



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



Please feel free to take a copy of our Jan-Feb 2024 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

Happy New Year everyone!

It's been a whirlwind start back at your favourite community centre after the festive break, with all activities back in full swing and ready to welcome you.

In November we celebrated the 25th Anniversary of our befriending scheme, Kilburn Good Neighbours. In December we served over 100 meals at our Christmas Community Lunch. And to help us with our full programme in the New Year we now have two lovely CAPA Study Abroad students from the USA. Their names are Aiden and Alex, say hi if you see them around!



Coffee morning: A bumper group enjoying our Friday coffee morning just before the Christmas break. Join them from 10.30am-12pm every Friday.

Some highlights of what we've been up to from November 23-Jan 24, are pictured here and overleaf along with this season's feedback, 'You Said We Did', and thank you section. Enjoy and hope to see you soon!



DEFRA volunteering: Pictured above are some of the volunteers from DEFRA who organised with our funder Hubbub to support us with Tech Buddies, some admin and reception tasks, making soup for our Warm Welcome, digging in the garden and much more!



Christmas Community Lunch: Sally, John and Pat eagerly awaiting their mushroom wellingtons.

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Charity no. 295191 Ltd company: 2028600





Up Your Street

Jan/Feb 2024

Kilburn Good Neighbours Anniversary event: Below left is Cynthia, who volunteered as a befriender for many years, enjoying the 25th Anniversary celebration with her friend Anne.



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.




Abbey
Community Centre

Stay and Play drop in: Hop little bunnies, hop hop hop.. a song often heard drifting from the main hall at Abbey! Join in with your under-5 Monday-Thursday 10-11.45am.

London Trip: Jason's gang heading to the Royal Academy of Arts back in November (below). Details of the next trip are on page 4.



Warm Welcome (above): Friends in the foyer having an impromptu festive sing-along with Hassan's Ukelele in December!

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Thank you from us
Our gratitude section!



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We couldn't do all we do without our volunteers, funders, partner organisations and community members like you. This is just a section to highlight who we'd especially like to thank this season!

- Thank you to the four volunteers from **Goodgym Brent** who did generously do some centre cleaning for us in January! And of course our volunteer **Hailey** who comes every Monday morning to mop, wipe, disinfect & save us lots of money in the process.
- An enormous thank you to our chef volunteer **Trevor**, who was really putting in the hours over the festive season for our Christmas lunch and Kilburn Good Neighbours event as well as our regular monthly Saturdays. There's no way we could feed the five thousand without the help of Trevor and the other dedicated cooking volunteers.
- Big thanks to **London Catalyst**, who have awarded us funding to restart the Abbey Community Choir this year! Watch this space, and let Reception know if you are interested in joining.



Overheard at Abbey

Your recent feedback

Romana's patience was the driving force behind my ability to learn to crochet. It is now possible for me to crochet blankets, scarves and ornaments.

Since joining the cooking class I have been made to feel welcome and part of a bigger whole. I love that the recipes are so healthy as they have a part to play in a healthy diet.

Your KGN volunteers have been amazing and a life line for some, so thank you.

If in doubt, Abbey!

The social interaction is important, otherwise you might just sit at home and vegetate. Abbey is great, if you're not sure of something you can ring them, you get Simone or someone and they'll help you out. There is always a cup of tea and a warm welcome when you come in.

Places like Abbey help people to not be on their own, not to be lonely. I think I would be more lonely without the Abbey and it welcomes you with open arms. Because you can come in that door and the first thing you hear is 'hello, good morning'. And that makes such a lot of difference to a lot of people, me included. And they do such a lot for people that without them, I'd still be indoors.

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Coming up / Notices Dates for your diary



London Trip - Tate Britain: Thursday 15th February 11am-4pm

For the first Abbey London Trip of 2024, Jason and the gang will head to Tate Britain. Discover much-loved favourites alongside new contemporary artworks, from the Pre-Raphaelites to David Hockney, Bridget Riley and Lubaina Himid. Temporary free exhibits/works by Chris Ofili and Zeinab Saleh. Book with Reception on 020 7624 8378 & meet at Abbey at 11am.

Community Lunch and Tech Buddies: Saturdays 3rd Feb and 2nd March 10am-2pm

Get support with your smartphone, laptop or tablet from the Tech Buddy volunteers between 10am-12pm (over 60s only) and then enjoy a delicious homecooked meal and classic Abbey Tombola. KGN member Mark will be on the piano too. Make sure you book with Reception on 020 7624 8378.

Abbey Book Club: Wednesday 20th March, 3-4.30pm

In March we'll discuss a member suggestion, *The Mad Women's Ball* by Victoria Mas. Set in 1885 Paris, the book explores grief, trauma and sisterhood within the walls of the infamous Salpêtrière asylum. Join Bryony in the kitchen or on Zoom for a lovely discussion, recommendations and laughs from 3pm. No need to book, just turn up or for more info/Zoom link email me on bryony@abbeycc-kilburn.org.uk.

Save Money on your Energy Bills: Appointments on 19th Feb, 11am-1pm

Meet our lovely volunteer Roger in the Priory Room to discover his tips and tricks for saving money on your energy bills, this winter and throughout the year. Book your slot with Reception on 020 7624 8378.

Please see our noticeboard or posters for more upcoming special events.

You said, we did....

Some of the ways you've made an impact

- The Arts and Crafts Club found that the 1 hour allocated was too brief a time for the class. Simone discussed this with the group, and they all agreed to continue with the same project for 2 or 3 classes to give them more time to complete the project without stress. They are very happy with this solution, and they sometimes bring new ideas to add to the project.
- Jordan took on board feedback from attendees of his baking class. Their concern was that each session would be focussed on sweet treats like cakes and cookies. Their feedback helped to shape the kind of recipes that we bring, so Jordan now ensures that whenever we are making something sweet, it has less sugar, or sugar alternatives. Also, introducing relatively healthy savoury baking such as spanakopita and baked broccoli and cheddar croquettes.

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

The centre will be closed on **February 9th** for a staff training day and no activities will run. Some Camden classes (and Zumba) will not run during **February half term**, please check the timetable for details. **Creative Writing** classes will be taking a break for the 2nd half of the spring term and returning after Easter.

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In memory of: Maurice Prendergast and Jane Ward



Over the last couple of months, two wonderful people and pillars of the Abbey Community have sadly passed away. This page is therefore dedicated to the memory of **Maurice Prendergast**, a longtime volunteer, caretaker and friend of Abbey, and our brilliant exercise tutor **Jane Ward**.

Maurice (1945 - 2024) wouldn't have wanted us to go on and on about him, but it can't be overstated just how much he did for the Abbey Community Centre and its staff and members over the years. From making planters for the garden to getting up on the stepladder to put up Panto decor, to safeguarding us during Covid by fixing up screens around our desks (below left), he and his signature toolbox were never far away. He was so generous and knew how to have a good time too. I'll always remember him helping me (Bryony) move flat a few years ago with his van. He cracked open some red wine at 3pm to celebrate us getting all the stuff in!



Maurice, you and your cheeky laugh will always be part of Abbey Community Centre. You contributed so much and only asked for coffee and cake in return! We would love to get the pints in and have another game of darts with you but are pleased to know you passed away peacefully in comfort. Our condolences go to Maurice's family and loved ones at this sad time.



Jane (1948-2023) taught Seated Exercise and Tai Chi at Abbey for over two decades. Her classes were always popular and Jane was praised for her warm and patient teaching which helped so many to stay mobile and build strength in their later years. Jane was an amazing lady - a professional nurse, a staunch supporter of human rights organisations and a pioneer of the 'prescription for exercise' initiative in Islington among many other roles and contributions. Her life and work took her all over the world and we feel privileged to have had her in our corner of Kilburn for so many years. She will be much missed. Jane always made a point of celebrating Chinese New Year at her classes, so attendees of Seated Exercise at Abbey on Tuesday 13th February (2-3pm) are invited to wear something red in her honour.



Her husband Richard will generously be paying us a special visit 15 minutes before the class begins to talk about Jane and her life. So please do come along if you are booked in to the class.

"During the pandemic I developed neck and muscle pain which felt like it was never going to get better. Jane turned that around for me with her enjoyable exercises and positive manner, with every class I noticed I improved little by little." - Tai Chi attendee