

Who to contact:

Reception: 020 7624 8378

Lindsay Richardson-Director

Zamzam Osman - Children's Services Coordinator

Kilburn Good Neighbours: 020 7604 4823,

kgn@abbeycc-kilburn.org.uk

Over 50's (CTC & CHAPS):

020 3397 4583 or 07447 932564, ctc@abbeycc-kilburn.org.uk

Gavin Harper - Community Projects Organiser:

020 3397 3108, chaps@abbeycc-kilburn.org.uk

Simone Carneiro - Neighbours 2 Friends Activities Facilitator:

020 7624 8378 or 07447 932564, acivities@abbeycc-kilburn.org.uk

Henna Asian Women's group: 020 7372 9860



The Queen's Award
for Voluntary Service
Winner 2018
Kilburn Good Neighbours

The Abbey Community Centre,
222c Belsize Road, Kilburn,
NW6 4DJ.

020 7624 8378

hello@abbeycc-kilburn.org.uk



Spring 2019 Programme

222c Belsize Road,

Kilburn, London. NW6 4DJ

www.abbeycc-kilburn.org.uk

Twitter: @AbbeyCCnw6

020 7624 8378

Monday

10.00-12.00-Toddler Time (Under 2's)
In the Main Hall
11.00-4.00-Kilburn Good Neighbours
12:30-1.30-Yoga Hatha class
(All levels) (£)
1.00-3.00-Henna over 50's (MEMBERS ONLY)
1.00-3.00-Crèche (Under 5's) (£)
4.00-5.00-Children's Taekwondo (£)
6.00-8.00-Table Tennis (£)

Tuesday

10.00-12.00-Fun for All (Under 5's)
In the Main Hall
11.00-2.00-CHAPS cooking (Over 65's)
1.00-2.00-Seated exercise (£)
1.00-3.00-Crèche (Under 5's) (£)
2.00-3.00-Bingo
2.15-3.15-Henna Hatha yoga (£)
4.45-5.45-Basic Drawing
6.00-7.30-Choir

Wednesday

10.00-11.30-Baby Play (Under 1's)
in the Main Hall
11.00-1.00-Men's IT Drop in
12.15-1.15-Henna Yoga (£)
1.00-3.00-Crèche (Under 5's) (£)
1.00-3.00-Sewing class (£)
3.15-4.15-Men's Fitness (£)
3.30-4.30-Colouring Calm Club (£)
4.30-6.00-Dance Fusion

Thursday

10.00-12.00-Fun for All (Under 5's)
In the Main Hall
11.00-4.00-Kilburn Good Neighbours
12.15-1.45-Creative writing (3rd Thursday of the month).
1.00-3.00-Crèche (Under 5's) (£)
1.00-2.00- Men's Table Tennis
10.00-12.00-IT course Beginners
(Bookings only)
2.00-3.00-Crochet
4.00-6.30-Children's Piano lessons (£)
5.00-8.30-Taekwondo (£)
7.00-8.30-CA

Friday

10.00-12.00-Fun for All (Under 5's) In the Main Hall
10.30-12.00- Coffee Morning and Gardening
12.15-1.15-Boccia
1.30-3.00-Gentle dance class
1.30-3.30-Bridge
1.30-3.30-Abbey Men's Club

Saturday

10.00-12.00-Tech Buddies
11.00-12.00-Councillor surgery (Every third Saturday of the month)
11.00-2.00-Abbey's Community Café
11.00-2.00-Dominoes Club
2.00-4.00- Sewing, knitting and crochet classes (£)
2.00-5.00- Saturday London trips (All Ages - Every first Saturday of the month)

Sunday

4.00-7.00-AA Self help group

Over 50? See separate programme for latest activities and groups, or drop in to coffee morning on Fridays from 10.30-12.00