The café is like a 'bolt hole - somewhere to escape to' ***Customers who have become regulars***

"Happy to sit here and have 'me time' which I don't get at home" ***Service user***

"If it wasn't for this project, I wouldn't have had the confidence to do (craft fair) it at the weekend" ***Service user***

"I look forward to Fridays the soup and atmosphere is really nice" ***Service user***

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;

contribution made by volunteers.

Many of the **activities and services at Project 229 would not be able to run without the dedicated support of volunteers** from the community. Volunteers support Project 229 with administrative work associated with running the project including general admin, invoicing, and other finance support. Hub Café is now providing ongoing **volunteering placements** for people who have come through one or more Project 229 service. These are ideal for those who want to build confidence, train and gain new skills in customer service. Hub Club and Project 229 has started to **provide work experience placements** for students at local schools and colleges.

During this year some of the project volunteers have **continued working remotely** to support Project 229's admin function. This includes **finance support and invoice creation**. We are also thankful for the support of volunteers who help specific services. Volunteers help the function of **The Art Well** and many of our other support services. One volunteer (trained by BRIEF) provides Project 229's **Solution Focussed Therapy** service.

We want to also thank **supporters from some of our donor / fundraising groups** who not only raise funds but provide **practical support** at our community centre, including sweeping up the leaves outside and continuing to keep on top of our seasonal planting!

Project 229 is also indebted to **groups, organisations and individuals** who have raised funds to support the work of the project throughout 2023 / 2024.

Project 229 has continued **developing the website** to include information about other services and activity programmes including pages for the services offering **more intensive support**. www.project229.org (see various menus).

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Statement from The Trustees: Bipinchandra Shah

Project 229 continues to flourish, becoming stronger and more resilient than before, it is a beacon of hope, development and community.

Our dedicated team of staff and volunteers continue to relentlessly give their time and compassion, and I truly believe that together with Beccy (Project Manager) we can continue to strive for bigger and better opportunities.

We have increased volunteering prospects through the café and workshops where countless individuals have progressed, honed their skills and built their confidence to move forward in this fast paced and ever-changing world.

There are far too many wonderful projects to name, but projects like SPACE, The Art Well and SF give young people and adults a voice and a safe space to express themselves as well as providing fantastic referral pathways.

We host various mental and physical wellbeing sessions, careers and debt advice, arts and creativity - as well as providing a warm, neutral place with access to free soup on Fridays, encouraging social cohesion and combating isolation.

I am grateful for all the support and time that our experienced trustees give the project.

It is clear from the continuous increase in engagement and footfall that Project 229 is an integral resource for many in the community and offers a multitude of benefits to all those who come across it.

Section E Financial review

Brief statement of the charity's policy on reserves

The Trustees have set aside some money which was given to Project 229 by The Ibbett Trust (Now Bedfordshire Charitable Trust) to put into reserves. The Trustees are considering additional funds to include in the charity's reserves. The policy on reserves will aim to set aside enough money to meet potential needs, such as an unexpected drop in income, major repairs or equipment replacement and building works. This will be made separate from the charity's general reserves.

Details of any funds materially in deficit

The funding stream that runs in arrears is SPACE funded by The Harpur Trust. This is not a material deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;

investment policy and objectives including any ethical investment policy adopted.

Local Fundraising and Donations including:

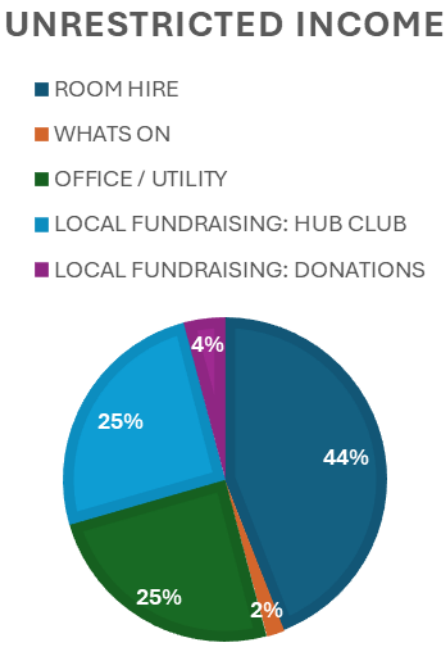
- **Bedford Netball Association:** Donation from Mayor
- **LEGGS Golf Society:** Donations for equipment needed
- **Bedford 41 Club:** Donation for a presentation / talk

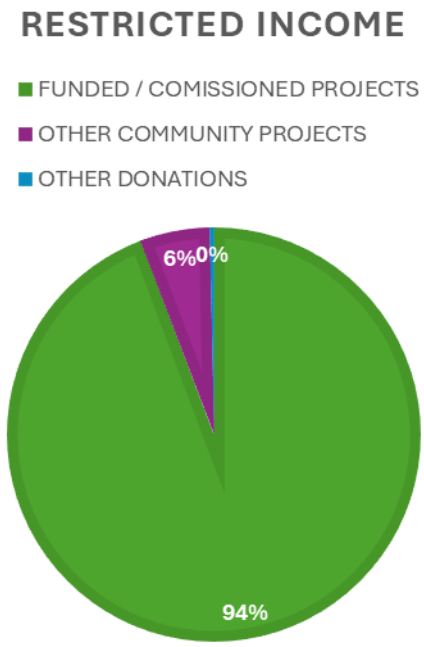
- **Harlington Society for Arts and Crafts:** Donations for Arts Projects
- **Milton Ernest Church:** General project donation
- **Kempston Rugby Club:** Various project donations from fundraising events
- **Probus:** Donation for a presentation / talk
- **A L and G Abbott:** Donation to Project 229
- **Hub Club Community Café:** Not-for Profit Café and Warm Space at 229 / residents' donations

Grants including:

- **The Harpur Trust**: continued funding for SPACE
- **Active Luton (Team Beds and Luton):** Grant for Activity Programme
- **Active Luton (Team Beds and Luton):** Coach Training Funding
- **St John's Hospital Trust:** Funding for Solution Focused Therapy Service
- **The National Lottery Community Fund:** for The Art Well
- **The National Lottery Community Fund:** for SPACE
- **Bedfordshire Luton Community Foundation** (BLCF) Grant for ECO ART

The chart (below) shows the % of different **income types recorded in 23/24** and does not include brought forward income from 22/23.
This is broken down into **RESTRICTED** and **UNRESTRICTED** income:

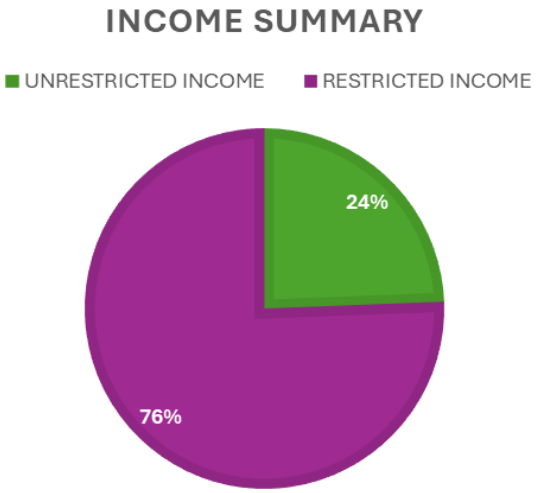




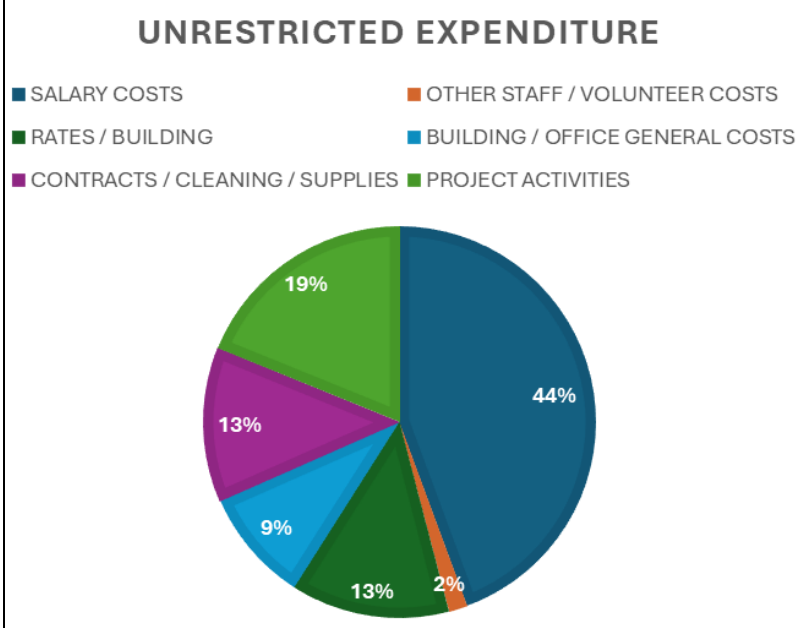
In 2023/2024
76% of Project 229 income **was restricted** compared to:

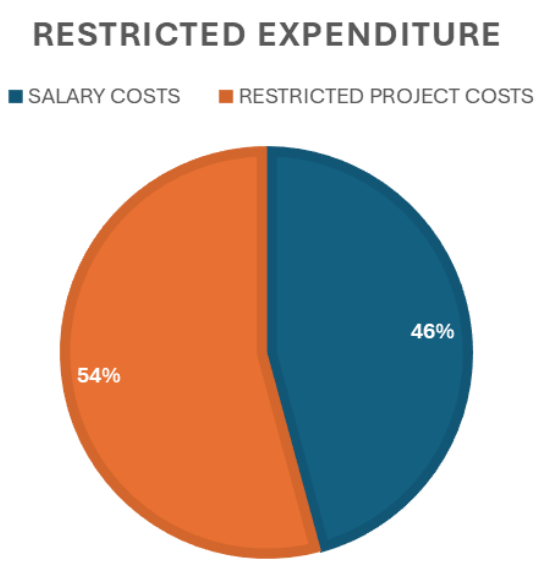
70% restricted income in **22/23**

Restricted income is for specific projects or agreed and funded purchases



The chart (below) shows the % of different **expenditure types recorded in 23/24.**

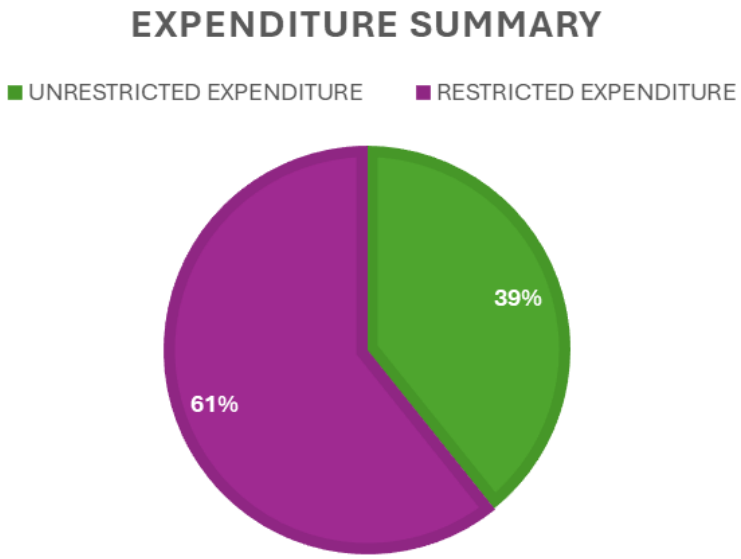




In 2023/2024

61% of Project 229 expenditure **was restricted** compared to:

54% restricted expenditure in **22/23**



In **23/24** some **expenditure costs increased.** Rates such as utilities costs continue to be high.

Project 229 became liable to pay a building lease fee from **March 2023**. These costs are on an **increasing annual rate** over a long period.

This forms part of a lease set up with the **Bedfordshire Charitable Trust** for the ongoing long-term use of Project 229 for providing community services.

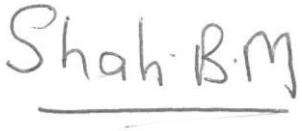
Staffing and **Project Activity costs** continue to be Project 229's greatest expenditure.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Lionel Stewart	Bipinchandra Shah
Position (e.g., Secretary, Chair, etc)	Chair of Trustees	Trustee

Date	31/01/2025

CHARITY COMMISSION FOR ENGLAND AND WALES

Project 229	No (if any) 1178577

Receipts and payments accounts

CC16a

For the period from	01 April 2023	To	31-Mar-24

Section A Receipts and payments

	Unrestricted funds to the nearest £		Restricted funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
DONATIONS / LOCAL FUNDRAISING	1,857	-	0	1,857	13,378
LOCAL INCOME HUB CLUB	11,659		0	11,659	
GROUP ROOM HIRE	20,224	-	0	20,224	21,873
LEASE HIRE / UTILITY INCOME	11,309	-	0	11,309	25,379
OTHER- SPECIFIC PROJECT INCOME	-	-	0	-	-
ADVERTISING INCOME	806	-	0	806	845
GRANT INCOME SPACE PROJECT	-	-	112633	112,633	140,628
GRANT INCOME ART WELL PROJECT			17228	17,228	
GRANT INCOME ART WELL ECO ART			4114	4,114	
GRANT INCOME OTHER COMMUNITY			7652	7,652	
LOCAL FUNDRAISING DONATIONS			497	497	
	-	-	0	-	-
	-	-	0	-	-
Sub total *(Gross income for AR)*	45,856	-	142124	187,980	202,103
A2 Asset and investment sales, (see table).					
	-	-	0	-	
	-	-	0	-	-
Sub total	-	-	0	-	-
Total receipts	45,856	-	142124	187,980	202,103
A3 Payments					
SALARY PROJECT 229	27,859	-	6573	34,432	66,712
SALARY SPACE PROJECT	-		25923	25,923	
SALARY ART WELL PROJ3ECT	-		10479	10,479	
SALARY ECO ART PROJECT	-		1500	1,500	
EXPENSES VOLUNTEERS*	961			961	
BUILDING / OFFICE EXPENSES	5,876	-	0	5,876	22,219
CONTRACT CLEANING /SUPPLIERS	8,004	-	0	8,004	7,459
RATES COUNCIL	640	-	0	640	9,932
RATES ELECTRICITY	3,742			3,742	
RATES WATER	919			919	
RATES SECURITY /FIRE SERVICES	2,119			2,119	
RATES INSURANCE	822			822	
PROJECT ACTIVITIES HUB /OTHER	11,822	-	0	11,822	65,137
PROJECT SPACE			32500	32,500	
PROJECT ART WELL			4075	4,075	
PROJECT ECO ART			541	541	
PROJECT ART PSYCHOTHERAPY		-	2295	2,295	-
PROJECT 229 VARIOUS		-	13251	13,251	-
	-	-	0	-	-
*not including Training etc.	-	-	0	-	-
Sub total	62,764	-	97136	159,900	171,459
A4 Asset and investment purchases, (see table)					

	-	-	0	-	
	-	-	0	-	
Sub total	-	-	0	-	-
Total payments	62,764	-	97136	159,900	171,459
Net of receipts/(payments)	- 16,908	-	44988	28,080	30,644
A5 Transfers between funds	-	-	0	-	-
A6 Cash funds last year end	- 22,826	-	150769	127,943	97,299
Cash funds this year end	- 39,734	-	195757	156,023	127,943

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		0	-	-
		0	-	-
		0	-	-
	Total cash funds (agree balances with receipts and payments account(s))	0	-	-
		Agreement Error	OK	Agreement Error

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		0	-	-
		0	-	-
		0	-	-
		0	-	-
		0	-	-
		0	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees

Signature: L. C. Stewart

Print Name: L. C. STEWART

Date of approval: 24/1/2025

L.C. Stewart	L.C. STEWART	24/1/25
Shah B.M.	Bipinchandra Shah.	

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees

Charity Name: PROJECT 229

On accounts for the year ended	31.3.2024	**Charity no (if any)**	1178577

Set out on pages: 1 AND 2 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete* [ ] *if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: Stephen Simpson **Date:** 31/01/2025

Name: STEPHEN SIMPSON

Relevant professional qualification(s) or body FCCA

(if any):	
Address:	61 HARPUR STREET
	BEDFORD
	MK40 2SS

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

PROJECT 229

England & Wales - Charity number 1178577

Accounts

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1st	April	2022		31st	March	2023

Section A Reference and administration details

Charity name

PROJECT 229
227-229 Bedford Road
Kempston, MK42 8DA

Other names charity is known by	N/A
Registered charity number (if any)	**1178577**

Charity's principal address

Project 229,	
227-229 Bedford Road	
Kempston, Bedford	
Postcode	**MK42 8DA**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lionel Stewart*	Chair of Trustees		
2	Helen Sismey-Durrant*	Deputy Chair		
3	Sharon Griffiths*	Safeguarding		
4	Bipinchandra Shah*	General		
5	Frank McMahon	Finance		
	*Founding Trustee			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Rebecca Campbell-Grieve: Project 229 Manager

Section B Structure, governance, and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (e.g., appointed by, elected by)	Appointed by Project 229 / confirmed by trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
- the charity's organisational structure and any wider network with which the charity works.
- relationship with any related parties.
- trustees' consideration of major risks and the system and procedures to manage them.

Project 229's *building is owned by The Bedfordshire Charitable Trust (formerly The Ibbett Trust) whose founder 'Clifton Ibbett' had a vision to develop high quality, accessible facilities for the local community.*

Project 229 was officially launched in February 2005 *after a 2-3-year period of development, building extension and renovation. Project 229 was originally part of a national charity (Spurgeons) until 31st March 2014 and became care-of The Ibbett Trust from April 2014.*

Project 229 worked towards ***independent charitable status*** *with support from The Bedfordshire Charitable Trust and The CVS Bedford. The Project was* ***founded as an independent Charitable Incorporated Organisation on 31st May 2018****.*

Project 229 hosts organisations **running activities and services for the benefit of the local community.** The Project also runs activities and services and is part of several partnership groups across the Borough.

Project 229 works with support from the Council for Voluntary Services (CVS) Bedford. Project 229 is also part of the Small Charities Forum run by Bedford and Luton Community Foundation (BLCF) and Bedfordshire Advice Forum (BAF). Project 229 is part of the Bedford Borough Solution Focused Practitioners Group and is represented at other meetings and forums with specialist areas of work.

Project 229 (CIO) has 5 Trustees (4 of whom are founding Trustees).

In January 2023, some of the Project 229 Policies and Procedures were revised and/or reviewed by the Trustees. The Conflict-of-Interest policy was updated, and a new Modern Slavery Statement created.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

1. *To **benefit the residents of Kempston and surrounding areas**, by working with local authorities, voluntary and other organisations, and local people to advance education and to **provide facilities** in the interests of social welfare for recreation and leisure with the **objective of improving the conditions of life for the residents**.*
2. *To **promote social inclusion** for the public benefit by preventing people from becoming socially excluded (for one or more reasons), supporting people who are socially excluded and **assisting them to integrate into society**.*
3. *Such **charitable purposes for the public benefit** as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time determine.*

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Project 229 Charity trustees 'have regard' to the Charity Commission's public benefit guidance when carrying out activities to which it's relevant.

Project 229 is open as a **pro-active community centre** from Monday to Saturday for activities and services run for the benefit of the local community. In April 2022, the **café,** which occupied a small part of the overall centre, run by a Community Interest Company (CIC). '**Bake'** aimed to provide opportunities for people to gain experience and training to help enable them to get into or return to employment. Unfortunately the CIC had to make the difficult decision to close as a direct response to the impact of the COVID-19 pandemic.

The café benefited the community and provided additional services which helped to further the charity's purposes. The café acted as an accessible 'front door' to the Project - bringing people into the centre and **helping Project 229 to engage with and support the community**.

The hospitality industry was greatly affected by the **COVID-19 Pandemic**. Bake. worked hard to serve the community as best it could and as a Charity, we were thankful for their commitment to keep going for as long as possible. The impact meant that the CIC were unable to continue supporting individuals to gain skills and get back into work. **The closure left Project 229 with a new challenge** – how could the space continue to be used to build connections with the community and provide support?

Project 229: Pro-Active Community Centre:

At the end of the last financial year, in addition to the Essential Services, Vulnerable Groups and Essential Work based Training that was previously approved to run, most services had resumed normal provision. As we moved into the new financial year 22/23, Project 229 was continuing to support groups with subsidised sessions for at least the first two months of the year.

During 2021 / 2022, Project 229 had been able to gain a **grant to support the loss of income due to Covid-19** based on the rateable value of the property. Part of the grant went to Bake. to support their loss of income and the rest continued to be used to support the function of Project 229 and to help support groups who were struggling to recover.

Month	% Loss of income Covered by Grant	% Room Hire Income at 229
MAR 2022	16	84
APR 2023	7	93
MAY 2023	3	97

This table (left) shows the percentage of **Room Hire Income gained** and the percentage for **loss of income** due to Covid-19 that was covered by the support grant that Project 229 had previously received. It does not include other income including office rental / contributions to utilities and specific projects.

The percentage of room hire income had been 20% in April 2020 and grew to 38% by March 2021. It was encouraging to see the room hire income grow from 47% in April 2021 to **84% in March 2022. By April 2023 room hire income was up to 93% and 97% by May 2023.**

Face-to-face Provision at 229 (not including café stats or public annual events)	21/22 No.	22/23 No.
No. Different Organisations	23	36
No. of Activity Types	45	84
No. of subsidised sessions (where a percentage of costs were funded / there was a reduction in cost by Project 229)	120	23
No. of fully funded sessions	178	363
No. of face-to-face sessions at 229	**1062**	**1589**
Attendances (based on actual and estimated)	**6247**	**13731**

Groups and activity providers continued to show **huge resilience** throughout this time, thinking creatively and adapting provision where possible to continue to provide services for those who needed them most. Although by this time most of the services were back running face to face services, **many groups continued elements of their online provision as well as face to face services.**

Off-Site / Alternative Provision (Online etc.)	21/22 No.	22/23 No.
No. Different Organisations	20	6
No. of Activity Types	27	10
No. of subsidised sessions (where a percentage of costs were funded / there was a reduction in cost by Project 229)	N/A	0
No. of fully funded sessions	N/A	40
No. of Other Alternative Sessions (e.g., outside / alternative venue / Online)	477	224
Attendances (based on actual and estimated)	**2649**	**992**

Project 229 started recording the **interventions through the café from February 2023** (having received a grant to support the development of the space from Bedford Borough / Compass Wellbeing funding). This report only includes the interventions for the café **from February to March 2023.**

Community Café at Project 229 (Feb to March 2023)	No.
No. Sessions (Open Days)	42
Attendances	**1431**

Year Comparison	Face to Face Services	Alternative Services	Total Sessions	Percentage Increase from previous year
19/20	1187	0	**1187**	
20/21	361	925	**1286**	**8%**
21/22	1062	528	**1539**	**20%**
22/23	**1589**	**223**	**1813**	**18%**

The statistics above include the services that have reported back to us. They **do not include** all the **informal / incidental / additional support services provided during this time** including those who benefited from the café service prior to the funded period (Feb and March 2023) or attended annual public events. The statistics show an **18% increase in services being offered overall** compared to the previous year.

Attendances are showing a 65% increase from the previous year (not including the café attendances).

Year	Attendances Face to Face Services	Attendances Alternative Services	Total Attendances	Percentage Increase from previous year
21/22	6247	2649	8896	
22/23	**13731**	**992**	**14723**	**66%**

Although the table below only shows two months of the café statistics and we know the figures below will be minimum rather than maximum (as it is easy to miss people when the café is busy), the increased interventions from the previous year are very encouraging.

Interventions / Attendances 2022/2023	**Totals**
Attendances at Project 229 (Face to Face)	**13731**
Attendances at Alternative Venues / Online	**987**
Attendances at Café (Feb-March 23 Only)	**1431**
Total	**16149**

Spotlight on services directly supported / managed by Project 229:

The Art Well (Open Arts for Positive Mental Health)

Project 229 continue to **support the start-up of New Groups** and activities with advice on safe set-up, sustainability and provides knowledge of the local area. The Project also provides advertising / design support for new activities that have a responsibility to publicly advertise their community services. (There are some groups who may not advertise due to the sensitive nature of the group). Support may also extend to working in partnership and applying for **joint funding bids** or providing support to those fundraising for their start-up costs.

The Art Well (Launched in September 2019): An Arts for Health group for adults with **mental health** or **social isolation needs** is run by Art Psychotherapist Marion Major. The service was developed in response to the need for more Mental Health provision as services had either ceased to exist operating or had lengthy waiting lists. The Art Well provides an **accessible service improving mental health** through creativity. www.project229.org/artwell

The Art Well, which runs a referral group, peer support group and an online group, thanks to the **Bedfordshire and Luton Community Foundation** and **The National Lottery Community Fund**.

The Art Well provides **three groups** across the course of a week, **for 40 weeks** of the year. The following data is taken from the Art Well funder report **Sept 22 to Aug 23.**

Tuesday - An online group (for new referrals and continuing support): This has had **6 regular attendees** and is facilitated by the lead art therapist, a trainee art therapist, and a volunteer.

Wednesday - A 12-week face to face group for new referrals: This group has been **accepting up to 12 attendees** during each cycle. It is facilitated by the lead art therapist and two volunteers.

Thursday - A face to face managed peer support group which is offered based on the needs and circumstances of those who have completed the initial 12-week group and have benefited from engaging with the arts in the initial referral group. Members support each other and bring creative ideas. This group is managed by the lead art therapist, assisted by two volunteers, and has had varying attendance of **between 6 and 17 each week** throughout the year.

Art Well Data Type	**21/22**	**22/23**
Face to Face Art Well Sessions	110	100
Attendances	**541**	**645**
Online / Alternative Art Well Sessions	42	40
Attendances	**336**	**220**
Total Sessions (21/22)	**152**	**140**
Total Attendances (21/22)	**877**	**865**

The following data is taken from the Art Well funder report **Sept 22 to Aug 23:**

From September 2022 to August 2023 The Art Well **received 50 new referrals.**

REFERRAL DATA FOR SEPT 2022 - AUGUST 2023

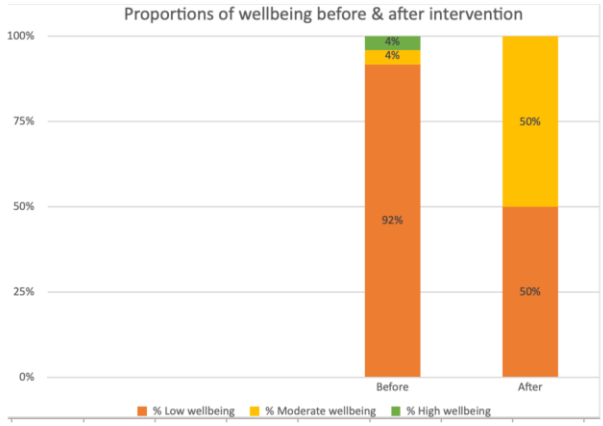
- From September 2022 to August 2023 we have supported 44 individuals across the three groups and had 1 support worker attend with their client.
- The age range across the three groups is 24 to 82 years.
- We have received 50 new referrals during the above 12 month period.
- 22 of the new referrals have already attended either the online group or the 12 week group
- The 12 referrals who were on the waiting list, referred before September 2022, have also attended.
- At present 10 individuals have moved from the 12 week group into the ongoing managed peer support group, with 5 due to commence in September 2023.
- We currently have had 9 referrals assessed and ready to start the 12 week group in September 2023 with 3 recent referrals awaiting assessment.
- 10 referrals did not progress through to group attendance, with a further 4 referrals accessing one-to-one therapy through funding by the Panacea Charitable Trust.

The Art Well uses nationally recognised **health and wellbeing outcome measures** (CORE and WEMWBS) as well as feedback forms.

Where possible, they complete **WEMWBS (Warwick and Edinburgh Wellbeing Scale)** outcome measure data and qualitative feedback from the online group.

12 WEEK GROUP DATA FOR SEPT 2022 - AUGUST 2023

- The following table shows the group changes by comparing the before and after intervention scores for 22 participants.
- We were unable to collect full data for 10 further participants due to a number of factors: returning to employment before the end of the 12 weeks; family and health situations; and one individual moving area and joining the online group instead.



	Before	After	Change
Total no. of responses	22	22	
% High wellbeing	5%	0%	
% Moderate wellbeing	5%	50%	
% Low wellbeing	90%	50%	
Mean score	35.8	41	5.59

The biggest areas of change were: feeling interested in other people; having energy to spare; being interested in new things; feeling loved; and thinking clearly.

Meaningful change for WEMWBS is a change of 8+

Number of people with a meaningful positive change (%)	9	64.3 %
Number of people with a meaningful negative change (%)	0	0.0 %

Managed Peer Support Group WEMWBS Data:

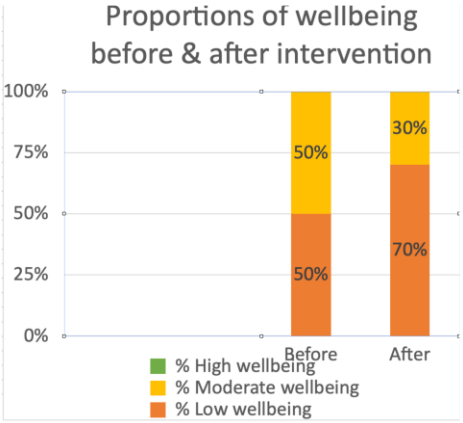
Peer Group supports those who would benefit from a longer-term intervention after the 12-week group. The data show smaller changes in wellbeing compared with those in the 12-week group. Scores indicate a tendency to plateau, due to reasons such as:

- Long term physical health conditions
- Being a parent carer of SEND children
- Long term mental health diagnoses that means there will be fluctuations

PEER GROUP DATA FOR SEPT 2022 - AUGUST 2023

- The following table shows the group changes by comparing the before and after intervention scores for 10 participants.
- We were unable to collect full data for a further 7 participants due to moving on from the group early on in the year and some individuals being already recorded in the 12 week data after starting later in the year.

	Before	After	Change
Total no. of responses	10	10	
% High wellbeing	0%	0%	
% Moderate wellbeing	50%	30%	
% Low wellbeing	50%	70%	
Mean score	35.8	41	5.59



The biggest areas of change were: feeling loved; being able to make my mind up about things; and feeling optimistic about the future.

Meaningful change for WEMWBS is a change of 8+

Number of people with a meaningful positive change (%)	2	5.1 %
Number of people with a meaningful negative change (%)	4	10.3 %

The slight decline in WEMWBS data for the peer group reflects their lives and the realisation that their wellbeing is often low or moderate due to family, situations and health needs. The Art Well has **several participants who are carers for SEND children**, a number with **long term health conditions** and some who are **main carers** for elderly parents with dementia.

"IT SHUTS MY NAGGING SCARED BRAIN UP FOR A COUPLE OF HOURS AND SWITCHES ON THE BRAIN I USED TO HAVE THAT I WAS TOLD WOULD NEVER WORK AGAIN... IT HAS GIVEN ME HOPE THAT I CAN RECOVER.

IT HAS HELPED ME TO GET OUT OF MY HOUSE THAT HAD BECOME A PRISON... IT HAS HELPED ME SO MUCH MENTALLY AND AFTER BEING ISOLATED FOR DECADES I CAN FINALLY TALK TO PEOPLE WHO ALSO UNDERSTAND AS THEY HAVE SUFFERED THE SAME EXPERIENCES...IT HAS ALSO GIVEN ME AN INTEREST IN ART AND LIFE."

PEER GROUP PARTICIPANT

- Project 229 continues to offer a **wide range of services and provisions** that support and help a **diverse** number of individuals, families and groups across the community.
- The reopening of the **Project 229 cafe as a community hub** has really helped to provide a space outside of The Art Well, and other groups, for our participants to meet, chat and **build relationships** with each other.
- The cafe has also been used **for assessments, and new walk-ins are able to find out** about services which has **increased referrals** to The Art Well and other provisions.

The SPACE Project

Project 229 has continued to manage the **SPACE Project**, to support **young people aged 9-16 (school year 5 and up) in Bedford Borough who have been impacted by Domestic Abuse**. www.project229.org/space

In 22/23, SPACE's main funder was **The Harpur Trust**. Additional funding support included the **Panacea Charitable Trust** and the **Bedfordshire and Luton Community Foundation**.

The COVID-19 pandemic had provided an **opportunity to pilot** SPACE Bubbles (small group activities) which proved to be effective in developing peer support and positive relationships with staff. This model has been retained in 22/23.

Planets: Planets are mini youth clubs that run fortnightly during term time, the members of each planet make decisions collaboratively about what they will do during their sessions:

- Planets support up to **10 young people per session**
- During the year **six individual planets** have operated
- In total, **61 young people** have engaged in a Planet
- **77 sessions** have been run

Therapeutic Groups: In partnership with various organisations and funders, SPACE piloted a therapeutic intervention; Group Play Therapy.
These therapeutic groups:

- ran for **6 -10 weeks**
- supported **4 young people**

One to One Support: Individual support offered to young people and provided by the trainee counsellor and SPACE Youth Worker. Two therapeutic interventions ran:

- **Play Therapy: 67 hours of one-to-one work** have been provided for **7 young people**
- **Counselling: 95 hours of one-to-one work** have been provided for **3 young people**

Holiday Provision (Tiny Festival and Residentials):

A supporter from **Bedford Park Rotary Club** continued to **donate the use of his land and outdoor swimming pool** to enable SPACE to run **summer holiday activities** for groups of young people.

5 holiday sessions during the year:

- Benefitted **32 young people**
- Activities **requested by the young people included**; swimming, craft, graffiti, slime, sport, games, Lego, baking plus a variety of residential activities.

Residential	No. attendees	Activities
Neptune	6	Table-top games (Werewolf), 45 and In, fencing, football, assault course, zip line, adventure pits, outdoor activities.
Mars	7	Swimming, fire building and marshmallows, games, chatting, hide and seek, films.
Mercury	10	PGL: Flag hunt game, giant swing, buggy building, trapeze, abseiling, campfire, climbing, zip line, evaluation.

Funded Transport:

- **288 journeys** have been provided.
- **32 young** who would have otherwise been unable come to due to lack of access to a vehicle or family were able to attend.

Youth Advisory Board:
SPACE continued to run **'SUN' the youth advisory board** made up of representatives from all the different planets (groups). They help **to plan activities and services** including the holiday provision and can **share their thoughts and feedback with staff and management.**

CAFADA: (*Children and Families Affected by Domestic Abuse Project*)

SPACE has been working with the **CAFADA (Stirling University Partnership)** research team since 2020. The team have been carrying out **qualitative research** with young people who attend SPACE. The project hopes to ascertain from the results the ways in which SPACE is **effective in meeting the needs** of young people who have experienced domestic abuse and **identify any areas for improvement**.

In March 2023, The CAFADA research team and a performance poet supported a group of young people from SPACE to **develop and open an exhibition at the Basement Gallery in Bedford.**

"SECONDS OF SPACE" AND OTHER TALES – a production created by young people at SPACE.

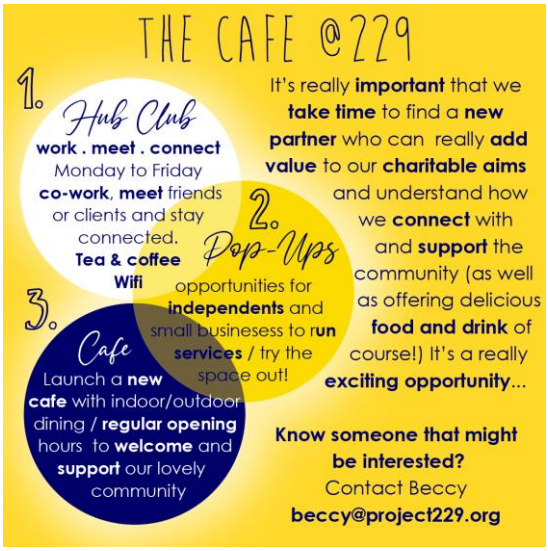
Eight young people worked over **six months** to create a special exhibition. It started as a collaboration with the **University of Stirling** and contained four spoken word pieces with musical accompaniment and a gallery of photographs and postcards from another galaxy. All the exhibits were created by the young people or elaborated by professional artists based on their tastes and requests.

Funders, local councillors, families and professionals were invited to an exclusive exhibition opening event.

The CAFADA team plan to continue to attend SPACE sessions in 23/24 to further their research with the young people through interviews and participatory activities.

Hub Club Café: Pilot Project from May 2022 to January 2023

Since **May 2022**, the **café space** at the front of the project **piloted operating as a community hub**, **meeting place** and **co-working space** and has provided many opportunities for triage work leading to faster referrals and better connectivity with the local community. The previous café (community interest company) closed in April 2022 as a direct result of the impact of the COVID-19 pandemic.



The café sits at the **front of the Project building** and has the only internal part visible from the street. If the café is closed, it makes the whole project appear shut (even though there are activities running right through Monday to Saturday). Project 229 needed to come up with **a solution to maintain connectivity with the community**. Initially the plan was to spend time trying to find a new café provider who would fit the ethos of the project.

In the meantime, a desk was built in the café space so that the Project Manager could work from there, **enabling the doors to open** and provide **opportunities to stay connected** with the local community. This also enabled the **evaluation** of the **effectiveness and importance of providing an accessible, warm, and welcoming space** for both organisations and residents.

Over the course of the 8-month pilot, the national financial picture became very uncertain, and it was clear that it would not be the right time to support a new independent start-up company trying to make a profit in uncertain times.

Staff and volunteers in the café were **regularly signposting and supporting people towards accessing the help that they needed**. This included access to free **debt support**, **foodbank vouchers** and support through organisations such as the **fuel foundation**. There has been an **increase in organisations contacting 229** to request providing regular support services. This includes housing associations, charities providing digital inclusion support, employment and skills services, Credit Union, health and wellbeing advisors, Job Centre and Early Help Professionals. This **aids the provision of support for complex needs** and helps to build trust with, and increase access to, early intervention and statutory services.

Many of 229's services are being provided to **specifically counter isolation**. The café provides **a warm welcome for those who are lonely and isolated**. With no pressure as a commercial venture to make a profit, people are encouraged to stay as long as they want to, with **friendly staff and volunteers to talk to** as well having **access to puzzles and games and low-cost drinks and snacks**. Bedford Borough Parent Carer Forum (supporting families with young people up to the age of 25 with additional needs) are now using 229 as their permanent base, running regular coffee mornings and providing one to one support. Carers of those with conditions including dementia are more informally using the café as somewhere to come to for respite and to play a game or chat.

Community Vaccination Engagement Officers / Public Health from Bedford Borough are regularly visiting 229 to meet people and support them with healthcare advice. Bedford ESOL hub have also used the café as a base to meet clients and look at next steps for learning as well as tackling concerns with money and housing. We are seeing **an increase in diverse ethnic groups accessing services** for support **both at the crisis and social ends of the spectrum**. This has included (but is not limited to) Arabic, Albanian, multiple Asian language, Romanian, and Ukrainian speakers.

Project 229's services are supporting clients with complex, long-term and life limiting conditions. **Adults with learning disabilities** regularly access the café as **a safe place to socialise** with/ without staff from support agencies. Our social activity services actively promote their inclusive ethos and provide opportunities for children and young people with additional needs.

Hub Club Café: Funded Project from February 2023

The opportunity to apply for funding to support the development of warm space projects came through **Compass Wellbeing and Bedford Borough Council**. Project 229 was successful in gaining a development grant to cover the period February 2023 to June 2023.

The project took the risk to run the café as **a not-for-profit space**, providing drinks and snacks at very low cost, but with no obligation for visitors to have to buy anything if they simply needed a safe space to spend time in. As a result, the café space has become **more intrinsically linked with the rest of the work of the project** than ever before.

The grant also enabled the purchase of new equipment and the **development of a food offer** in the form of soup provision (initially on the days that foodbank ran).

Up to the end of March 2023

- Purchasing of equipment to develop a food provision
- New 'free to access' services running in the café
- Advice and support gained from Environmental Health and Marmite Fine Dining Catering Ltd
- Basic data kept in the café logging who accessed and for what purpose
- People gaining support quickly with staff being more accessible in the space
- Referral rates for services increasing
- New volunteers gaining skills and confidence

Good Conversations Volunteer Training:
Provided for Hub Club Volunteers

National charity, Linking Lives UK, developed a training session aimed at volunteers operating in community spaces such as lunch clubs, community cafes, drop-in centres or warm spaces. The course covered subjects such as 'effective listening skills', 'boundaries' and 'safeguarding'. It is based on skills used through befriending schemes which form part of the charity's work to address loneliness and social isolation.

As an example, the team logged an average of 200+ people / interventions in the café the week beginning 20th to 24th March (an average of 40+ per day).

Interventions / reasons for attending included:

Low-cost drinks and snacks	Company
Place to chill	Asking about services
To see a member of staff	Tutoring
To be referred to a service	Meetings
Mindful Colouring	Free Craft
Foodbank Vouchers	Board Games
Access to one-to-one support	Workspace

Useful findings and needs analysis to help further development of the project:

Being **mindful of the needs of people** who come through the door is a big part of the café function. Staff and volunteers take the time to chat to people, **share information** about up-and-coming workshops and **undertake referrals** to services. Services such as the Multiply Project have developed recently and have benefited from the **increase in referrals** from people who frequently access the café and other support services.

The benefit of the café being low cost / **not for profit enables people to feel comfortable to stay if they want to** with no pressure to 'leave a table' or buy more drinks. Mindful colouring, books and games are always available.

With support from Bedford's 'Men In Sheds', Project 229 developed **a little library and swap station** outside the café for people to take information about 'what's on' as well as swap books, DVD's, magazines and craft packs.

Quote from service user:

"This place has saved my life / changed my life. For the first time I feel like I belong somewhere… Even if there isn't a club on, I know I can come here, get a cup of tea, and have someone to smile with. We laugh so much here in the group!"

Quote from Volunteer at Hub Club Café:

"Volunteering at Project 229 has changed not only my life but me as a person. I used to be a lot more quiet and introverted and was afraid to reach out for the opportunities I wanted and had a select number of people I liked to be around… but volunteering at Project 229 has changed that more than I expected it to! I have gained so much more confidence in myself and my capabilities, as well as when interacting with other people.

It's clear how much this space and the workshops and services that run here mean to the users and the local community. I am proud to be part of this place and be making a difference in people's lives through the work we do here. Since volunteering here, as well as taking part in a few workshops myself, I have acquired my first ever paid job and made so many new friends… things that I didn't have the confidence to do as easily before. We feel like more than just a charity or community space, it feels like a family and there's nothing warmer and more wonderful than that."

Data Type	**Totals**
No. Sessions (Open Days)	42
Minimum Attendances / Interventions **(Feb 2022 to March 2023)**	**1431**

Solution Focussed Therapy One-To-One Sessions

As part of the services provided through Project 229, **Solution Focused Therapy (SFT)** is a brief intervention enabling clients to identify their **preferred pathway and 'best hopes' for the future**. It looks towards problem solving rather than past difficulties.

The qualified practitioner is a volunteer, so the only costs are for clinical supervision and room hire. Working in a collaborative project ensures that where SFT is not the most appropriate support, clients can be referred on to counselling or other appropriate services. For clients who are wanting to find a way forward but who are feeling 'stuck', it is an **effective and helpful way to create sustainable change**.

These sessions have been invaluable to Project 229 clients, many of whom are **referred to SFT through other service providers**. During this reporting period at least **21 people have been supported**.

Other Project 229 Activities / Services

Project 229 continues to offer a **bursary scheme** encouraging groups to provide free of charge places for individuals who would otherwise struggle to access their services. This is on a **professional referral** basis only via Project 229.

Project 229 **works with a network of partners to improve referral pathways** and understands that many people who require support have multiple and complex needs. When organisations and projects are willing to work together people are more likely to gain improved support and access to services.

Project 229 has continued working with services to **develop online referral forms** for groups that could be used for self / professional referrals. These now include:

- Well Woman Workshop: https://www.project229.org/wellwoman
- The Art Well: https://www.project229.org/artwell
- The Net: https://www.project229.org/thenet
- Solution Focussed Therapy: https://tinyurl.com/besthopes

Project 229 continues to produce **newsletters, advertising, social media content and press releases** to promote the services and activities that run at or are supported by the centre.

www.project229.org/whatsonnow

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;

contribution made by volunteers.

Many of the **activities and services at Project 229 would not be able to run without the dedicated support of volunteers** from the community. Volunteers support Project 229 to manage the administrative work associated with running the project including general admin, invoicing, and other finance support.

During this year some of the project volunteers have **continued working remotely** to support Project 229's admin function. This includes **finance support and invoice creation**. We are also thankful for the support of volunteers who help specific services. One volunteer has the role of taking **SPACE families through the induction process** once referrals come in. Other volunteers help the function of **The Art Well** and many of our other support services. One volunteer (trained by BRIEF) provides Project 229's **Solution Focussed Therapy** service.

Project 229 has begun to create **new referral pathways for Café volunteers** in partnership with **The Art Well and the Well Woman Workshop**. The aim is to support people as they move on with their journey through services towards their personal goals (including confidence building, gaining experience or working towards paid employment).

We want to also thank **supporters from some of our donor / fundraising groups** who not only raise funds but provide **practical support** at our community centre, including sweeping up the leaves outside and continuing to keep on top of our seasonal planting!

Without the continued **contribution by our donor** (who wishes to remain anonymous) of the use of his **land and outdoor swimming facilities**, we would not have been able to continue to provide the **Summer Activities** that the young people from **SPACE** enjoy so much.

Project 229 is also indebted to **groups, organisations and individuals** who have raised funds to support the work of the project throughout 2022 and 2023.

Project 229 has continued **developing the website** to include information about other services and activity programmes including pages for the services offering **more intensive support**.
www.project229.org (see various menus)

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Statement from The Trustees: Lionel Stewart MBE (Chair)

Project 229 continues to go from strength to strength, having weathered the storm of COVID-19 I am confident that we are stronger and more resilient than before.

Our dedicated team of staff and volunteers continue to be our backbone and together with Beccy (Project manager) I believe we can reach even greater heights.

I am thankful for all the support that our experienced trustees give the project.

It is clear from the increase of footfall that project 229 is a major part of the community of Kempston and a much-needed resource.

Section E Financial review

Brief statement of the charity's policy on reserves	The Trustees have set aside some money which was given to Project 229 by The Ibbett Trust (Now Bedfordshire Charitable Trust) to put into reserves. The Trustees are considering additional funds to include in the charity's reserves. The policy on reserves will aim to set aside enough money to meet potential needs, such as an unexpected drop in income, major repairs or equipment replacement and building works. This will be made separate from the charity's general reserves.
Details of any funds materially in deficit	The funding stream that runs in arrears is SPACE funded by The Harpur Trust. This is not a material deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;

investment policy and objectives including any ethical investment policy adopted.

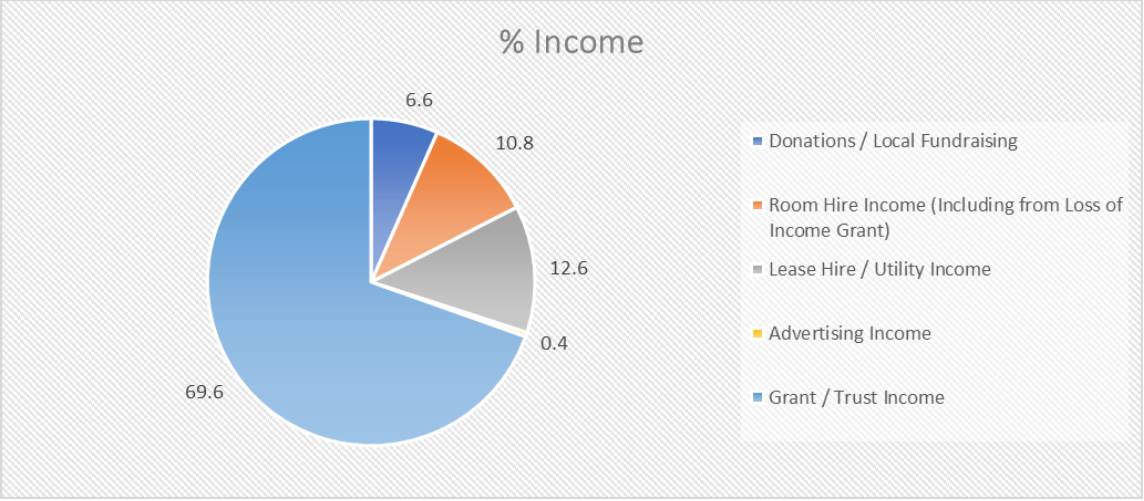
Local Fundraising and Donations including:

- **Kempston Town Council:** Donation from Mayor
- **Rotary Club of Bedford Park:** Donation from Art Event (Paint Bedford) for The Art Well
- **Rotary Club of Bedford Park:** Donation for SPACE
- **Woodfines LLP:** Donation to Project 229
- **A L and G Abbott:** Donation to Project 229
- **Bedford and County Golf Club:** Fundraised Donation to Project 229
- **Hub Club Community Café:** Not-for Profit Café and Warm Space at 229

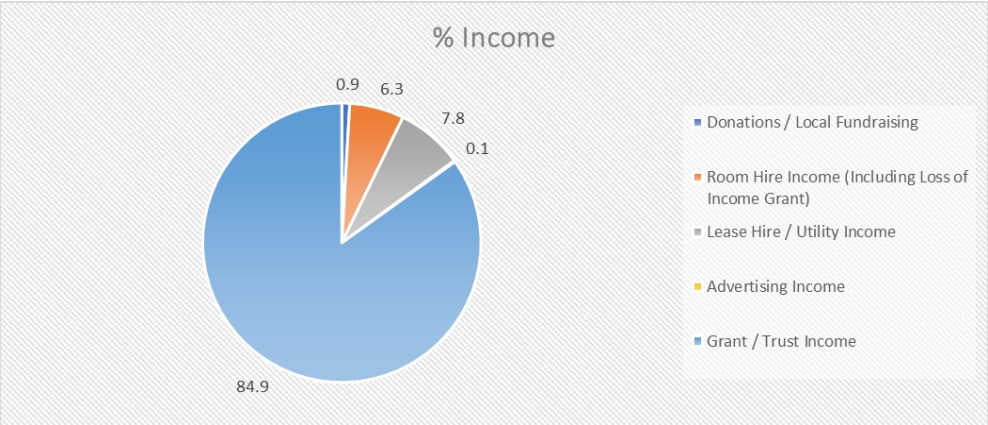
Grants including:

- **The Harpur Trust**: continued funding for SPACE
- **The National Lottery Community Fund:** for The Art Well
- **Panacea Charitable Trust** Mixed Project Grant
- **KFC Foundation:** for SPACE Youth projects
- **Bedfordshire Luton Community Foundation** (BLCF) Sustainability Grant for SPACE

The chart (below) shows the % of different **income types recorded in 22/23** and does not include brought forward income from 21/22.



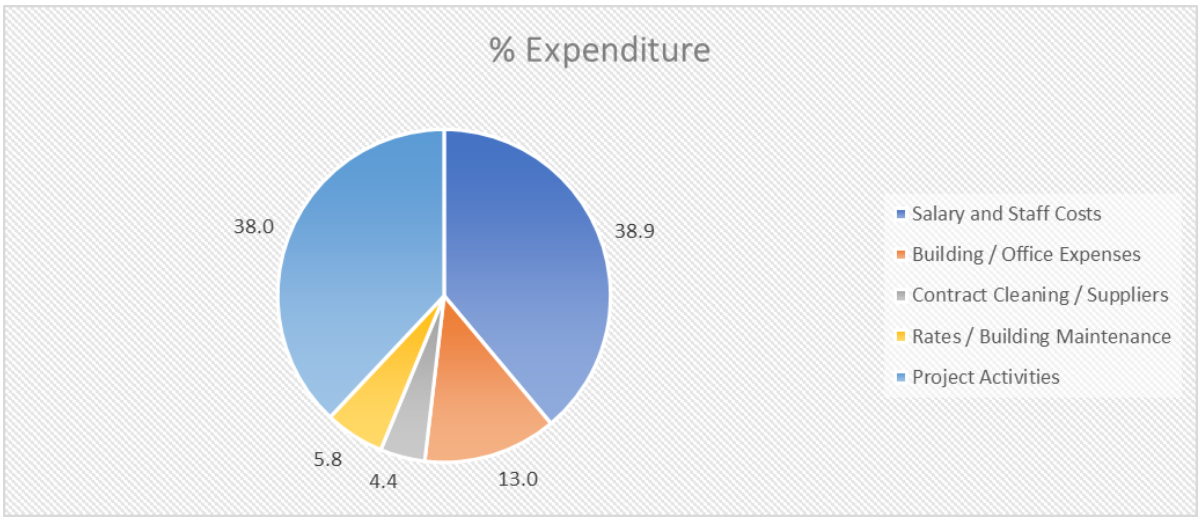
The chart (below) shows the percentage **income from 20/21** as a comparison.



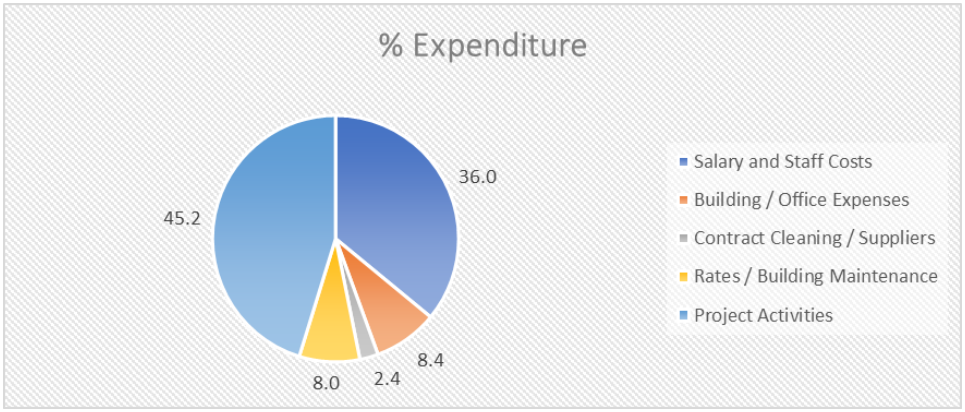
Project 229 **gained more income in 22/23 from room hire and lease hire** as most groups returned to face-to-face provision.

Donations and local fundraising also **increased in 22/23** compared to the previous year.

The chart (below) shows the % of different **expenditure types recorded in 22/23.**



The chart (below) shows the percentage **income from 21/22** as a comparison.



In **22/23 some expenditure costs increased** as services returned to face-to-face provision. Rates such as utilities costs went up.

Project 229 became liable to pay a building lease fee from March 2023.

This forms part of a lease set up with the Bedfordshire Charitable Trust for the ongoing long-term use of Project 229 for providing community services.

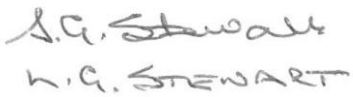
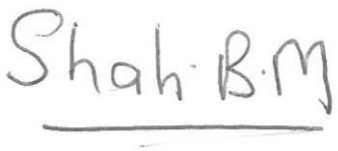
Staffing and **Project Activity costs** continue to be Project 229's greatest expenditure.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Lionel Stewart	Bipinchandra Shah
Position (e.g., Secretary, Chair, etc)	Chair of Trustees	Trustee
Date	31/01/2024	

CHARITY COMMISSION FOR ENGLAND AND WALES

Project 229			No (if any) 1178577
Receipts and payments accounts			**CC16a**
For the period from	01 April 2022	**To**	31-Mar-23

Section A Receipts and payments

	Unrestricted funds to the nearest £		Restricted funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
DONATIONS / LOCAL FUNDRAISING	11,605	-	1,773	13,378	1,568
GROUP ROOM HIRE	21,873	-	-	21,873	10,888
LEASE HIRE / UTILITY INCOME	25,379	-	-	25,379	13,343
OTHER- SPECIFIC PROJECT INCOME	-	-	-	-	-
ADVERTISING INCOME	845	-	-	845	245
GRANT/ TRUST INCOME	-	-	140,628	140,628	145,952
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	59,702	-	142,401	202,103	171,996
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	59,702	-	142,401	202,103	171,996
A3 Payments					
SALARY	37,561	-	29,151	66,712	55,326
BUILDING / OFFICE EXPENSES	16,302	-	5,916	22,219	12,994
CONTRACT CLEANING /SUPPLIERS	7,459	-	-	7,459	3,721
RATES / BUILDING MAINTENANCE	9,932	-	-	9,932	12,232
PROJECT ACTIVITIES	7,293	-	57,844	65,137	69,561
		-	-	-	-
		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	78,547	-	92,912	171,459	153,834
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	78,547	-	92,912	171,459	153,834
Net of receipts/(payments)	- 18,846	-	49,490	30,644	18,162

A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	- 3,980	-	101,279	97,299	79,138
Cash funds this year end	- 22,826	-	150,769	127,943	97,300

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	-	-	-
		Agreement Error	OK	Agreement Error

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

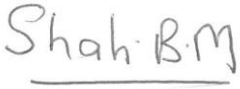
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
			-	
			-	

		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Lionel Stewart	31/01/2024
	Bipinchandra Shah	31/01/2024

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees

Charity Name: PROJECT 229

On accounts for the year ended: 31 MARCH 2023

Charity no (if any): 1178577

Set out on pages: 1 AND 2 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [ ] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: S Stephen Simpson **Date:** 31/01/2023

Name: STEPHEN SIMPSON

Relevant professional qualification(s) or body: FCCA

(if any):	
Address:	61 HARPUR STREET
	BEOFORD
	MK40 2SS

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

PROJECT 229

England & Wales - Charity number 1178577

Accounts

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1st	April	2021		31st	March	2022

Section A Reference and administration details

Charity name

PROJECT 229
227-229 Bedford Road
Kempston, MK42 8DA

Other names charity is known by	N/A
Registered charity number (if any)	**1178577**

Charity's principal address	Project 229,	
	227-229 Bedford Road	
	Kempston, Bedford	
	Postcode	**MK42 8DA**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lionel Stewart*	Chair of Trustees		
2	Helen Sismey-Durrant*	Deputy Chair		
3	Sharon Griffiths*	Safeguarding		
4	Bipinchandra Shah*	General		
5	Frank McMahon	Finance		
	*Founding Trustee			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Rebecca Campbell-Grieve: Project 229 Manager

Section B Structure, governance, and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (e.g., appointed by, elected by)	Appointed by Project 229 / confirmed by trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
- the charity's organisational structure and any wider network with which the charity works.
- relationship with any related parties.
- trustees' consideration of major risks and the system and procedures to manage them.

Project 229's *building is owned by The Bedfordshire Charitable Trust (formerly The Ibbett Trust) whose founder 'Clifton Ibbett' had a vision to develop high quality, accessible facilities for the local community.*

Project 229 was officially launched in February 2005 *after a 2-3-year period of development, building extension and renovation. Project 229 was originally part of a national charity (Spurgeons) until 31st March 2014 and became care of The Ibbett Trust from April 2014.*

Project 229 worked towards ***independent charitable status*** *with support from The Bedfordshire Charitable Trust and The CVS Bedford. The Project was* ***founded as an independent Charitable Incorporated Organisation on 31st May 2018****.*

Project 229 hosts organisations **running activities and services for the benefit of the local community.** The Project also runs activities and services and is part of several partnership groups across the Borough.

Project 229 has been part of the Voluntary Organisations Consortium for Young People and Families (VOC ypf) and works with support from the Council for Voluntary Services (CVS) Bedford. Project 229 is also part of the Small Charities Forum run by Bedford and Luton Community Foundation (BLCF) and Bedfordshire Advice Forum (BAF). Project 229 is part of the Bedford Borough Solution Focused Practitioners Group and is represented at other meetings and forums with specialist areas of work.

Project 229 (CIO) has 5 Trustees (4 of whom are founding Trustees).

In January 2022, the Project 229 Policies and Procedures were revised / reviewed by the Trustees.

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

1. *To **benefit the residents of Kempston and surrounding areas**, by working with local authorities, voluntary and other organisations, and local people to advance education and to **provide facilities** in the interests of social welfare for recreation and leisure with the **objective of improving the conditions of life for the residents**.*
2. *To **promote social inclusion** for the public benefit by preventing people from becoming socially excluded (for one or more reasons), supporting people who are socially excluded and **assisting them to integrate into society**.*
3. *Such **charitable purposes for the public benefit** as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time determine.'*

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Project 229 Charity trustees 'have regard' to the Charity Commission's public benefit guidance when carrying out activities to which it's relevant.

Project 229 is open as a **pro-active community centre** from Monday to Saturday for activities and services to run for the benefit of the local community. During 1st April 2021 to 31st March 2022 **a café** occupied a small part of the overall centre, run by a Community Interest Company (CIC). **Bake.** aims to provide opportunities for people to gain experience and training to help enable them to get into / back into employment.

The café benefits the community and provides additional services which help to further the charity's charitable purposes. The Café acts as an accessible 'front door' to the Project - bringing people into the centre and **helping Project 229 to engage with and support the community**. It is a place where individual friendships can flourish and those who feel isolated are made to feel part of the community. In line with a working agreement, the café must meet local needs delivering affordable food and drink of a high standard and offer affordable healthy options and have the quality and range that will attract the public.

The **COVID-19 Pandemic** continued to have a big impact on the café which stayed open when possible, during this phase of the pandemic but were not able to further the aims of the CIC with regards to supporting individuals to gain skills and get back into work. Limited staff continued working to keep the café open as much as possible but opening hours were affected.

Project 229: Pro-Active Community Centre:

- As per the previous report, From **April 2020 to March 2021 restrictions were in place** that had to be navigated. This had a huge impact on which groups could run face to face. At the end of the last financial year, from **February to March 2021:** Essential Services, Vulnerable Groups and Essential Work based Training were allowed to run.

Limitations for face-to-face work in Community Centres included:

- **Earliest 12th April 2021:** Community Centres allowed to open more fully.

- **Earliest 17th May 2021:** Organised Indoor Sport allowed to run.
- **21st June 2021:** Proposed relaxing of Covid-19 rules.
- **December 2021:** Covid-19 numbers increased rapidly and were very high locally (Bedford Borough). Some funded programmes had to be cancelled.

Month	% Loss of income Covered by Grant	% Room Hire Income at 229
APR 2021	53	47
MAY 2021	31	69
JUN 2021	44	56
JUL 2021	39	61
AUG 2021	50	50
SEP 2021	36	64
OCT 2021	28	72
NOV 2021	22	78
DEC 2021	45	55
JAN 2022	16	84
FEB 2022	16	84
MAR 2022	16	84

Project 229 had been able to gain a **grant to support the loss of income due to Covid-19** based on the rateable value of the property. Part of the grant went to Bake. to support their loss of income and the rest continued to be used to support the function of Project 229.

This table (left) shows the percentage of **Room Hire Income gained** (during the period April 2021 and March 2022) and the percentage for **loss of income** due to Covid-19 that was covered by the grant. It does not include other income including office rental / contributions to utilities and specific projects.

The percentage of room hire income had been **20% in April 2020 and grew to 38% by March 2021**. It was encouraging to see the room hire income grow from **47% in April 2021 to 84% in March 2022.**

Project 229 had previously gained a **COVID Emergency Fund grant** from Bedfordshire Luton Community Foundation (**BLCF**) to enable the continuation of **The Art Well** (for positive mental health) and to enable the Project Manager to develop **Covid-safe facilities and safer systems** to support groups to return to face-to-face function when government guidelines allowed. This work had included the development of booking systems including a **COVID-safe Risk Assessment pack and procedure** for groups and activity providers. The Project Manager has continued to support groups throughout this period with site visits and safe system development to ensure that those returning (and their clients) could be confident that the facilities and services were as Covid-safe as possible. The remainder of the grant was fully spent and closed within the 21/22 financial year.

Groups and activity providers continued to show **huge resilience** throughout this time, thinking creatively, and adapting provision where possible to continue to provide services for those who needed them most. For many this involved running **both face to face and online services**.

Face-to-face Provision at 229 (not including café stats or public annual events)	No.
No. Different Organisations	23
No. of Activity Types	45
No. of subsidised sessions (where a percentage of costs were funded / there was a reduction in cost by Project 229)	120
No. of fully funded sessions	178
No. of face-to-face sessions at 229	**1062**
Attendances (based on actual and estimated)	**6247**

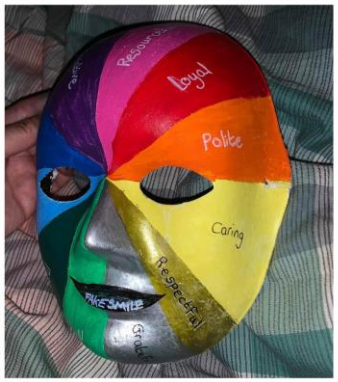
Alternative Covid-19 Provision (Online etc.)	No.
No. Different Organisations	20
No. of Activity Types	27
No. of Online Sessions	280
No. of Other Alternative Sessions (e.g., outside / alternative venue)	197
Attendances (based on actual and estimated)	2649

Total no. of sessions	**1539**
Attendances (based on totals of actual and estimated)	**8896**

Year Comparison	Face to Face	Alternative	Total	Percentage Increase from previous year
19/20	1187	0	**1187**	
20/21	361	925	**1286**	**8%**
21/22	1062	528	**1539**	**20%**

The statistics above include the services that have reported back to us. They **do not include** all the **informal / incidental / additional support services provided during this time** including those who benefited from the café service or attended annual public events. Despite face-to-face delivery still being affected this year, the statistics show an **increase in services being offered overall** and the continued **resilience and creativity** of service providers in enabling people to access through face to face and alternative provision.

Project 229 continue to **support the start-up of New Groups** and activities with advice on safe set-up, sustainability and provides knowledge of the local area. The Project also provides advertising / design support for new activities that have a responsibility to publicly advertise their community services. (There are some groups who may not advertise due to the sensitive nature of the group). Support may also extend to working in partnership and applying for **joint funding bids** or providing support to those fundraising for their start-up costs.



The Art Well (Launched in September 2019): An Arts for Health group for adults with **mental health** or **social isolation needs** is run by Art Psychotherapist Marion Major. The service was developed in response to the need for more Mental Health provision as services had either ceased to exist operating huge waiting lists. The Art Well provides an **accessible service improving mental health** through creativity.
www.project229.org/artwell

The Art Well, which runs a referral group, peer support group and an online group, was at risk of closure as major funders continued to work through a huge backlog of

applications during the pandemic. Thanks to the **Bedfordshire and Luton Community Foundation**, The Art Well was able to continue running from April to August, when the service was successful in gaining 3-year funding from **The National Lottery Community Fund**.

Face to Face Art Well Sessions	110
Attendances	541
Online / Alternative Art Well Sessions	42
Attendances	336
Total Sessions (21/22)	**152**
Total Attendances (21/22)	**877**

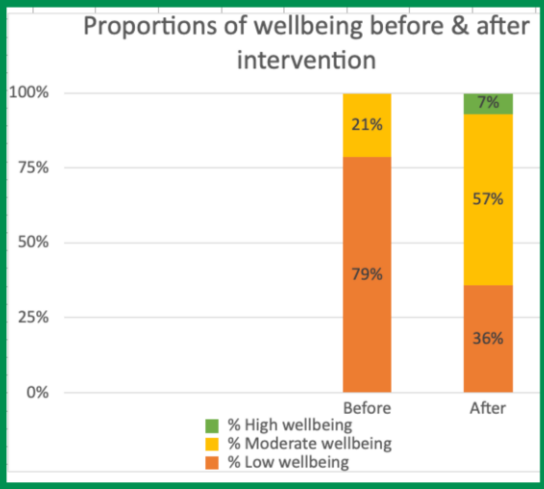
The following data is taken from the Art Well funder report **Sept 21 to Aug 22**

12 Group WEMWBS Data

	Before	After	Change
Total no. of responses	14	14	
% High wellbeing	0%	7%	
% Moderate wellbeing	21%	57%	
% Low wellbeing	79%	36%	
Mean score	38.5	46	7.93

The biggest areas of change were in increased energy, clearer thinking, feeling closer to other people and feeling confident.

Meaningful change for WEMWBS is a change of 8+



Number of people with a meaningful positive change (%)	9	64.3%
Number of people with a meaningful negative change (%)	0	0.0 %

The Art Well uses nationally recognised **health and wellbeing outcome measures** (CORE and WEMWBS), as well as feedback forms. Where possible they complete **WEMWBS (Warwick and Edinburgh Wellbeing Scale)** outcome measure data throughout the 12-week group and Peer Group and use qualitative feedback from the online group. The **CORE (Clinical Outcomes in Routine Evaluation**) form, which looks at the areas of wellbeing, problem solving, functioning and risk, is used at the assessment stage to help clarify the areas that are more difficult and those which might be slightly easier. The service has found over time is that the WEMWBS data are easier to analyse and gives clearer information on the changes.

Managed Peer Support Group WEMWBS Data: Peer Group supports those who would benefit from a longer-term intervention after the 12-week group. The data

show smaller changes in wellbeing compared with those in the 12-week group. Scores indicate a tendency to plateau, due to reasons such as:

- Long term physical health conditions
- Being a parent carer of SEND children
- Long term mental health diagnoses that means there will be fluctuations

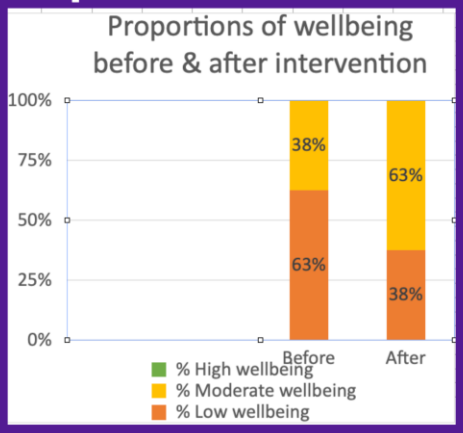
Managed Peer Support Group WEMWBS Data

	Before	After	Change
Total no. of responses	8	8	
% High wellbeing	0%	0%	
% Moderate wellbeing	38%	63%	
% Low wellbeing	63%	38%	
Mean score	42.0	46	3.88

From the data, the biggest areas of change were in feeling good about myself, feeling confident and feeling interested in new people.

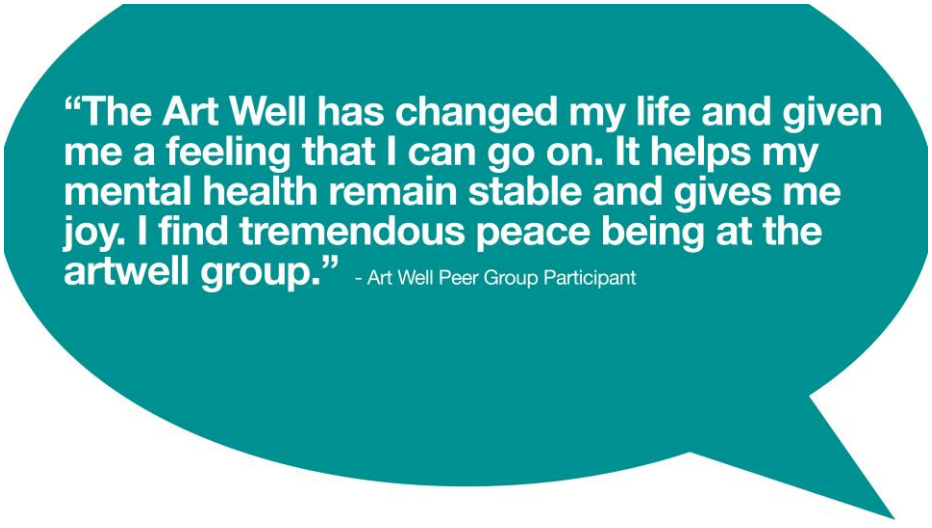
The smallest areas of change were in feeling useless, thinking clearly and interested in new things.

Meaningful change for WEMWBS is a change of 8+



Number of people with a meaningful positive change (%)	3	7.5%
Number of people with a meaningful negative change (%)	1	2.5%

The Art Well recognised that an approach of **'maintaining mental health and wellbeing'** for some participants, was as important at this stage of the pandemic as their founding approach of 'improving mental health and wellbeing'.



The Art Well has grown and **developed new ways of working** and is continuing to support **many more people** than it as before the start of Covid-19.

Project 229 has continued to manage the **SPACE Project**, to support **young people aged 9-16 (school year 5 and up) in Bedford Borough who have been impacted by Domestic Abuse**. www.project229.org/space

In 21/22, SPACE's main funder was **The Harpur Trust**.

Before the COVID-19 pandemic started, the SPACE team had been **considering the benefits of developing small-group activities**. The pandemic provided an **opportunity to pilot** SPACE Bubbles which proved to be effective in developing peer support and positive relationships with staff. This model has been retained in 21/22

Planets: Planets are mini youth clubs that run fortnightly during term time, the members of each planet make decisions collaboratively about what they will do during their sessions.

- Support up to **10 young people per session**.
- During the year **six individual planets** have operated
- In total, **53 young people** have engaged in a Planet.
- **85 sessions** have been run.

Therapeutic Groups: In partnership with various organisations and funders, SPACE piloted two therapeutic interventions; Therapeutic dance (in partnership with **Mark West Fund**) & Group Play Therapy (in partnership with **ECP/One YMCA**) These groups:

- ran for **between 6 and 10 weeks**
- supported **12 young people**.

One to One Support: Individual support offered to young people and provided by the trainee counsellor and SPACE Youth Worker.

- **78 hours of one-to-one work** have been provided to young people who require additional support.
- **6 young people** have been provided with individual support
- An average of 19 sessions provided to an individual young person

Holiday Provision:

- **9 holiday sessions** during the year
- Benefitted **42 young people**
- Activities requested by the young people; laser world, roller skating, canoe trails plus the summer festival.

A supporter from **Bedford Park Rotary Club** continued to **donate the use of his land and outdoor swimming pool** to enable SPACE to run **Covid-safe summer holiday activities** for groups of young people.

Transport:

- **264 journeys** have been provided.
- **39 young** who would have otherwise been unable come to due to lack of access to a vehicle or family were able to attend.

Staff Training:

Staff training has been provided throughout the funding and has covered:

- Annual Training
- Positive Behaviour Management

- **85%** of parents interviewed said their child has **developed new skills** since attending SPACE.
- **51%** of young people have **improved their ability to express their emotions safely** since attending SPACE.
- **SPACE staff have observed and reported** that the young people are now able to apply themselves easily to the task of **collaborative activity planning**, they **have improved their ability to negotiate with others** and are beginning to **take the initiative** and work towards making the final decisions collectively.
- **53%** of parents identified **the staff** as the best thing about SPACE.
- **73%** of young people who attend SPACE **know they are not alone** in their experiences at home.

University of Stirling partnership gained funding to **research the impact of SPACE as an innovative service supporting young people impacted by domestic abuse** over a period of **3 years** (starting this in 2021). An initial report was written this year: 'Developing the Evidence Base for Children and Families Affected by Domestic Abuse: SPACE Bedford' (*Interim report: Sept 2020 – Feb 2022)*

Other Funded and Commissioned Projects at 229:

In 2021/2022 Project 229 was **commissioned to create** an **activity programme**

HAF Easter Programme: for **SEND children** and those **in receipt of income related free school meals**

- **18 sessions** offered
- **161** attendances

Sessions included

- **'Cook Along'** with a fine dining catering chef
- **Dance and Movement**
- **Bitesize Boxing**
- **Performing Arts** (Dance / Drama / Musical Theatre)
- **Musical Theatre**
- **Art Sessions**

Additional Support for those on Free School Meals (Easter)	No.
No. of Slow Cookers Delivered	18
No. of £10 Food Vouchers Distributed for Cook Along	16

HAF Summer Activities

- **20 sessions** offered
- **101** attendances

Sessions included:

- **Rise and Shine** and Stretch Balance Unwind
- **'Cook Along'** with a fine dining catering chef
- **BoxFit** Sessions

Additional Support for those on Free School Meals (Summer)	No.
No. of £10 Food Vouchers Distributed for Cook Along	16

HAF October Half Term Activities

- **9 sessions** offered (online/ face to face)
- **82** attendances

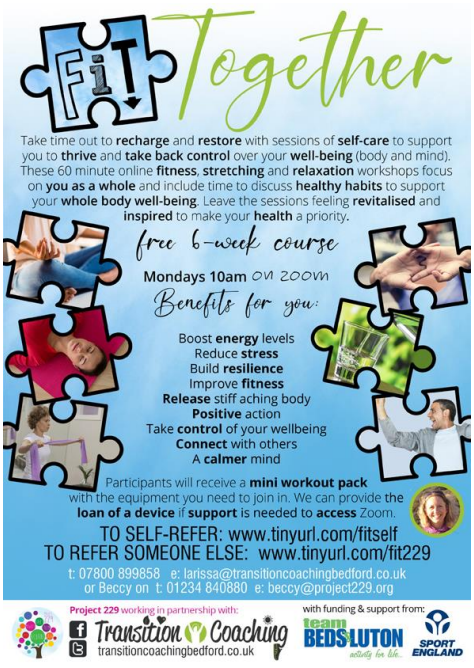
Sessions included:

- **'Cook Along'** with a fine dining catering chef
- **Baking Workshop**
- **Create Explore:** Performing Arts
- **Mindful Moves** (Calmer / Smaller/ Quieter face to face activities)

Additional Support for those on Free School Meals (October)	No.
No. of £10 Food Vouchers Distributed for Cook Along	11

HAF December Christmas Activities

The majority of the HAF activity programme had to be cancelled due to a spike in Covid cases in Bedford Borough. A couple of sessions were able to continue as they were online.



Fit Together Programme:
Project 229 gained **Sport England** funding through **Team Beds and Luton** to run some online sessions for people struggling to reconnect and stay active during this phase on the pandemic. The project worked with **Transition Coaching** to deliver the sessions.

Free equipment was delivered to participants to aid accessibility. Self-referrals as well as professional referrals were encouraged. **The health and wellbeing needs of the participants were varied and complex.** Sessions were adapted for participants as necessary.

Some '**Relax, Release, Restore'** sessions were offered for participants.

Activity Type	Sessions	Attendances
FIT TOGETHER and RELAX RELEASE RESTORE	16	56

Project 229 continued to participate in the **Bedford Borough Working Group** aiming to tackle **food and fuel poverty** in the area. The group worked on a **'No To Hunger' Campaign** in partnership with other local organisations. **Slow Cookers** were given to families in need.

Project 229 continued to work **with local Chefs** to develop recipe videos to encourage families to make nutritious food on a budget.

Project 229 continues to offer a **bursary scheme** encouraging groups to provide free of charge places for individuals who would otherwise struggle to access their services. This is on a **professional referral** basis only via Project 229.

Project 229 **works with a network of partners to improve referral pathways** and understands that many people who require support have multiple and complex needs. When organisations and projects are willing to work together people are more likely to gain improved support and access to services.

Project 229 started working with services to **develop online referral forms** for groups that could be used for self / professional referrals including:

- Well Woman Workshop: https://www.project229.org/wellwoman

Project 229 continues to produce **newsletters, advertising, social media content and press releases** to promote the services and activities run at / supported by the centre. www.project229.org/whatsonnow

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Many of the **activities and services at Project 229 would not be able to run without the dedicated support of volunteers** from the community. Volunteers support Project 229 to manage the administrative work associated with running the project including general admin, invoicing, and other finance support.

During this stage of the pandemic, some of the project volunteers have **continued working remotely** to support Project 229's admin function. This includes **finance support and invoice creation**. We are also thankful for the support of volunteers who help specific services. One volunteer has the role of taking **SPACE families through the induction process** once referrals come in. Other volunteers help the function of **The Art Well** and many of our other support services.

We want to also thank **supporters from some of our donor / fundraising groups** who not only raise funds but provide **practical support** at our community centre, including sweeping up the leaves outside and keeping on top of our seasonal planting!

Without the **contribution by our donor** (who wishes to remain anonymous) of the use of his **land and outdoor swimming facilities**, we would not have been able to continue to provide the **Summer Activities** that the young people from **SPACE** enjoyed so much.

Project 229 is also indebted to **groups, organisations and individuals** who have raised funds to support the work of the project throughout 2021 and 2022.

Project 229 has continued **developing the website** to include information about other services and activity programmes including pages for the services offering **more intensive support**. www.project229.org (see various menus)

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Statement from The Trustees: Lionel Stewart MBE (Chair)

Very much like last year, I am absolutely astounded at the way that as an organisation we have faced (head on) all the problems that the aftermath of Covid has hit us with. Project 229 continues to support the many residents of Kempston that otherwise would have to travel to find the kind of support that we offer.

We are grateful to have received financial help to help us through the Covid period and although things are beginning to get back to some kind of normality, I think the experience has made us stronger and more aware of the needs of others.
I am grateful to our team of trustees who all find time in their otherwise busy lives to support not just myself and Beccy (Project Manager) but also the many groups that use the building.

The selfless dedication of our staff volunteers and partner organisations is our biggest asset - all of whom are moulded into an excellent team by Beccy. For that I am eternally grateful.

Having ridden the storm of Covid reasonably well, we are now faced with the financial challenge of increased cost of services, something which we are mindful of and need to keep a close eye on.

For the future, we will I am sure see more groups needing our support and advice. Project 229 to me is a flagship of community service for the people of Kempston and long may it stay so.

Section E Financial review

Brief statement of the charity's policy on reserves

The Trustees have set aside some money which was given to Project 229 by The Ibbett Trust (Now Bedfordshire Charitable Trust) to put into reserves. The Trustees are considering additional funds to include in the charity's reserves. The policy on reserves will aim to set aside enough money to meet potential needs, such as an unexpected drop in income, major repairs or equipment replacement and building works. This will be made separate from the charity's general reserves.

Details of any funds materially in deficit

The funding stream that runs in arrears is SPACE funded by The Harpur Trust. This is not a material deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

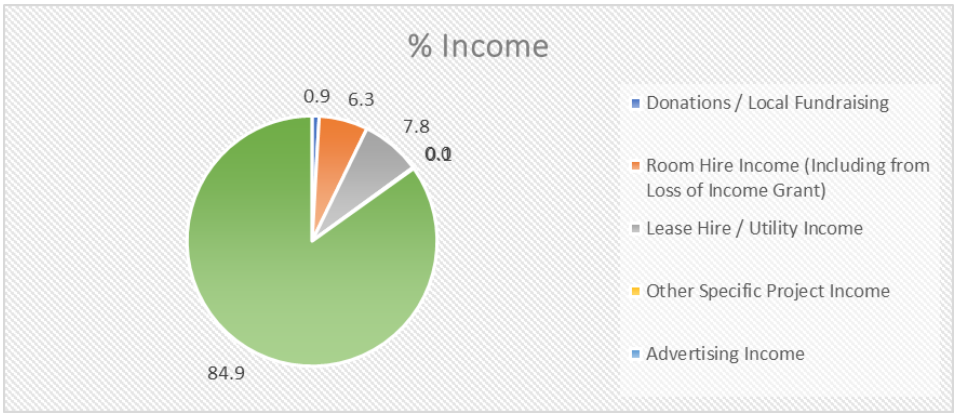
Local Fundraising and Donations including:

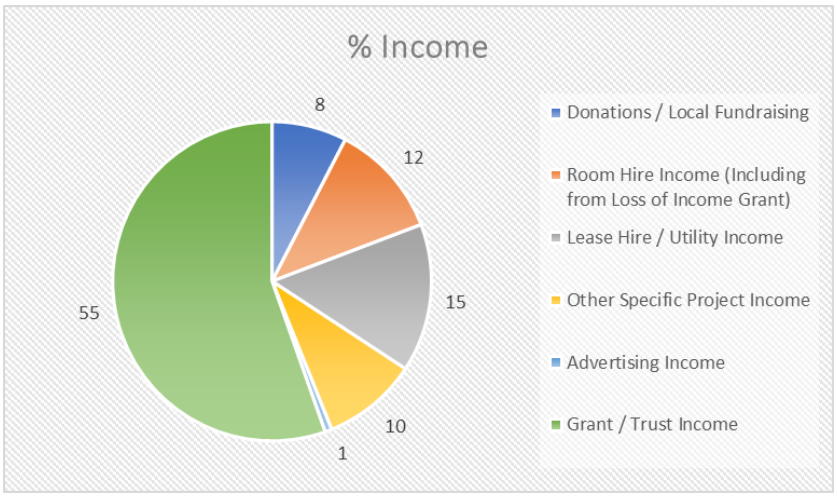
- **Rotary Club of Bedford Park**: for SPACE
- **AL&G Abbott**: for Project 229
- **Anonymous Donation**: to support SPACE family

Grants including:

- **BLCF NET Coronavirus Fund**: for The Art Well / 229
- **The Harpur Trust**: continued funding for SPACE
- **Kempston Charities**: for The Art Well
- **Bedford Borough Council**: for Project 229 (No To Hunger)
- **Bedford Borough Council**: Business COVID Support Grant
- **Sport England / Team Beds and Luton** for Fit Together
- **Youth Empowerment Fund (Beds)** for SPACE Animation Project
- **Youth Empowerment Fund (Beds)** for SPACE Swimming and Residentials
- **HAF Bedford Borough** funding for activities
- **SEND Bedford Borough** funding for activities
- **Panacea Charitable Trust** for SPACE activities
- **The National Lottery Community Fund:** for The Art Well

The chart (below) shows the % of different **income types recorded in 21/22** and does not include brought forward income from 20/21. The Grant / Trust Income includes the Grant to support loss of income (netted off in Expenditure as room hire income is invoiced monthly).

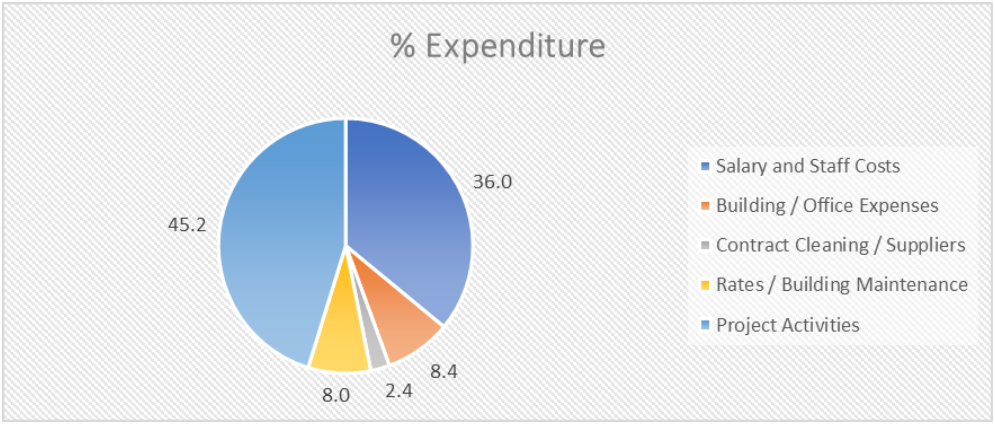


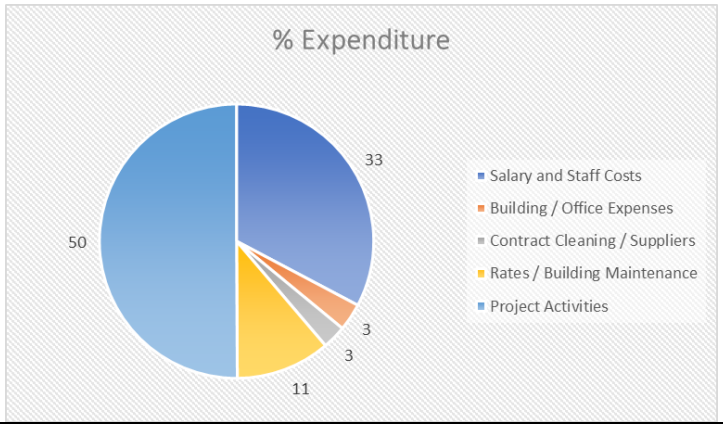


The chart (left) shows the percentage **income from 20/21** as a comparison.

Project 229 **gained more grant income in 21/22** and **less income from room hire** and local fundraising. This is part of **the impact of this stage of the pandemic**. Note: The last 3 months of room hire 21/22 income also fell into the 22/23 accounts which has had an impact on the room hire income figure.

The chart (below) shows the % of different **expenditure types recorded in 21/22.**





The expenditure breakdown is less dramatically different between the two years.

In **21/22 some expenditure costs decreased** because of the pandemic and (for example) rate reduction from government / local council.

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	L.G. Stewart L.G. STEWART	Shah B.M
Full name(s)	Lionel Stewart	Bipinchandra Shah
Position (e.g., Secretary, Chair, etc)	Chair of Trustees	Trustee

Date	31/01/2023

CHARITY COMMISSION FOR ENGLAND AND WALES

Project 229	No (if any)

Receipts and payments accounts

CC16a

For the period from	01 April 2021	To	31-Mar-22

Section A Receipts and payments

	Unrestricted funds to the nearest £		Restricted funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
DONATIONS / LOCAL FUNDRAISING	500	-	1,068	1,568	36,077
GROUP ROOM HIRE	10,888	-	-	10,888	22,662
LEASE HIRE / UTILITY INCOME	13,343	-	-	13,343	6,368
OTHER- SPECIFIC PROJECT INCOME	-	-	-	-	18,116
ADVERTISING INCOME	245	-	-	245	-
GRANT/ TRUST INCOME	-	-	145,952	145,952	81,768
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	24,975	-	147,020	171,996	164,991
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	24,975	-	147,020	171,996	164,991
A3 Payments					
SALARY	31,586	-	23,741	55,326	54,273
BUILDING / OFFICE EXPENSES	2,881	-	10,114	12,994	5,374
CONTRACT CLEANING /SUPPLIERS	2,031	-	1,690	3,721	4,629
RATES / BUILDING MAINTENANCE	6,877	-	5,355	12,232	18,395
PROJECT ACTIVITIES	1,489	-	68,072	69,561	82,456
		-	-	-	-
		-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	44,863	-	108,971	153,834	165,127
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	

Sub total	-	-	-	-	-
Total payments	44,863	-	108,971	153,834	165,127
Net of receipts/(payments)	- 19,888	-	38,049	18,162	- 136
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	15,908	-	63,230	79,138	79,273
Cash funds this year end	- 3,980	-	101,279	97,300	79,137

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	-	-	-
		Agreement Error	OK	Agreement Error

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Details	Fund to which liability relates	Amount due (optional)	When due (optional)

B5 Liabilities

		-	
		-	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
L.G. Stewart L.G. STEWART	Lionel Stewart	**31/01/2023**
Shah B.M	Bipinchandra Shah	**31/01/2023**

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name: PROJECT 229

On accounts for the year ended: 31 MARCH 2022

Charity no (if any): 1178577

Set out on pages: 1 AND 2 (remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of [insert name of applicable listed body]]. *Delete [ ] if not applicable.*

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: Stephen Simpson **Date:** 31/01/2023

Name: STEPHEN SIMPSON

Relevant professional qualification(s) or body: FCCA

(if any):	
Address:	61 HARPUR STREET
	BEDFORD
	MK40 2SS

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

PROJECT 229

England & Wales - Charity number 1178577

Accounts

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1st	April	2020		31st	March	2021

Section A Reference and administration details

Charity name	**Project 229**
Other names charity is known by	N/A
Registered charity number (if any)	**1178577**

Charity's principal address

Project 229,	
227-229 Bedford Road	
Kempston, Bedford	
Postcode	**MK42 8DA**

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Lionel Stewart*	Chair of Trustees		
2	Helen Sismey-Durrant*	Deputy Chair		
3	Sharon Griffiths*	Safeguarding		
4	Bipinchandra Shah*	General		
5	Frank McMahon	Finance		
	*Founding Trustee			

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Rebecca Campbell-Grieve: Project 229 Manager

Section B Structure, governance, and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Charitable Incorporated Organisation (CIO)
Trustee selection methods (e.g., appointed by, elected by)	Appointed by Project 229 / confirmed by trustees

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees.
- the charity's organisational structure and any wider network with which the charity works.
- relationship with any related parties.
- trustees' consideration of major risks and the system and procedures to manage them.

Project 229's building is owned by The Bedfordshire Charitable Trust (formerly The Ibbett Trust) whose founder 'Clifton Ibbett' had a vision to develop high quality, accessible facilities for the local community.

Project 229 was officially launched in February 2005 after a 2-3-year period of development, building extension and renovation. Project 229 was originally part of a national charity (Spurgeons) until 31st March 2014 and became care of The Ibbett Trust from April 2014.

Project 229 worked towards **independent charitable status** with support from The Bedfordshire Charitable Trust and The CVS Bedford. The Project was **founded as an independent Charitable Incorporated Organisation on 31st May 2018**.

Project 229 hosts organisations **running activities and services for the benefit of the local community.** The Project also runs activities and services and is part of several partnership groups across the Borough.

Project 229 has been part of the Voluntary Organisations Consortium for Young People and Families (VOC ypf) and works with support from the Council for Voluntary Services (CVS) Bedford. Project 229 is also part of the Small Charities Forum run by Bedford and Luton Community Foundation (BLCF). Project 229 is part of the Bedford Borough Solution Focused Practitioners Group and is represented at other meetings and forums with specialist areas of work.

Project 229 (CIO) has 5 Trustees (4 of whom are founding Trustees).

During this year more draft policies were created and reviewed.
The Safeguarding Policies had the approved inclusion of two appendices covering:

- Definitions of Abuse
- Procedure for Reporting

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

1. To **benefit the residents of Kempston and surrounding areas**, by working with local authorities, voluntary and other organisations, and local people to advance education and to **provide facilities** in the interests of social welfare for recreation and leisure with the **objective of improving the conditions of life for the residents**.

2. To **promote social inclusion** for the public benefit by preventing people from becoming socially excluded (for one or more reasons), supporting people who are socially excluded and **assisting them to integrate into society**.

3. Such **charitable purposes for the public benefit** as are exclusively charitable according to the laws of England and Wales as the trustees may from time to time determine.'

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The Project 229 Charity trustees 'have regard' to the Charity Commission's public benefit guidance when carrying out activities to which it's relevant.

Project 229 is open as a **pro-active community centre** from Monday to Saturday for activities and services to run for the benefit of the local community. **A Café** occupies a small part of the overall centre and is not being run by the charity, but a separate entity. **Bake.** is a Community Interest Company (CIC). The CIC aims to provide opportunities for people to gain experience and training to help enable them to get into / back into employment.

The café benefits the community and provides additional services which help to further the charity's charitable purposes and enables the focus of the charity remains firmly on its purposes. The Café brings people into the centre and **helps Project 229 to engage with local people**. It is a place where individual friendships can flourish and those who feel isolated are made to feel part of the community. In line with a working agreement, The café must meet local needs delivering affordable food and drink of a high standard and offer affordable healthy options and have the quality and range that will attract the public.

The **COVID-19 Pandemic** had a big impact on the café and during 2020-2021 the café had to close depending on the government guidelines. When possible, the café opened for **takeaway provision** and when otherwise closed to the public, the director continued to **bake for delivery** and creatively **adapt services to continue to meet local needs**.

The **work of the CIC** in supporting individuals to gain skills and get back into work was mostly put on hold during this time as the café support staff were furloughed for large periods. Bake only opened during 19/20 and has been very resilient to continue throughout this challenging time.

Project 229: Pro-Active Community Centre:

Mid-March 2020 saw the start of the Covid-19 Pandemic.
Activities and services ran as usual at Project 229 until March 17th, 2020, when the **COVID-19 Restrictions** started.

From **April 2020 to March 2021 restrictions were in place** that had to be navigated. This had a huge impact on which groups could run face to face.

Limitations for face-to-face work in Community Centres included:

- **April to June 2020:** Essential Services Only (i.e., Foodbank Distribution)
- **July 2020:** Essential Services and Essential Work based Training
- **August 2020:** Essential Services and Closed Groups for Vulnerable People
- **September December 2020:** Essentials, Adult Education, Support Services, Dance / Youth Services
- **January 2021:** Essential, Vulnerable Groups (including. Adult Education)
- **February to March 2021:** Essential Services, Vulnerable Groups and Essential Work based Training

Month	% Loss of income Covered by Grant	% Room Hire Income at 229
APR 2020	80	20
MAY 2020	79	21
JUN 2020	80	20
JUL 2020	77	23
AUG 2020	72	28
SEP 2020	58	42
OCT 2020	42	58
NOV 2020	61	39
DEC 2020	52	48
JAN 2021	66	34
FEB 2021	60	40
MAR 2021	62	38

Project 229 was able to gain a **grant to support the loss of income due to Covid-19** based on the rateable value of the property. Part of the grant went to Bake. to support their loss of income and the rest has been used to support the function of Project 229.

This table (left) shows the percentage of **Room Hire Income gained** and the percentage for **loss of income** due to Covid-19 that was covered by the grant. It does not include other income including office rental / contributions to utilities and specific projects.

Project 229 was successful in gaining a **COVID Emergency Fund grant** from Bedfordshire Luton Community Foundation (**BLCF**) to enable the continuation of **The Art Well** (for positive mental health) and to enable the Project Manager to develop **Covid-safe facilities and safer systems** to support groups to return to face-to-face function when government guidelines allowed. This work included the development of booking systems including a **COVID-safe Risk Assessment pack and procedure** for groups

and activity providers. The Project Manager has supported groups throughout this period with site visits and safe system development to ensure that those returning (and their clients) could be confident that the facilities and services were as Covid-safe as possible.

The funding enabled the Project manager to undertake **building developments** including the installation sanitiser stations and **floor markers** which were designed using a **Solution Focussed approach**. Rather than indicating 'distancing', they provided positive messaging, thought provoking questions and words to encouraging positive action.

Groups and activity providers showed **huge resilience** throughout this time, thinking creatively, and adapting provision where possible to continue to provide services for those who needed them most. For many this involved **moving services 'online' or outside** when guidelines allowed.

Face-to-face Provision at 229	**No.**
No. Different Organisations	16
No. of Activity Types	49
No. of subsidised sessions (where a percentage of costs were funded / there was a 50% reduction in cost by Project 229)	83
No. of face-to-face sessions at 229	**361**

Alternative Covid-19 Provision (Online etc.)	**No.**
No. Different Organisations	11
No. of Activity Types	32
No. of Online Sessions	**796**
No. of Other Alternative Sessions (e.g., outside)	**129**

Total no. of sessions	**1286**

The statistics above include the services that have reported back to us. They **do not include** all the **additional support services provided during lockdown** through **phone support, home-kits, and food deliveries**. Despite face-to-face delivery being hugely affected throughout this year the statistics show the **incredible number of services offered** during this challenging time and is a testament to the **determination and resilience** of all those who persevered and pushed to change, adapt, and make things happen.

Project 229 continue to **support the start-up of New Groups** and activities with advice on safe set-up, sustainability and provides knowledge of the local area. The Project also provides advertising / design support for new activities that have a responsibility to publicly advertise their community services. (There are some groups who may not advertise due to the sensitive nature of the group). Support may also extend to working in partnership and applying for **joint funding bids** or providing support to those fundraising for their start-up costs.

The Art Well (Launched in September 2019): An Arts for Health group for adults with **mental health** or **social isolation needs** is run by Art Psychotherapist Marion Major. The service was developed in response to the need for more Mental Health provision as services had either ceased to exist operating huge waiting

lists. The Art Well provides an **accessible service improving mental health** through creativity. www.project229.org/artwell

Ending of The Art Well Pilot (from Sept 2019 - July 2020) funded by The National Lottery): The Art Well continued with the pilot, moving services online from the start of the first lockdown on 24th March 2020.

From **1st April to 28th July 2020**:

- The Art Well completed **17 sessions online** with the session running **socially distanced outside** at Addison Park.
- There were **8 attendees**, plus **a volunteer**, **facilitator** and **two Art Therapy students** on placement.

The service had already identified in the first six months of the pilot that **longer-term ongoing support**, beyond the initial 12 weeks offered, was needed for many individuals. During the first Covid lockdown it wouldn't have been helpful to stop the group and leave those already struggling so Marion **continued with this group** through to 28th July 2020.

The following groups were funded by Bedford and Luton Community Foundation (BLCF) Emergency / NET Coronavirus grants:

New Tuesday Online Group: On 12th May 2020, The Art Well commenced a second **online group for new referrals.** There were:

- **45 sessions** up to 30th March 2021.
- **15 attendees** over this period plus **a volunteer** (**previously an Art Well client**), **facilitator** and one **Art Therapy student** on placement.

Wednesday Group for New referrals: On 2nd Sept 2020 The Art Well **returned to face-to-face sessions** at Project 229 with a **new group** of referrals. Up to 31st March 2020 there were:

- **30 sessions**, **14 face to face** and **16 online**.
- **10 attendees**. Numbers were limited to allow for social distancing.

Thursday Managed Peer Support Group: This group commenced with those who had previously been in the Art Well pilot and for whom continued support would be beneficial. Already struggling with their mental health and social isolation before Covid, this had been magnified and many other support services had stopped.

The Managed Peer Support Group commenced on 3rd Sept 2020. **Up until 31st March 2021** there were:

- **29 sessions**, **16 online** and **13 face to face** at Project 229
- **8 attendees** plus **a volunteer** and the **facilitator**.

During the pandemic between **1st April 2020** and **31st March 2021,** The Art Well moved from an approach of 'improving mental health and wellbeing' to 'maintaining mental health and wellbeing'.

The Art Well has grown and **developed new ways of working** and is now supporting **many more people** than it was before the start of the Covid-19 pandemic.

Project 229 has continued to manage the **SPACE Project**, working in partnership with Families First Bedfordshire (FfB) and the Early Help and Intervention Team to support **young people aged 9-16 (school year 5 and up) in Bedford Borough who have been impacted by Domestic Abuse**.

In 20/21, SPACE's main funder was **The Harpur Trust**. In **April 2020**, Project 229 **took on the responsibility** for the **full budget** and **employing the SPACE Youth Worker** and **Sessional Staff** (who were transferred from FfB) as per the long-term plan with partnership organisations.

Before the COVID-19 pandemic started, the SPACE team had been **considering the benefits of developing small-group activities** rather than running a large youth provision. The pandemic provided an **opportunity to pilot** SPACE Bubbles. Following National Youth Agency (NYA) and Government guidelines, SPACE ran a variety of activities and services including **online groups**, **small face to face sessions**, **outdoor holiday clubs** and **one to one support**. The SPACE team delivered **home-kits** to families throughout lockdown and engaged families in **doorstep consultation**.

Families who were **unable to connect to online services through lack of technology** were provided with a **refurbished computer** with webcam. Donations of devices came to **Project 229** and devices were upgraded by **Just Computers**. This

service was heavily supported by the members of **Bedford Park Rotary Club**.

An anonymous supporter from **Bedford Park Rotary Club** also **donated the use of his land and outdoor swimming pool** to enable SPACE to run **Covid-safe summer holiday activities** for groups of young people at the point when youth services were limited to small group outdoor provision.

From **1st April 2020 to 31st March 2021**:

- **SPACE** had **546 attendances**
- SPACE worked with **50 different young people**
- At least **18 young people had transport** to enable them to access services
- SPACE provided **55 one to one sessions** for **6 different young people**

The SPACE Youth Worker also started developing a **Web Page** to engage with professionals (offering **online referral**) and to support families through **activity videos** and **access to Information Advice and Guidance** during the pandemic. www.project229.org/space

Project 229 has continued **developing the website** to include information about other services and activity programmes including pages for the services offering **more intensive support**. www.project229.org (see various menus)

Project 229 was **commissioned to create** an **online activity programme** for **SEND children** and their **parents / carers** that ran in **March 2021** during 'Lockdown': https://www.project229.org/send

The **SEND Programme** reported:

- **72** online activities
- **174** attendances
- Age range of young people between **4 and 21yrs**
- **74% of Participants** with **Special Educational Needs** and Disabilities

This was closely followed by an **Easter Programme** (statistics to be included in the 21/22 report).

Project 229 continues to offer a **bursary scheme** encouraging groups to provide free of charge places for individuals who would otherwise struggle to access their services. This is on a **professional referral** basis only via Project 229. This provision was not requested as much this year as a lot of provision moved online or ran in alternative ways.

Project 229 **works with a network of partners to improve referral pathways** and understands that many people who require support have multiple and complex needs. When organisations and projects are willing to work together people are more likely to gain improved support and access to services.

Project 229 was invited to join the **Bedford Borough Working Group** aiming to tackle **food and fuel poverty** in the area. The group worked on a **'No To Hunger' Campaign** in partnership with other local organisations. **Slow Cookers** were given to families in need.

Project 229 gained a grant from local **Ward Members** to fund some of the slow cookers and worked **with local Chefs** to develop recipe videos to encourage families to make nutritious food on a budget.

https://www.project229.org/notohunger

Project 229 in partnership with The Early Help and Intervention Team (Bedford Borough Council) coordinates the **'Kempston Community HUB' which is a network** open to groups, organisations, schools, and individuals **working pro-actively for positive change within the local area**. Pre-pandemic, the group met termly to network, share training and expertise, and discuss how they can work together to tackle local issues. This year, the HUB ran an online **COVID Catchup session** to enable groups to **share information about what services were still available.** The group also **discussed challenges ahead.**

Project 229 continues to produce **newsletters, advertising, social media content and press releases** to promote the services and activities run at / supported by the centre. www.project229.org/whatsonnow

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related

Many of the **activities and services at Project 229 would not be able to run without the dedicated support of volunteers** from the community. Volunteers continue to support Project 229 to manage the administrative work associated with running the project including general admin, invoicing, and other finance support.

During the pandemic, some of the volunteers have **continued working remotely** to support Project 229's admin function. We are also thankful for the support of volunteers who help specific services. One volunteer has the role of taking **SPACE families through the induction process** once referrals come in. Other volunteers

investment;

- contribution made by volunteers.

help the function of **The Art Well** and many of our other support services.

During this year we have been particularly thankful for the support from **Just Computers in Kempston** who have worked hard to **upgrade donated computers** for distribution to families at no additional cost. We are also indebted to members of **Bedford Park Rotary Club** who, in addition to **fundraising**, have helped with **home deliveries** to families, **donated and installed** white goods and furniture to families in need, support the Project 229 manager in **maintaining aspects of the building** and external areas at 229.

Without the **contribution by our donor** (who wishes to remain anonymous) of the use of his **land and outdoor swimming facilities**, we would not have been able to provide the **Summer Activities** that the young people from **SPACE** enjoyed so much.

Project 229 is also indebted to **groups, organisations and individuals** who have raised funds to support the work of the project throughout 2020 and 2021.

Section D Achievements and performance

Summary of the main achievements of the charity during the year

Statement from The Trustees: Lionel Stewart MBE (Chair)

In all my years of writing reports for various organisations, this must rank as the most difficult. These last 18 months have tested the resolve of all those involved in Project 229 none more than Beccy (Project Manager), who has had to deal with not just the pandemic but changing legislation brought in to protect our users, staff, and volunteers.

We are grateful for the various pots of financial support given to help us through these difficult times. This has enabled the project to both maintain contact with our client base and support and advise them on the necessary guidance during this pandemic.

I have had regular meetings with Beccy, some face to face, some electronically; suffice to say her dedication in unprecedented times has been outstanding.

A big thank you to all the staff, volunteers and helpers who have also shown incredible dedication in such difficult times. Beth in BAKE has been amazing during this time and adapted her work life during lockdown and beyond.

Thanks to all the trustees who have been there to support Beccy in whichever way necessary. I am sure she has appreciated your support.

At the time of writing, we are not out of this yet. Vaccinations have certainly made a difference, but we will still be in a difficult situation for some time to come.

I think the last months have made Project 229 stronger as it has stood up to every problem imaginable. Looking forward to better times to come.

Section E Financial review

Brief statement of the charity's policy on reserves

The Trustees have set aside some money which was given to Project 229 by The Ibbett Trust (Now Bedfordshire Charitable Trust) to put into reserves. The Trustees are considering additional funds to include in the charity's reserves. The policy on reserves will aim to set aside enough money to meet potential needs, such as an unexpected drop in income, major repairs or equipment replacement and building works. This will be made separate from the charity's general reserves.

Details of any funds materially in deficit

The funding stream that runs in arrears is SPACE funded by The Harpur Trust. This is not a material deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

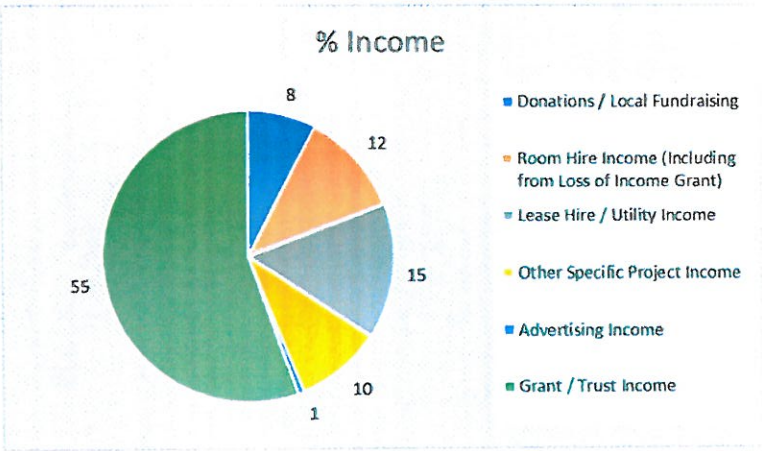
- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Local Fundraising and Donations including:

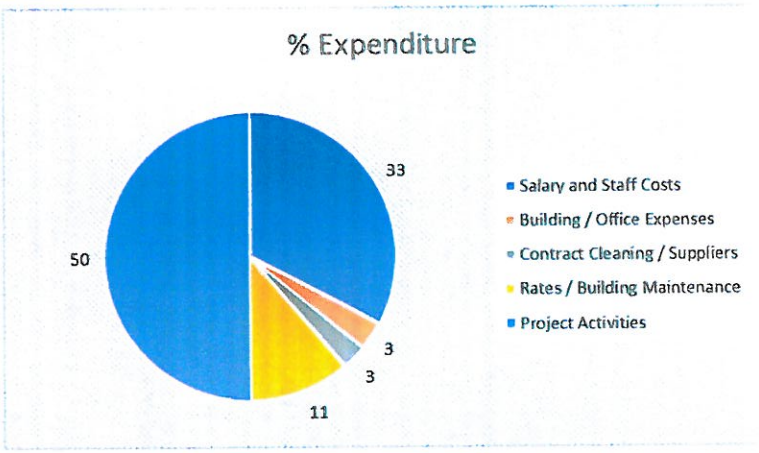
- **Rotary Club of Bedford Park**: for SPACE and 229
- **BPHA** Quiz: for SPACE
- **Bedford Foresters** Golf Day: for SPACE and The Art Well
- **AL&G Abbott**: for Project 229
- **Bedford 41 Club**: for Project 229
- **Anonymous Donation**: to support SPACE family
- **Bedfordshire Golf Club**: for Project 229
- **One YMCA**: for SPACE
- **Local Resident Donation**: for The Art Well

Grants including:

- **Mrs B L Robinson Charitable Trust**: for The Art Well
- **BLCF Emergency Covid Fund**: for The Art Well / 229
- **St John's Hospital Trust**: for The Art Well
- **BLCF NET Coronavirus Fund**: for The Art Well / 229
- **The Harpur Trust**: continued funding for SPACE
- **Kempston Charities**: for The Art Well
- **KFC Foundation**: for SPACE
- **Ward Member Funding**: for Slow Cooker Project and SPACE
- **Bedford Borough Council**: for Project 229 (No To Hunger)
- **Bedford Borough Council**: Business COVID Support Grant



The chart (left) shows the % of different **income types recorded in 20/21** and does not include brought forward income from 19/20. The Grant / Trust Income includes the Grant to support loss of income (netted off in Expenditure as room hire income is invoiced for monthly).



The chart (left) shows the % of different **expenditure types recorded in 20/21.**

83% of expenditure was spent on **Project activities** and **Salary Staff Costs**

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	LG Stewart MBE	Shah. B. M.
Full name(s)	LIONEL GEOFFREY STEWART	Bipinchandra Shah
Position (e.g., Secretary, Chair, etc)	CHAIRMAN.	Trustee
Date	31. 1. 2022	

CHARITY COMMISSION FOR ENGLAND AND WALES

Project 229	No (if any)

Receipts and payments accounts

CC16a

For the period from	01 April 2020	To	31-Mar-21

Section A Receipts and payments

	Unrestricted funds to the nearest £		Restricted funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
DONATIONS / LOCAL FUNDRAISING	5,450	-	7,098	12,548	6,164
GROUP ROOM HIRE	19,179	-	-	19,179	23,306
LEASE HIRE / UTILITY INCOME	24,762	-	-	24,762	23,679
OTHER- SPECIFIC PROJECT INCOME	-	-	15,950	15,950	12,496
ADVERTISING INCOME	1,150	-	-	1,150	1,270
GRANT/ TRUST INCOME	-	-	91,402	91,402	38,437
	-	-	-	-	-
	-	-	-	-	-
***Sub total** (Gross income for AR)*	50,541	-	114,450	164,991	105,352
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	50,541	-	114,450	164,991	105,352
A3 Payments					
SALARY /Staff cost s	32,635	-	21,417	54,052	28,101
BUILDING / OFFICE EXPENSES	2,626	-	2,719	5,345	11,283
CONTRACT CLEANING /SUPPLIERS	4,254	-	375	4,629	3,998
RATES / BUILDING MAINTENANCE	16,365	-	2,030	18,395	19,426
PROJECT ACTIVIIES	2,968	-	79,737	82,705	11,870
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	58,848	-	106,278	165,126	74,678
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	58,848	-	106,278	165,126	74,678
Net of receipts/(payments)	- 8,307	-	8,172	- 135	30,674
A5 Transfers between funds	-	-	-	-	-

A6 Cash funds last year end	**24,215**	**-**	**55,058**	**79,273**	**48,599**
Cash funds this year end	**15,908**	**-**	**63,230**	**79,138**	**79,273**

Section B Statement of assets and liabilities at the end of the period

B1 Cash funds

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
	Total cash funds (agree balances with receipts and payments account(s))	-	-	-
		Agreement Error	OK	Agreement Error

B2 Other monetary assets

Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-
	-	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-

B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	
		-	
		-	
		-	

		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
K.A Stewart MBE	K.A. STEWART	31.1.2022
Shah B M	BipinchandraShah	31.1.2022

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name
PROJECT 229

On accounts for the year ended

1 APRIL 2020 TO 31 MARCH 2021

Charity no (if any) 1178577

Set out on pages

1 AND 2

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2021

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

* *Please delete the words in the brackets if they do not apply.*

Signed: Stephen Simpson **Date:** 29/01/2022

Name: STEPHEN SIMPSON

Relevant professional qualification(s) or body (if any): FCCA

Address: 61 HARPUR STREET, BEDFORD, BEDFORDSHIRE,MK40 2SS

Section B	Disclosure
	Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).
Give here brief details of any items that the examiner wishes to disclose.	NONE