



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.



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**:

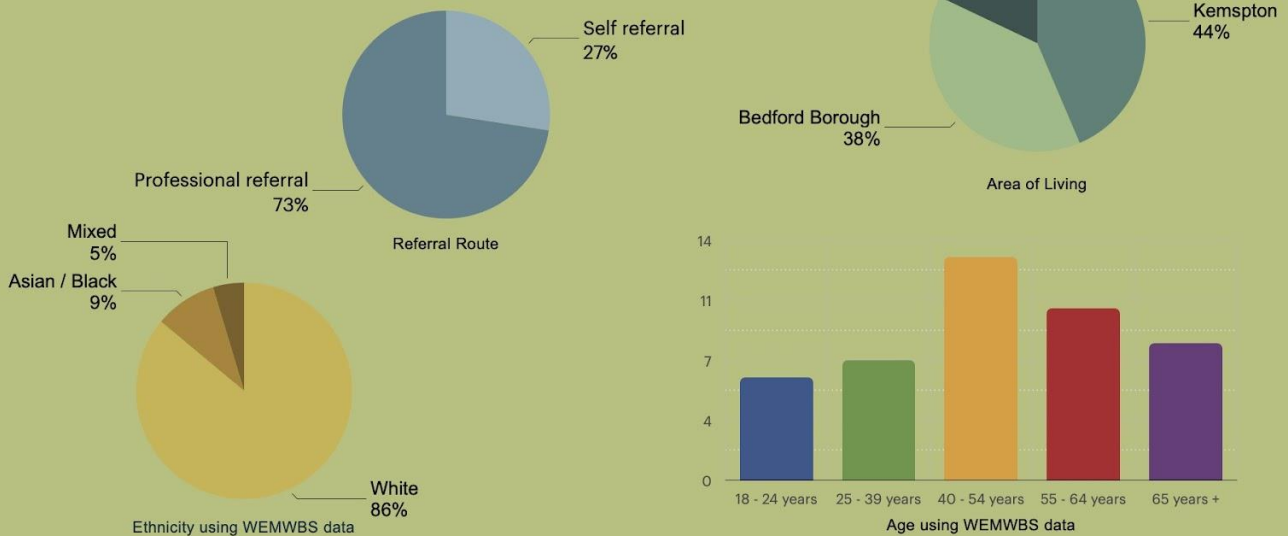
From September 2023 to August 2024
The Art Well **received 66 new referrals**.

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.

GROUP DATA



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.

12 WEEK GROUP WEMWBS DATA

Over the year we have had **33** people attend the group.

The following table shows the group changes by comparing the before and after intervention scores for **24** participants. We were unable to collect full data for a five further 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	56%	33%
Moderate wellbeing	44%	67%
High wellbeing	0%	0%
Mean WEMWEBS score	40.1	47.4



Meaningful change for WEMWBS is a change of 8+

Number of people with a meaningful positive	16	66.7%
Number of people with a meaningful negative	3	12.5%

The biggest areas of change were: feeling useful; feeling closer to other people; feeling relaxed; feeling good about myself; feeling cheerful; and being interested in new things.

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 September 2024 to see if this increases the core number.

Managed Peer Support Group WEMWBS Data:

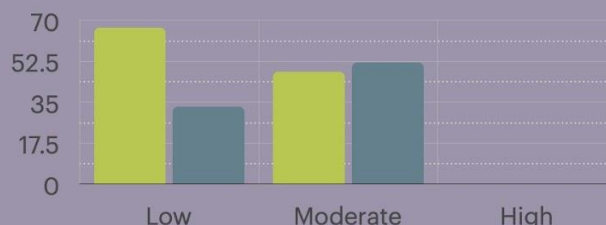
Peer Group supports those who would benefit from a longer-term intervention after the 12-week group.

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 WEMWBS 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 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."

"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."

"Very invitingly spacious and relaxing atmosphere, full of laughs, chats, inspiration and therapeutic 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.

HOW DO YOU FEEL THE ART WELL HAS IMPACTED YOUR MENTAL HEALTH & WELLBEING?

“The Art Well helped massively with my anxiety and gave me purpose to get out of bed.”

“I have made new friends and feel like I have a purpose.”

“It gives me a purpose and a routine which helps my mental health, it has helped me interact with others. It has piqued my interest in other art groups and education.”

“Confidence to be in a group with other people, taking some time away just for my self.”

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

An infographic for the SPACE Project. The top section has a blue background with the word 'space' in large white letters. To its right, text explains it is for young people who have experienced one adult hurting another adult in their home (often called domestic abuse). It states that to access the service, young people must be aged 9-16 and living or going to school in Bedford Borough. Below this, a list of goals is presented: 'We want to give young people who attend SPACE...' followed by 'a sense of belonging', 'awesome new experiences', 'the skills to express their emotions safely', 'chances to make decisions, alone and with others', 'knowledgeable and useful adults', and 'opportunity to tell their story'. A 'By...' section lists activities: 'creating groups of 6 to 8 young people', 'providing expert tutors and exciting activities', 'putting the young people in charge of their group', 'training and supporting our staff', and 'involving therapeutic professionals'. The bottom section features a colorful illustration of a landscape with a house, trees, a sun, and people engaged in various activities like drawing and playing guitar.

space is for young people who have experienced one adult hurting another adult in their home (often called domestic abuse). To access the service, the young people must be aged 9-16 and living or going to school in Bedford Borough.

We want to give young people who attend SPACE...

- a sense of **belonging**
- awesome** new experiences
- the **skills** to **express their emotions** safely
- chances to **make decisions, alone** and **with others**
- knowledgeable** and **useful** adults
- opportunity** to **tell their story**

By...

- creating groups of **6 to 8** young people
- providing **expert tutors** and **exciting activities**
- putting the **young people in charge** of their group
- training** and **supporting** our staff
- involving **therapeutic professionals**

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** 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

Feeling stuck?
Want to change something?
Not sure how to move forward?

Solution Focused One-to-One
supporting people to discover a brighter future

Meet a practitioner who will concentrate on helping you move towards your best hopes rather than focusing on the problem. It's hopeful, and may help you to create sustainable change...

contact us: www.tinyurl.com/besthope



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.



SOUP FRIDAY with Chef Ian from Marmite Fine Dining...

From 12 noon on Fridays*

Our delicious and nutritious handmade soups are all vegan and low allergen, making them suitable for as many people as possible!

Anyone can come in for soup and a roll!

Pay a donation if you are able to, or have it FREE of charge if not!

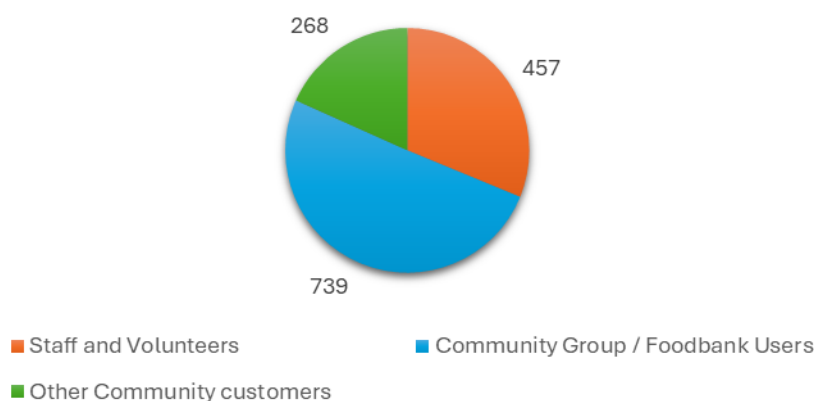
MARMITE FINE DINING CATERING

(*subject to change and while stocks lasts! The cafe closes at 3.30pm on Fridays)

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.

Soup Stats: Total 1464 April 2023 to March 2024



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



Fridays from 1-3pm
in *Hub Club* at 229
drop-in **advice & support**

We have a regular team of professionals providing **free access to support** at the same time Foodbank is open (it runs in Hub Club Café and is open to all)

*The Team includes**

Good Neighbourhood Scheme

We find community volunteers / set up schemes to help with things like collecting prescriptions, food shops, driving to appointments – things one neighbour would do for another.

Bedford and Kempston Town Agent (BRCC)

We can support with energy (gas and electric), some forms, transport and support for carers

Citizens Advice

We offer free, independent and impartial advice. Everything you share with us is held in strictest confidentiality. We offer: Money, Benefits and Energy Advice / Homelessness prevention / General enquiries

DWP Employment and Benefits

Advice & Support with a Supporting Families Employment Adviser: Help with benefits / job searches employment skills / next steps / challenges

SOUP FRIDAY...

FREE fresh Soup and a roll served between **12noon and 3pm** (while stocks last!) @ *Hub Club*

CAP Debt Advice

FREE Debt counselling service by an award winning charity. No debt too small or large Money Management courses available through the year

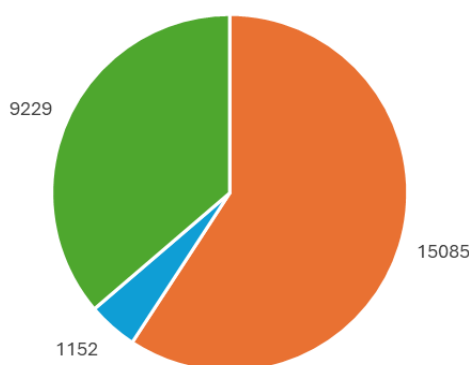
Community Wellbeing Champion Social Prescribing Team (BRCC)

Our role is to link you to services that can offer the right support, practical advice or social connection for your needs.



*please note: not all professionals attend every session

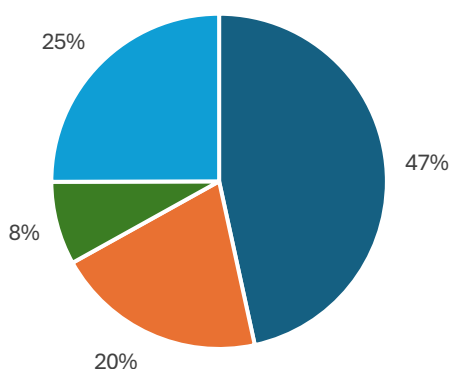
**Breakdown of 25366 attendances
2023/2024**



■ Attendances at Project 229 (Face to Face) ■ Attendances at Alternative Venues / Online
■ Attendances at Café

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

Hub Club Use (Groups / Activity)



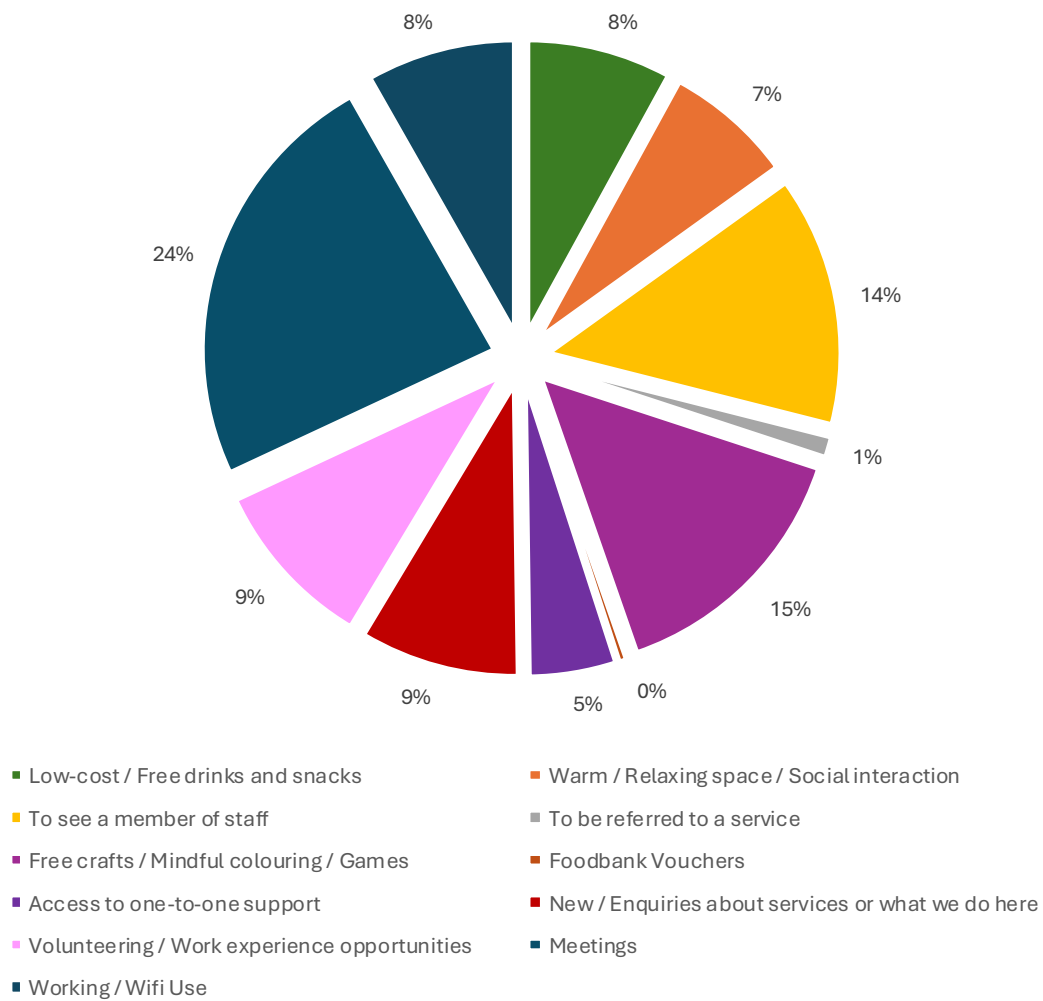
■ Community groups ■ Advice and Support ■ School use ■ Café activities/use

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

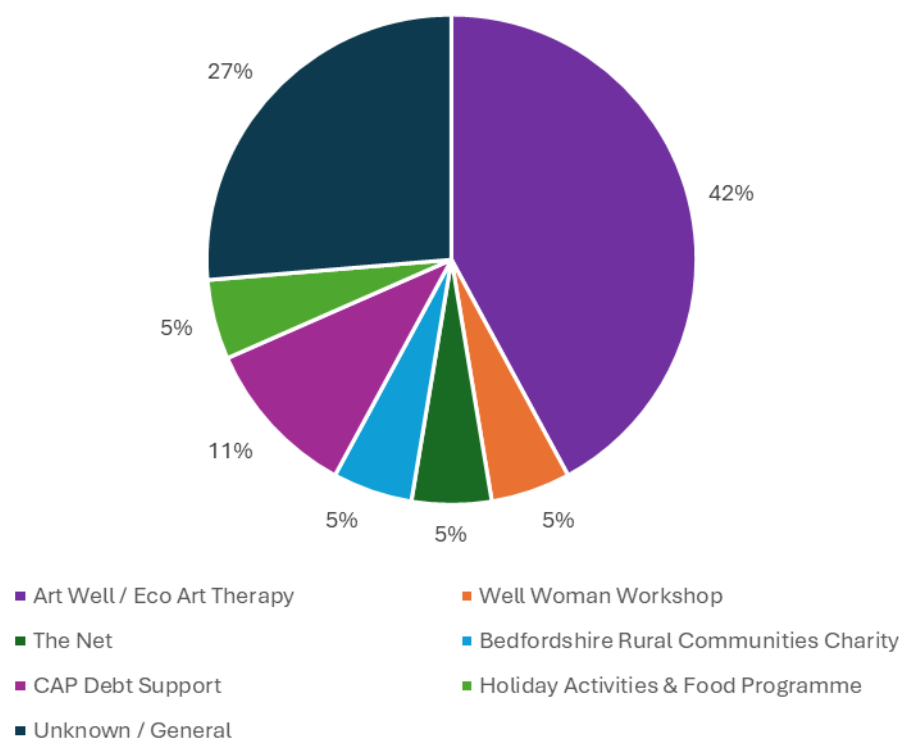
- Community groups
- School groups
- Advice and support groups
- Free café activities, groups and events

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

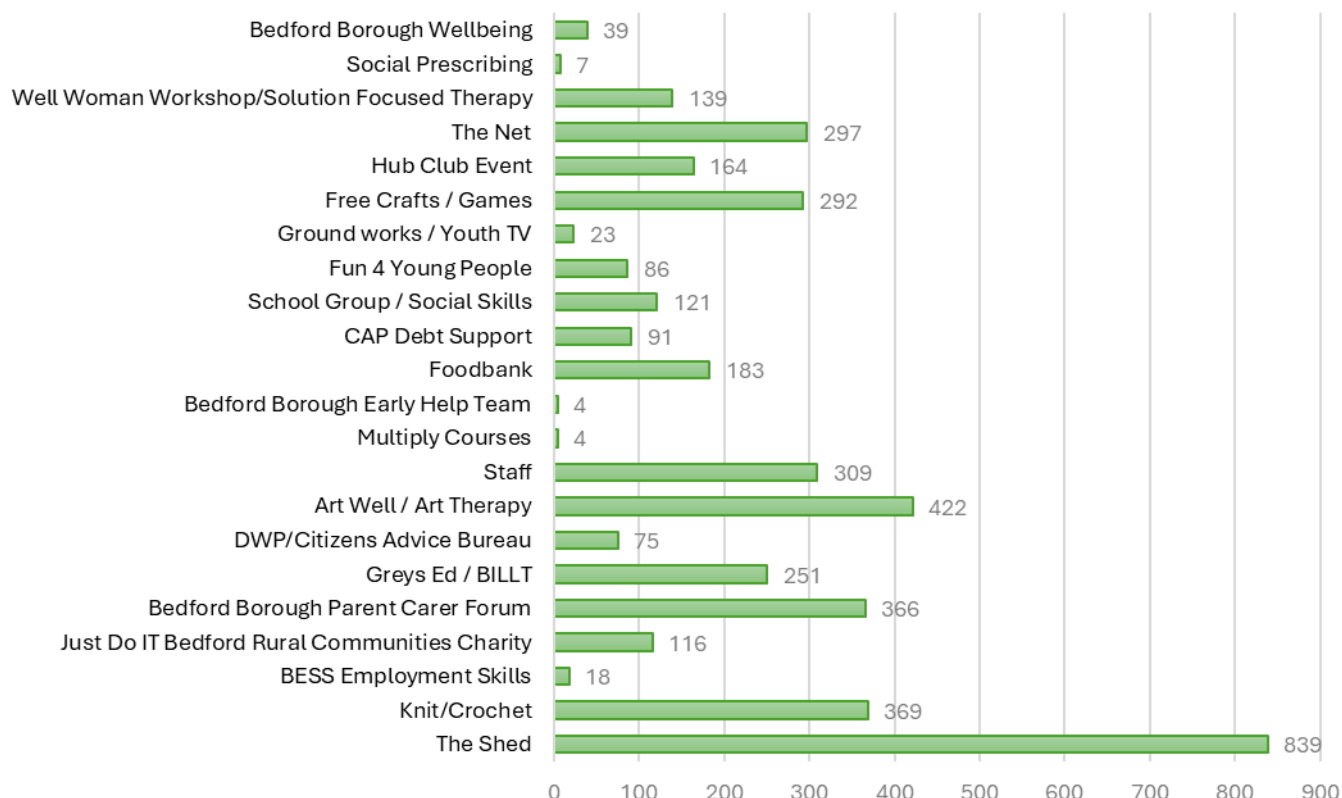
Interventions / Reasons For Attending Hub Club Café



Referrals Made Through Hub Club Café



Hub Club Users (not including general customers)



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:

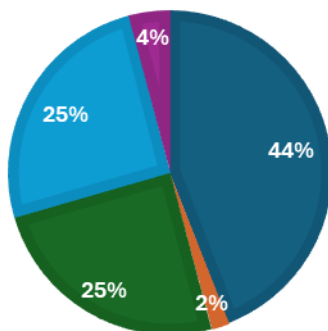
- **The Harpur Trust:** continued funding for SPACE
- **Active Luton (Team Beds and Luton):** Grant for Activity Programme
- **Active Luton (Team Beds and Luton):** Coach Training Funding
- **St John's Hospital Trust:** Funding for Solution Focused Therapy Service
- **The National Lottery Community Fund:**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

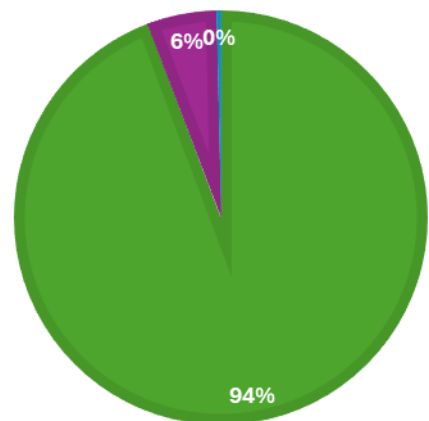
UNRESTRICTED INCOME

- ROOM HIRE
- WHATS ON
- OFFICE / UTILITY
- LOCAL FUNDRAISING: HUB CLUB
- LOCAL FUNDRAISING: DONATIONS



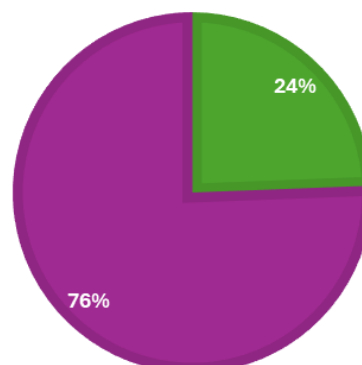
RESTRICTED INCOME

- FUNDED / COMMISSIONED PROJECTS
- OTHER COMMUNITY PROJECTS
- OTHER DONATIONS



INCOME SUMMARY

- UNRESTRICTED INCOME
- RESTRICTED INCOME



In 2023/2024

76% of Project 229 income **was restricted** compared to:

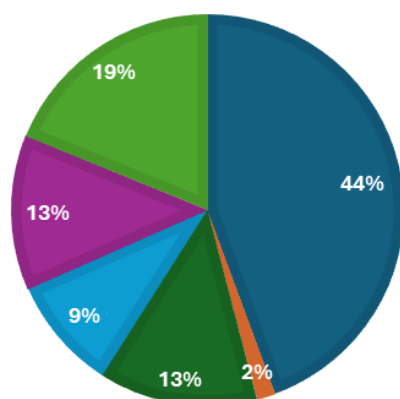
70% restricted income in **22/23**

Restricted income is for specific projects or agreed and funded purchases

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

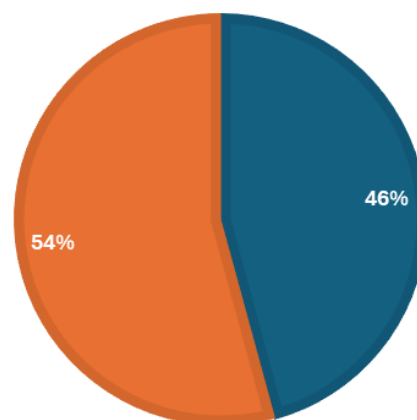
UNRESTRICTED EXPENDITURE

■ SALARY COSTS ■ OTHER STAFF / VOLUNTEER COSTS
 ■ RATES / BUILDING ■ BUILDING / OFFICE GENERAL COSTS
 ■ CONTRACTS / CLEANING / SUPPLIES ■ PROJECT ACTIVITIES



RESTRICTED EXPENDITURE

■ SALARY COSTS ■ RESTRICTED PROJECT COSTS



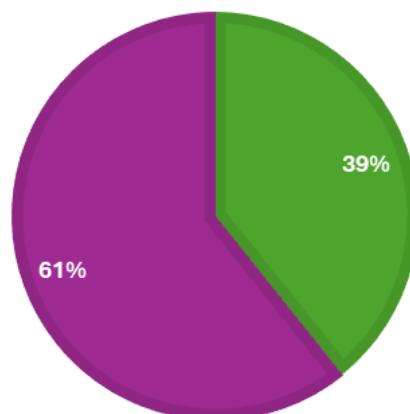
EXPENDITURE SUMMARY

■ UNRESTRICTED EXPENDITURE ■ RESTRICTED EXPENDITURE

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.

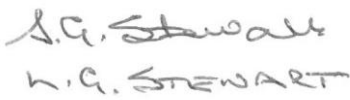
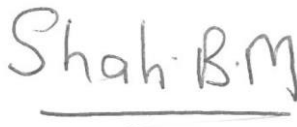
Section F

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)	 L. G. STEWART	 <u>Shah B.M</u>
Full name(s)	Lionel Stewart	Bipinchandra Shah
Position (e.g., Secretary, Chair, etc)	Chair of Trustees	Trustee
Date	31/01/2025	

Project 229	No (if any) 1178577
-------------	------------------------

Receipts and payments accounts	
For the period from	To
01 April 2023	31-Mar-24

CC16a

Section A Receipts and payments

Unrestricted funds		Restricted funds		Total funds to the nearest £	Last year to the nearest £
	to the nearest £		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					
RATES COUNCIL	8,004	-	0	8,004	7,459
RATES ELECTRICITY	640	-	0	640	9,932
RATES WATER	3,742			3,742	
RATES SECURITY /FIRE SERVICES	919			919	
RATES INSURANCE	2,119			2,119	
PROJECT ACTIVITIES HUB /OTHER	822			822	
PROJECT SPACE	11,822	-	0	11,822	65,137
PROJECT ART WELL			32500	32,500	
PROJECT ECO ART			4075	4,075	
PROJECT ART PSYCHOTHERAPY			541	541	
PROJECT 229 VARIOUS		-	2295	2,295	-
		-	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)							
A5 Transfers between funds	-	16,908	-	44988	28,080	30,644	
A6 Cash funds last year end	-	-	-	0	-	-	
	-	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	-	-
B2 Other monetary assets		0	-	-
		0	-	-
		0	-	-
		0	-	-
		0	-	-

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

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

	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.A. Stewart

L.A. Stewart

24/1/2025

2025-2026
Shah B.M.

L.A. STEINER
Bipin Chandra Shah

24/1/25



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.

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