



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



Please feel free to take a copy of our May-June 2026 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 our May-June 2026 Abbey Community Centre newsletter! Here you'll get a small flavour of what we've been up to the last couple of months, see our recent feedback and thank-yous, 'You Said We Did' and get details of upcoming special events. It's been such a busy couple of months, with loads coming up, meaning we've had to add in another page to this newsletter – 'Extra, extra, read all about it!' for special features (page 4).

See page 5 for our upcoming closure dates. As always, come and see us sometime soon, or give us a call on 020 7624 8378 if you'd like to get involved.

Gardening Club (right): The dedicated volunteer team enjoying some Felix Project apple juice in the beautiful Abbey Garden.



Re-cycle-art Club (above): How gorgeous is this! Simone has decorated the Belsize Room with artwork by our members, created at her Re-cycle-art classes. This month they had a gallery opening party, complete with no-secco!

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

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Charity no. 295191 Ltd company: 2028600





Up Your Street

May-June 2026



Souper Tuesdays: Big thanks to Starbucks for having two volunteering days with us in April and feeding over 70 of our members each time in the foyer! Now it's warmer, soup is usually replaced by salad or pasta.



Warm Welcome: Even though it's warmer outside now, our warm welcome is as warm as ever and we love to see you in our foyer! Don't forget to visit the garden too - lots of seats out there.



Creche essentials distribution (above): Zamzam and Kidist packing up loads of bags of free nappies and essentials for the Children's Services families. We do these kinds of distributions when funding allows, to get these vital items straight to those who we know most need them.

London Marathon (below): It was such a fun day cheering on our marathon runner Tom (who smashed it in an incredible 3 hrs 43 mins) - here we are with our Chair of Trustees Caroline (who also happens to be Tom's mum) at the sidelines.



Community Lunch Volunteers: We simply couldn't do our monthly community lunch without our volunteer chefs, waiters and washer-uppers! Big shout-out to them!



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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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!

- A huge final thanks to our **London Marathon runner Tom** for raising an incredible £2538 for Abbey!
- **K2K Radio** (pictured right) for featuring us on their show as part of the 'Roots To Love' festival in May. Great to talk about Abbey at another longtime Kilburn institution!
- We are delighted to receive £15,000 from the **Ellerdale Trust** to support our Best Start: Building Foundations for Learning and Emotional Development project for disadvantaged young children.
- **Anytime Fitness Kilburn** for their enthusiasm in supporting us with donations and possibly gym access for Abbey members TBC!
- Our Trustee **Daniel Mattioli** for doing so much research for us for our 50th Birthday raffle prize donations!



Overheard at Abbey
Your recent feedback

I feel like I have been learning many skills so fast - working with children and adults, active listening, among other interpersonal skills. I have learned more about what people really need to thrive in their lives and how to make that happen. As I am going into social work after undergrad, every aspect of interning here has helped me grow tremendously.

The advice has helped us better understand our child and how to support him at home, and it has given us reassurance and practical ideas that we can use day to day. The staff are absolutely brilliant - so very lovely, friendly, and supportive. They helped identify my son's needs and supported me emotionally at a really difficult time, and I'm so grateful for everything they've done for us.

Thank you for the weekly soups, it's nice to eat homemade healthy food because I don't cook for myself much and everything is so expensive.

I have so enjoyed meeting all of you working at Abbey and I think that your mission is really admirable, You are so welcoming and lovely to me, and I really enjoyed getting to know you a bit.

Friday Table Tennis sessions enable me at the age of 82 to keep moving and bending which is good for me. These are good and useful sessions, well organised by Jason.

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Extra, extra, read all about it! This season's special features

Let's get Active for Life!



Over 60? Explore free and low cost physical activities through Active for Life to discover how you like to move and meet new people. Exercising with friends makes being more active fun and can help keep you motivated.

When you join Active for Life, you'll have opportunities to have fun and meet new people at free taster classes:

Tue 2nd June 11am-12.30pm- Rise & Shine and Before I sleep /
Tue 30th June 11am-12.30pm- Gentle Fitness / Tue 4th Aug 11am-12.30pm - Strength & Balance. Visit Reception to sign up and book your spot!

Big Give x Small Charity Week 22nd-29th June



Thanks to People's Postcode Lottery, donations made to us in the Big Give x Small Charity Week match-funding campaign will be DOUBLED! Scan the QR code on the right for our page between midday on Monday 22nd - and 5pm on Monday 29th June. Only donations made online by card or/Google Pay are eligible, or BACS for donations over £500.

We can't accept cash for this, but let a staff member know if you'd like help with accessing the page and making an online donation. We would really appreciate it, as we can double up to £3000 and need your support to do it!



Kilburn Library Pop-Up at Abbey



The rumours are true... Kilburn Library is coming to Abbey! From Monday 1st June, the library will be based in our Garden Room during the library's refurbishment.

The library will be available 10am-7pm on Mondays and 10am-5pm Tuesday-Friday for you to browse, borrow and return your books.

Emma dances her way into her first novel!

And speaking of books... we thought this was worth a shout-out. Your beloved Gentle Dance tutor Emma has just had her first novel published by Bonnier Books! I had no idea Emma was a writer too, and the book sounds fab... go look it up!

On a group holiday to celebrate a friend's wedding, secrets, lies and old rivalries bubble to the surface, threatening to change everything Darcy thought she knew about her past. . . and herself.



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Up Your Street

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Coming up / Notices Dates for your diary



Carers Week celebration on Tuesday 9th June - 4.30pm to 6pm

Join us to celebrate Carers Week! Take time for yourself with a calming and creative Colouring Calm session for adult carers only. All materials provided. Stick around after for a refreshments and chats!

Pampering Day for 60+ on Thursday 18th June - 4.30pm to 6pm

Home Instead Camden are offering free pampering treatments at Abbey for people aged 60+. Book your spot now on 020 7624 8378 for gentle nail care, hair styling or even a makeover! Refreshments available too.

Chess Club: Monday evenings...

We are in the process of organising a new chess club on Monday evenings, 5.30-7.30pm TBC dependent on interest. All ages and beginners will be welcomed. This will be run with the help of our volunteer Ali, an experienced chess tutor with a passion for teaching and helping others enjoy the game. If you're interested, please contact Reception and let them know.

Camden Health Bus outside Abbey on Mon 8th June 11am - 3pm - Free preventative diabetes risk checks, health information and advice to support residents to make positive health and wellbeing choices

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.



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, or visit our website 'Support Us' page.

You said, we did....

Some of the ways you've made an impact

- Beautiful paintings created at Simone's **Arts and Crafts** group are now decorating the Belsize Room - the gang enjoyed a gallery opening party complete with nosecco!
- The **Colouring Calm** group also have a display up outside our offices for Karin, a long-time Abbey member who passed away recently. They coloured Karin's favourite flower, daffodils, and wrote messages in her memory.
- Together, members of our exercise classes created a beautiful memorial activity to honour our former **exercise tutor Jane** during Chinese New Year, a celebration she always enjoyed. The group gathered to share memories, celebrate her life, and strengthen the sense of community she helped foster.
- We were chuffed that our member and former volunteer **Nelissa** decided to launch her new poetry book, 'Write Things' at Abbey! It was such a fun evening and brought new people into the centre.

Closure notices

- There will be no Creche or Stay and Play drop-in on the Mondays 1st and 8th June due to staff training.
- Thursdays Low-Cost Cooking group will not take place on 4th and 25th June.
- Most Camden Adult Community Learning activities will finish for Summer week beginning Monday 6th July. Please check with your tutor.

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