



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



Hello everyone and hope you've been enjoying the crisp Autumn air and all the things that come with the season - back-to-school energy, Halloween, Black History Month, Navrati & Diwali, Bonfire Night to name just a few things! Please feel free to take a copy of this Sept-Oct 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

This November is a momentous month for Abbey as we celebrate the **25th Anniversary** of our befriending scheme, Kilburn Good Neighbours. More in the next issue, but we'd like to send a special thank you to all our dedicated volunteers who do home visits, errands, tech help & much more to support older people in our community.

Some highlights of what we've been up to in September and October, meanwhile, 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!



London Trips: This month, Jason & the gang travelled to the National Maritime Museum in Greenwich for an educational and scenic afternoon with lots of laughs. See page 4 for details of our November trip - all newcomers welcome. Thanks again to the TFL Walking & Cycling Grants for the funding!

Re-cycle-art: Pictured below are two very happy Arts & Crafts attendees. The always-inventive group made decorative hydrangeas out of coffee filters we weren't using!



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

T: 020 7624 8378 W: abbeycc-kilburn.org.uk

E: reception@abbeycc-kilburn.org.uk

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Up Your Street

Summer
2023



Above: Our Children's Services star Kidist celebrated her birthday this month with a heavenly cake baked by our Jordan.



Cooking up a storm: Our wonderful volunteers Kanchan, Prabhat and Gina getting ready to feed the 5000 at September's Community Lunch.



Back-to-school (well, Creche): September fun, old friends and new friends at our Abbey Creche. Eleven children busy in our lovely children's garden.



Gardening Club: Still recruiting for volunteers! Join them on Fridays 10.30am - 12.30pm.

Love Where You Live: Gorgeous snap from our Queen's Park trip. Details of this month's walk on page 4.

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.



Men's Fitness: The guys are like a well-oiled machine on a Wednesday morning! (and below, having a well-deserved cuppa afterwards) Come and join them 10.30-11.30am to build your muscle strength, stamina and flexibility. £3 pay-as-you-go or use your Limitless card. For ages 50+



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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. This is just a section to highlight who we'd especially like to thank this season!

- **Roger** – Our wonderful volunteer who has started running an advice drop-in for us in addition to his existing IT drop-in! This is to help people save money their energy bills. See our timetable for details and to book – be quick though, as his sessions have been booking up very quickly.
- The fabulous **Teresa**, our vol who has been offering free Reflexology sessions since May. She is away for Nov & Dec but will return in January. *"It was my first Reflexology treatment and I didn't know what to expect. I found it very relaxing and calming. My feet feel lighter. Teresa was very good, her application from one end of the foot to the other was very therapeutic."*
- We'd like to send a big thank you to our Reception volunteers who have remained consistent and been a great help over the last year or so especially with the transition of moving buildings. **Vanessa, Olufunso, Angela, Carrie, Barry** – you've been amazing!
- A shout out to our colleague **Romana**. Although Romana is a member of our staff, she has been volunteering with us for 6 years too, helping out at Reception, running our Crochet and Knitting group and is a befriender for Kilburn Good Neighbours. We value and are very grateful for her amazing help and dedication to Abbey.

Overheard at Abbey Your recent feedback

"What would we do without this place?" "I know, we're so lucky we have it" – Overheard two Abbey members talking on their way in to the centre

I love Simone's Arts & Crafts classes. I have been attending this class for many years and I have kept all crafts I have made so far. It's all displayed in my home. If I can't go to the class, I try to work on the craft project during the weekend. I feel relaxed while making handcrafts and I enjoy being creative. It's very good for my mind.

Thank you so much for the information, very helpful. Keep up your good work for the community. You are all stars in your own rights!

Your writing group is inspiring me! The prompts are so useful.

I look forward to the Abbey London trip all month!

Thank you @abbeycommunitycentre for everything over the last year. You've been amazing. Not quite ready to say goodbye #movingon – A Children's Services mum

I'd like to thank you for everything that you've done to help my daughter grow, learn and have fun. Through the creche experience, she learned how to bond with friends and teachers. Your unconditional care and affection boosted her confidence, made her feel safe being herself and more open to interacting with people. Now she's started to go to a new nursery and seems to be getting used to it smoothly! Thank you again for all your dedication and commitment. I'm sure our London life would be harder without the creche. – From Children's Services

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Coming up / Notices

Dates for your diary



Love Where You Live: Queen's Park trip - Tues 14th Nov 10.45am

This month Jordan and the gang will be heading to Queen's Park to enjoy the autumnal colours and fresh air. Setting off from the centre at 10.45am. Free to attend. Book on 020 7624 8378 or email jordan@abbeycc-kilburn.org.uk.

Community Lunch and Tech Buddies - 4th Nov, 9th Dec (Christmas edition!)

Please join us for Tech Buddies 10am-12pm (book your slot with Jordan on 07841 581421) and/or lunch at 12.30pm. Plus tombola, music and lots of laughs as usual. Grab your place by ringing 020 7624 8378.

Abbey Book Club: Wednesday 22nd November 3-4.30pm

There's still time to get this month's read as it's fairly short! The Children Act from the author of Atonement, Ian McEwan, explores religion, the law, infidelity and morality in one fell swoop. 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.

London Trip with Jason: Royal Academy of Arts - Thurs 16th Nov 11am-4pm

This month we'll enjoy a trip to the Piccadilly-based gallery and venue celebrating art and artists. Enjoy a cuppa in the cafe after perusing the free displays and exhibitions including Portraits of Artists, Highlights of the RA Collection and Voices in Swiss Architecture. The group departs from the centre at 11am and uses public transport and walking to get to their destination. To book or for more info contact us 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

- **Additional Sewing & Creative Writing classes:** The popularity of our Camden ACL and other classes is going up and up! So, due to demand, we are now running extra classes of these sessions. Sewing on Wednesdays 3-5pm and Creative Writing on Fridays 2.15-4.15pm still have spaces available, so book on 020 7624 8378 so these extra slots can fill up and keep going.
- **Warm Welcome:** From conversations with and anecdotes from our members during the current cost-of-living crisis, we know that many of you are concerned about heating your homes and staying warm this winter. So we want to extend an extra-warm welcome to you in our foyer, Mondays - Fridays 10am-4pm, where you can enjoy the warmth and free tea and coffee. Find out about activities going on too.
- How pretty is this (right?) Our **Arts & Crafts** group asked to have a display of their work, so we created this Origami butterfly window. Looks especially lovely after dark!

Christmas closure dates: Last day of activities is Wednesday 20th December. Staff return on Monday 8th January and activities resume from Wednesday 10th January.

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.



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