



The latest news, events and opportunities from Abbey Community Centre, Kilburn



Please feel free to take a copy of our Summer 2025 newsletter – and grab one for a friend so we can let everyone in Kilburn and beyond know about all the lovely things going on at Abbey Community Centre.

What's been happening: Recent highlights

Hello wonderful people and welcome to the Summer 2025 Abbey Community Centre newsletter! Here you'll get a small flavour of what we've been up to the last few months, see our recent feedback and thank-yous, 'You Said We Did' and get details of upcoming special events. It's been a glorious few months with the transformation of our front and back garden spaces (including new herb planters and a greenhouse!), a new dementia risk awareness project underway, loads of special collaborative events, a 'Double the Difference' match funding campaign for Small Charity Week, and the start of new creche sessions for children with disabilities. Plus plenty of welcoming new members, volunteers and interns to our Community Activities Programme. Come and see us sometime soon, or give us a call on 020 7624 8378 if you'd like to get involved.



The Creche crew were delighted to graduate to GOLD this time for the London Children's Flower Society spring competition! Thanks especially to our volunteer Maria Elena who has been getting all the kids enthusiastic about planting and taking care of their flowers!



London Trips: Jason took a big group to Abbey favourite Kew Gardens for a delightful summery day among the flora. We had loads of lovely feedback on this trip, see p3 for an example. Trips are now taking place the 1st Wednesday of every month so keep your eyes peeled for August.

Abbey Community Centre, 172 Belsize Road, Kilburn London NW6 4BJ

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Up Your Street

Summer
2025

Drop-in (right): New families are coming every week to our Stay-and-Play for enriching activities and a warm welcome.



Creche (above): The wonderful Maria Elena teaching the little ones essential potting and planting skills!



Brain Health Challenge: We were happy to welcome our funding officer George from Alzheimer's Research UK to our launch event of Abbey's Brain Health Challenge where he gave out lots of advice and information about reducing your dementia risk.

Community Lunch (left): Our fabulous kitchen volunteers cooking up a storm, while Kilburn Repair Club fixed your electronics (below).



Zumba Gold (above): Tissy got some lovely shots of her Zumba Gold class after another fun Latin American style dance workout.



This is just a fraction of all we've had going on! Grab a timetable/programme guide or see the whiteboard in the foyer to find out days and times of regular sessions. See page 4 for upcoming special events.

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Thank you from us Our gratitude section!



We couldn't do all we do without our volunteers, funders, partner organisations and community members like you. Here's who we'd especially like to thank this season!

- The generous folks who donated to our Big Give **Double the Difference** campaign for Small Charity Week, plus the match-funder Make Some Noise. Together we raised an amazing £5225, smashing our target!
- **Jon Winder** from the University of Liverpool, a historian who has been running some glorious free 'Memories of Summer' craft and reminiscence workshops in collaboration with Simone.
- Videographer **Tarkan Algin** who made a fabulous film for us during April's Souper Thursday and took loads of beautiful photos too. Thanks too to the lovely volunteers from Starbucks!
- **Bupa Foundation, Groundwork London, Co-op UK & SER Contractor** who have made improvements to our front and back garden spaces possible - including a new greenhouse and bench!



Overheard at Abbey Your recent feedback

It is an amazing opportunity to be able to drop off my son a couple days a week as it allows me to do other things for myself and for my household. My son gets to see and spend time with people other than us. The staff of the Creche are all amazing, they make you feel safe and my son loves everyone there.

What is great about the centre and the Kilburn Good Neighbours programme is that it provides a structured, reassuring way to make a connection that is easy and 'safe' for both parties. I have been impressed with how well organised and supportive the team have been.

Since attending Lydia's nutrition workshops and following the advice and recipes, my blood sugar has gone back down to a normal level. My GP is very pleased!

Abbey Centre is a great place. Big benefit is that it's for free which helps out parents that struggle financially. Staff is attentive, helpful, and well educated on child interactions.

Sharon cares for each individual member of the group - and there are lots of us. She remembers names and participants' individual physical issues. She manages, in the allotted time, to run through a huge variety of exercise, with a definite stress on building up physical strength and improving balance. So important for those of us of a certain age. And to cap it all we have a marvellous selection of music.

Huge thanks to Jason for organising such a wonderful day out. It was such an enjoyable day with the other members at Kew, so much to see and discover. Walking along was very relaxing and I loved learning about the plants. Just looking at the vibrant colours of the plants seems to awaken your senses and gave me a sense of wellbeing. I managed to clock up 12.8km (19,812 steps) which felt very satisfying!

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Coming up / Notices

Dates for your diary



Abbey's Brain Health Challenge! Our newest big project, funded by Alzheimer's Research UK, was launched in May. There are loads of things you can do to support your brain health and reduce dementia risk, and we are running relevant activities starting with a **Nutrition for Brain Health** session with Lydia on **Thursday 31st July, 2-4pm**. Booking essential. Or email me (bryony@abbeycc-kilburn.org.uk) if you'd like to be kept informed about future activities - we will have another nutrition session, mural making, creative writing and specific Brain Health themed exercise classes.

Santander Pop-up: Wednesdays 9.30-4.30pm in the P.Pod. Lots of people are concerned about the closure of bank branches on the high street, so we're partnering with Santander to deliver a weekly banking drop-in in our private P.Pod where you can access your account, move money, ask questions about financial products and much more with lovely Santander staff member Tricia. Just drop-in or call us to make an appointment on 020 7624 8378. No cash handled on site here.

Abbey Book Club: Wednesday 10th September 3-4.30pm. The book club is going from strength to strength under Caroline and Tricia's management! In September they will discuss **The Island by Victoria Hislop**, a dramatic tale of four generations, illicit love, violence and leprosy from the 1930s to the present day. Email Caroline caroline.moyesmatheou@gmail.com or call our Reception 020 7624 8378 if you'd like to join in with the discussion.

Community Lunch & Tech Buddies: Kilburn's favourite way to spend a Saturday! Next one **2nd August** 10am-2pm. Booking essential - speak to Reception.

Please see our noticeboard or posters for more upcoming special events and new courses. Ensure you check our full timetable for any date changes/cancellations of regular activities.

You said, we did....

Some of the ways you've made an impact

- Jordan has been working closely with the **gardening group** to build raised herb beds outside the kitchen doors for easy access for cooking class and volunteer chefs. The group helped to select our greenhouse and drew up a wish list of herbs, plants, seeds and fruit trees for the centre.
- Both **Friday Creative Writing** groups expressed that they still wanted to meet with each other while Bryony was taking a break from teaching for the summer term. We put them in touch with each other so they could organise a weekly meeting time, and provided a room for them to use. They are now running the sessions as a peer group which is fantastic!
- **Bingo** is back! In May, the ladies were very happy to get a new timeslot for the group which enabled them to get the numbers up and start running weekly again. You can join them on Thursdays in the Belsize Room from 1.15-2.15pm.

Donate to Abbey



We are a charity and our projects are not funded by Camden Council. Please support our community work by giving us a cheque, cash or donating via card at Reception. You can also text **ABBEYFIVE to 70085** to donate £5 from your phone.

Closure notices

- We will close early (1pm) on **Friday 18th July**.
- We are closed all day on **30th July** for a staff training day.
- We are closed for our summer break / admin the **last two weeks of August. (18th-29th)**
- Children's Services' last day of term is July 24th.

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