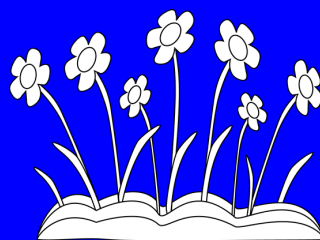


Kilburn Good Neighbours Spring Newsletter



Dear Members,

Welcome to our first newsletter of 2019 from Kilburn Good Neighbours. We are pleased to see that our regular visits by befriending volunteers are still going strong whilst some of you may be receiving services from our practical task volunteers Frank and Simon. If you are still waiting to be allocated a volunteer, then it may be that we haven't found one that suits your requirements but we haven't forgotten about you! If you have any questions or concerns, please do get in touch.

As we welcome the Spring and some of you might be working hard at keeping your New Year's resolutions, we wanted to introduce some of the activities that are running at Abbey Community Centre. If you would like to attend any of these activities but need assistance in coming to the Centre, then please do call me to discuss your options. When there's a will, there's a way! In the words of George Bernard Shaw, *"We don't stop playing because we grow old; we grow old because we stop playing."*

If no money is noted by the activity, then there is no cost to attend. We have also included a separate leaflet for the men's only programme if this is relevant to you.

Monday

12.30 -1.30pm: Yoga Hatha - all levels including beginners and seated. People with hearing difficulties and BSL users are welcome (£6)

Tuesday

10.00am - 12pm: Computer Beginners' course starting 9th April until 16th July (except 28th May)

1.00- 2.00pm: Seated exercise -enjoy low impact exercise and improve your bone and muscle strength, joints, mobility and flexibility (£3).

2.00 - 3.00pm: Bingo - a real social event and a great way to win prizes (20p a game).

3.15 - 4.15pm: Dominoes club - a friendly group!

4.45 - 5.45pm: RecycleArt class - a chance to get creative and turn everyday things into something extra-ordinary.

Wednesday

1.00 - 3.00pm: Sewing class starting 24th April. All levels including instruction on using a sewing machine, learning hand stitches, taking body measurements and making patterns (£10 for 10 weeks).

3.30-4.30pm: Colouring Calm Club - unwind, relax and be mindful. Discover the joy and wellbeing of colouring at this friendly group (£1).

Kilburn Good Neighbours
Abbey Community Centre
222c Belsize Road
Kilburn NW6 4DJ

Tel: 020 7604 4823
kgn@abbeycc-kilburn.org.uk

Office hours:
11am– 4.30pm:
Monday, Tuesday and Thursday

Date for your diary:



Friday 26th April
1.30pm -3.30pm

Kilburn Good Neighbours Spring Tea

We will be holding a fun and friendly afternoon tea to welcome the Spring time. We have included our invitation containing further information.

Please don't forget to contact us to reserve your place. If you need assistance coming to the centre on the day and do not have a dedicated volunteer to help you, then please give us a call.

Thursday

12.15 - 1.45pm: Creative Writing - all ages, all abilities, with different themes (3rd Thursday of the month).

2.00 - 3.00pm: Crochet - build your current crocheting skills with this group by sharing skills and patterns.

3.45-4.35pm: Boccia - indoor bowls for beginners/seated players.

Friday

10.30am - 12.00pm: Coffee morning - meet new people and share interests at this friendly morning event. Lots of tea, coffee and biscuits!

10.30am - 12.00pm: Gardening - help out in our award winning garden.

1.30 - 3.00pm: Gentle Dance class starting 3rd May - all kinds of dance and music, no partner or experience required. *Advisable to prebook.*

1.30-3.30pm: Bridge Club - tutored session to learn the basics of this card game but all abilities welcome.



Pictured left: Bridge Club

Saturday

10.00am - 12.00pm: Tech Buddies: drop-in for IT and other tech help.

11.00am - 2.00pm: Abbey's Community Café (hot meals for £2 and under).

11.00am - 2.00pm: Dominoes Club

2.00 - 4.00pm: Sewing, knitting and crochet class starting 27th April (£20 for 10 weeks).

Please be aware that the centre will be closed on Friday 19th April until Monday 22nd For Easter. We are also closed on Monday 6th May for the bank holiday.



Pictured left: Tech Buddies session

**CAMDEN AGE UK
OUTREACH**



Outreach sessions by Camden Age UK are held at the Abbey Community Centre on the last Monday of every month. Advice is provided on benefits, housing, access to health services and social care. Please call us to arrange an appointment or we can also arrange for a house visit by Age UK for those that are housebound and cannot get to the Centre.

With best wishes for a wonderful first half of the year and we hope to see you at our Spring Tea!

Lydia, Gavin and all the volunteers at Kilburn Good Neighbours